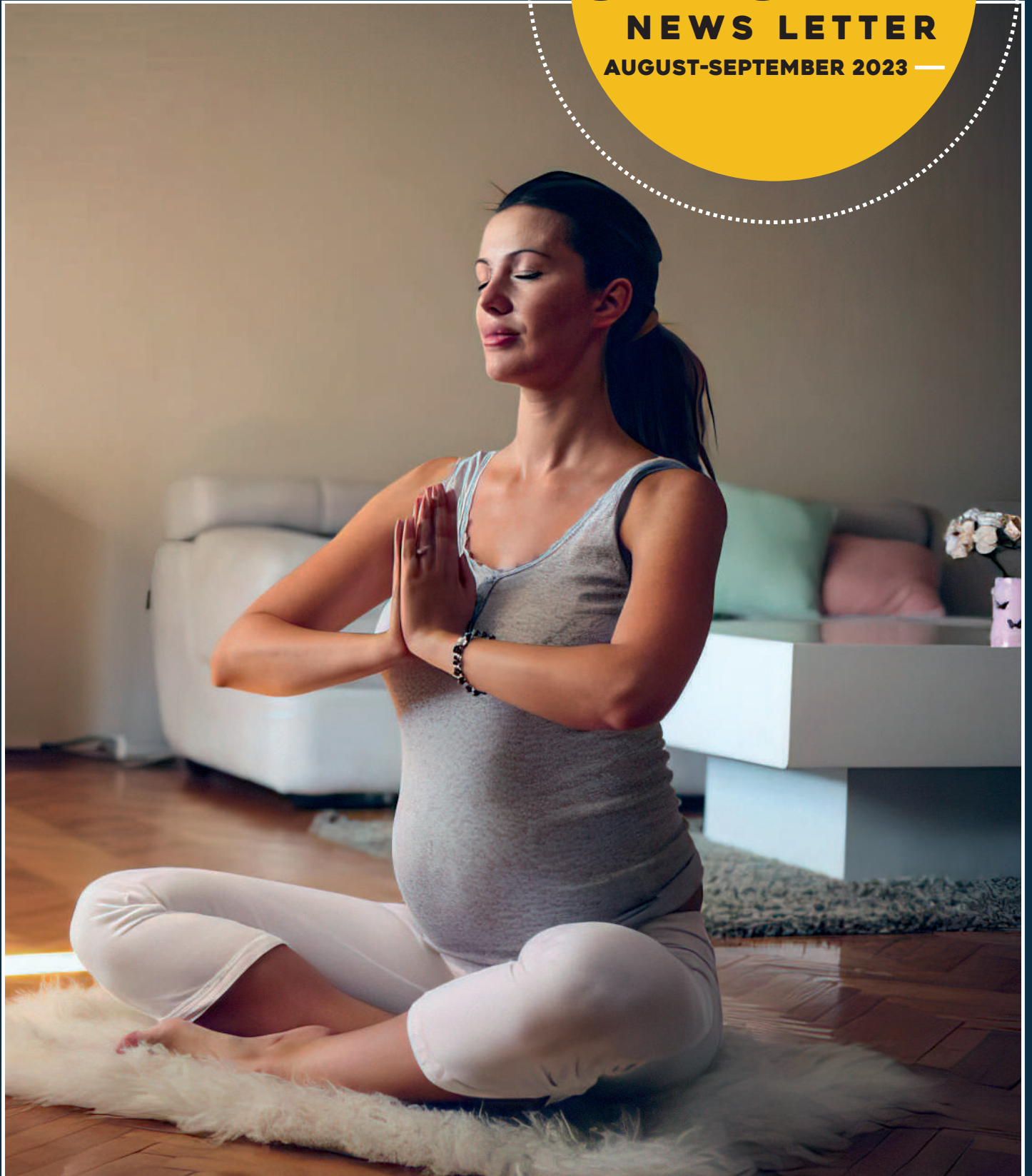




NATIONAL AYUSH MISSION KERALA

സ്വസ്ഥ്യ  
**SWASTHYA**  
 NEWS LETTER  
 AUGUST-SEPTEMBER 2023



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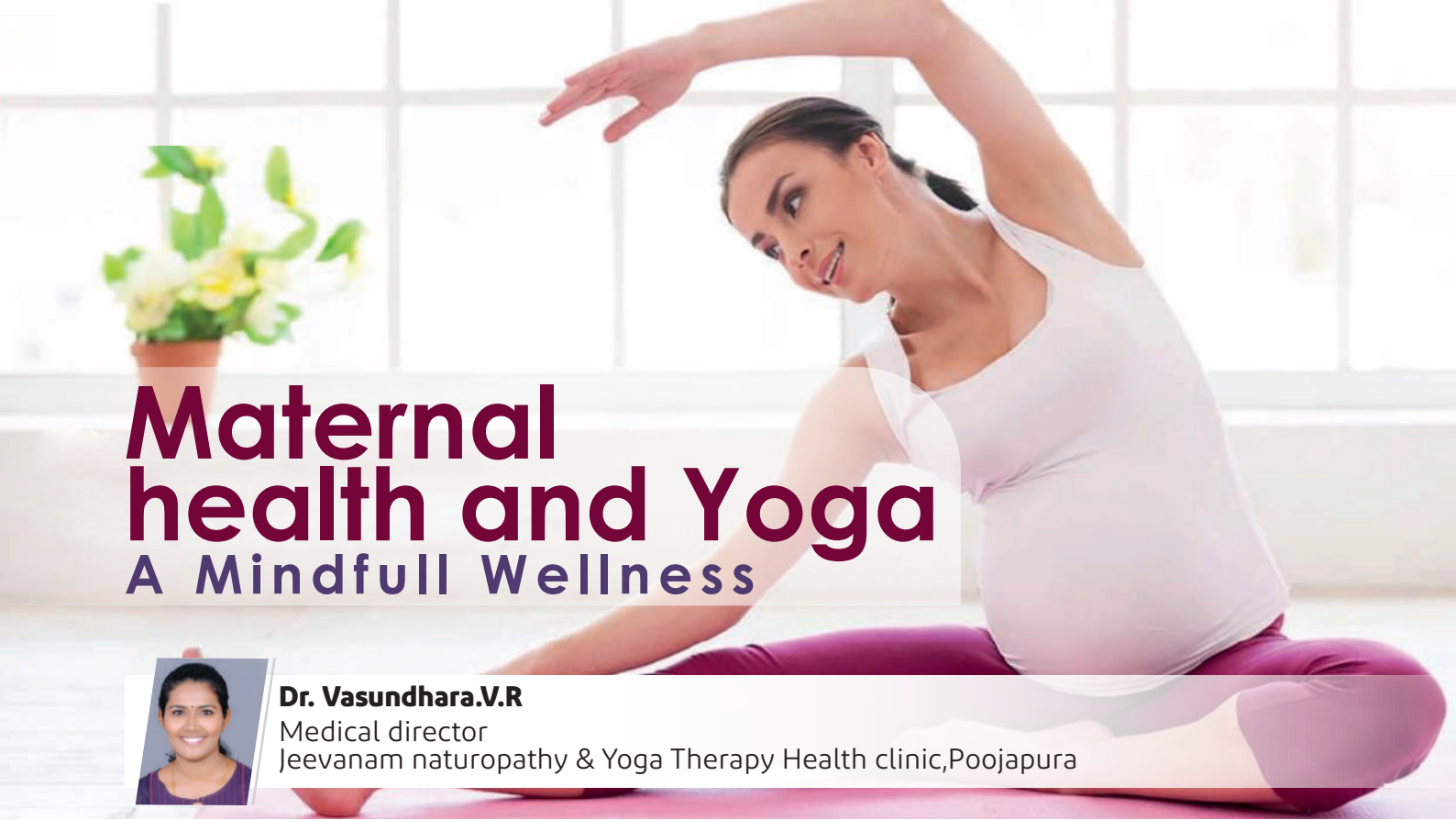
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# Maternal health and Yoga

## A Mindfull Wellness



**Dr. Vasundhara.V.R**

Medical director

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Pregnancy involves significant changes in the body, mind, and social life of a woman, which can have an impact on both the mother and the baby in various aspects. Research suggests that experiencing anxiety, depression, and stress during pregnancy increases the risk of negative outcomes for both the mother and the baby, such as premature birth, low birth weight, and developmental issues in infants and children. Therefore, it is crucial to prioritize the well-being of the mother to ensure the best possible outcomes for the pregnancy and the baby.

### **How yoga can help prepare the body and mind for the maternal journey?**

Yoga is a practice that combines physical postures, rest, and breathing techniques, with a focus on the mind, body, and spirit. It has been specifically designed for pregnant women and is recommended by healthcare professionals as a form of physical activity during pregnancy. Research shows that practicing yoga while pregnant is safe, effective, and well-suited for expectant mothers. In fact, it may offer more benefits for both physical and

mental health compared to walking and other prenatal exercises. Additionally, yoga is believed to promote well-being and create a bond between the mother and her baby. Women who engage in pregnancy yoga often report reduced levels of pain, stress, anxiety, and depression.

Pregnancy yoga sessions induce a calming effect on the body, as the heart rate decreases, breathing becomes steady and profound, and stress hormones like adrenaline and cortisol fade away. Mastering the art of deep relaxation is an invaluable skill that expectant mothers can bring into the labor room, throughout the birthing process, and into their journey of motherhood.

### **Building strength and endurance**

Labour can be compared to preparing for a marathon; it is essential to come to the starting line well-prepared. Pregnancy yoga helps in developing physical strength and stamina, while also teaching women how to utilize their breath to manage discomfort.

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This prepares them to handle the surge of stress hormones that labour brings. By strengthening their legs, they can move more comfortably to alleviate pain, and the yoga postures they learn help create room in the pelvis for the baby's birth. If they ever feel overwhelmed, they can rely on the breathwork techniques they have acquired to regain focus and regain control.

### **For health and wellbeing**

Pregnancy yoga welcomes women of all levels of experience, often serving as their first introduction to a yoga mat. Regardless of any specific conditions like pelvic girdle pain, gestational diabetes, or hyperemesis gravidum, a skilled yoga instructor can adapt poses to cater to individual needs.

Recent studies have demonstrated that Yoga surpasses regular exercise routines in terms of effectiveness, making it a valuable intervention for women facing depression, high risk pregnancies, lumbo-pelvic pain, or those simply seeking to maintain good health. Specifically, Mindfulness Yoga has proven successful in alleviating symptoms of depression in expectant mothers and enhancing their mental wellbeing. Additionally, it has been noted that practicing Yoga during pregnancy can foster a stronger emotional bond between the mother and her child, ultimately benefiting the child's overall health. As a result, Yoga is gaining recognition as a beneficial practice during pregnancy, not only for its numerous advantages during this stage of life, but also for its ability to promote a heightened sense of overall wellness.





# SIGNIFICANCE OF AYURVEDA REGIMEN IN MATERNAL HEALTH



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As per WHO, In every two minutes a woman dies during pregnancy or childbirth, according to the latest estimates released in a report by United Nations agencies. This report reveals alarming setbacks for women's health over recent years, as maternal deaths either increased or stagnated in nearly all regions of the world. Ayurveda – science of life plays a vital role in maternal health. Principle objective of Ayurveda include maintenance of health and cure of diseases. Maternal health focuses on wellbeing of women during pregnancy, child birth and postpartum period for ensuring health and wellbeing of both mother and child. The pregnancy and post delivery period is a critical phase in women life in terms of health concern .Hence it is essential to adopt regimens suggested by Ayurveda for retaining good health status.

## **PROMOTING NUTRITION**

The nutritional status of parents, particularly woman has a direct bearing on pregnancy outcomes and health of the woman and the child. Ayurveda lays great emphasis on ensuring holistic nutrition. A combination of aahara (food), vihara (action), vichara (emotions/thoughts) and aushadha (medications) is essential to

improve nutrition. A wholesome diet, based on locally available foods compatible to ones' own body constitution, body requirements Ayurveda highlights the importance of holistic nutrition right from preconception to 6 months after delivery for maintenance of healthy pregnancy, offspring and optimal lactation for achieving required growth and development of baby . Ayurveda specifies comprehensive dietary guidelines to be followed during pregnancy. Pregnant Women should avoid following dietary habits:

- Fasting and overeating
- Frequent and excessive eating
- Excess intake of dry, heavy to digest, fermented, spicy or hot food
- Excessive intake of food of any one particular taste.
- Leftover foods, uncooked leafy vegetables, undercooked beans, food with preservatives and artificial flavors.
- Use of alcohol, smoking, narcotics, sedative and non-prescribed drugs

## **ANTENATAL CARE**

Specific measures as suggested in garbhini paricharya include: a liquid and sweet diet in the first three months, since the foetus is in a fluid

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state and sufficient amount of energy is required during this period. These energies will be provided by Milk, Ghee, payasa, Milk processed with sweet medicine. Fulfillment of all the desires of the women, particularly during the fourth month corresponding to the foetal heart is necessary. In second trimester, muscular tissue of fetus grows and requires more protein which is supplied from animal sources such as meat, milk, cheese, butter etc. Most of the women suffer from oedema of feet and complications of water retention during this period. So, Ghee medicated with Goksura is used as diuretic and will prevent retention of water. Milk provides nourishment and stability to fetus. Meat helps in muscular growth of fetus. Cooked Sasti rice is rich in carbohydrate and provides energy to the body. During the last trimester, Ghee medicated with Prithakparnyadi group of drugs are diuretic, and suppress Pitta and Kapha. Yavagu (gruel) consumption which is balya and brimhana provides nourishment to mother and fetus. Administration of Asthapana Vasti which is best for Vata Anulomana and relieves constipation. Administration of yoni pichu-vaginal tampon to be done after the eight month. This is a swab soaked in medicated oil, placed in the vaginal canal, on a daily basis to ensure a smooth passage during delivery. Ayurveda garbhini paricarya emphasis is laid on a happy emotional-mental state of the woman.

#### **POSTNATAL CARE**

To regain the lost strength in child birth, Ayurveda focuses on both the mother and the new born up to forty five days so as to bring back the pre pregnancy health to the mother and make the child strong and healthy. It is realized that after childbirth, the digestive power of the woman is

weak at the same time her nutritional needs increase to meet the dual purpose of regaining her strength and to breast feed the child. Therefore a light, carminative, nutritious and liquid diet is suggested in contrast to the sweet, oily and heavy diet during pregnancy. Her diet should be gradually stepped up from liquid to semi solid and solid by the 10 day after childbirth. After a period of 30 days she should gradually return to her routine diet. The dietary regimen allows time for the body to recuperate as well as protect the digestive functions of the woman's body thereby reducing morbidities related to the digestive system in her ensuing normal life cycle.

Post natal care (suthika paricarya) helps in involution of uterus and other pelvic organs, so that they reach to their pre-pregnant state. Aim of puerperium is to maintain maternal and infant health preventing any complication and to establish infant feeding. Abhyanga causes toning up of muscles of pelvic floor, abdomen, back and vagina. Ayurveda advocates Bala oil (*Sida cordifolia*), Dasamoola oil, Sesamum oil for Abhyanga during postnatal period. Abhyanga can prevent the thrombosis because rubbing and friction during massage dilate superficial blood vessel and thus improves venous blood flow. Vaginal massage facilitates proper drainage of Lochia i.e. vaginal secretion, pacifies ApanaVata and tones up vagina. Since Swedana is having the property of Vata shamana, hence it is beneficial during SutikaKala where Vata is vitiated. Advises oral administration of fat with drugs and decoction for 3-7 days after delivery. During postnatal period, woman needs a special management and care for proper and healthy growth of new born baby as well as for maintenance of her own health.



### **CONCEPT OF BREAST FEEDING**

The ahara rasa, essence of digestion, forms breast milk (stanya) in breast. Hence stanya is termed as the upadhatu of rasa. The ejection of breastmilk is mainly due to suckling reflex of baby. The first milk, colostrum is rich in various nutrients, extremely needed for new-born. So it is advisable that the mother should start feeding as soon as possible after birth of baby. It is said guru by acharyas as it contains more protein and less fat than mature milk. Ayurveda describes Vata-Pitta-Kapha dosha qualities on the milk which is completely affected by mother's diet and may create any health problems in the child. In order to support breast-feeding, a woman is advised to include foods that promote breast milk as well as maintain a happy mental-emotional state and take adequate rest. A sweet, salty diet comprising of milk, meat, cereals, sugar, wine, curds, ghee, oil and plenty of fluids help to increase breast milk.

Some of the specific foods are: black-gram, sugar cane, jaggery, garlic, onion, fenugreek, coconut, tender stalk of banyan and peepal tree. Herbal decoctions made from bark of tree that secret milk like banyan tree, peepal, shatavari, aswagandha, yashtimadhu are useful in increasing breast milk. Ayurveda-the science of life could contribute significantly in improving mother's and new born's health as well as reducing diseases and disabilities. The holistic regimen advised during various stages of pregnancy and childbirth comprising of thoughts, action, dietary modifications and herbs aims to ensure a healthy and smooth childbirth at the baby. The role of Ayurveda is immensely important to improve overall health of the women.





# WOMEN'S HEALTH AND WELLNESS THROUGH AYURVEDA

AN OVERVIEW



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## AYURVEDIC PERSPECTIVE OF WOMEN'S WELLNESS

Ayurveda put forwards the concepts of

**Rajaswala charya** - Menstual regimen.

**Ritumati charya**- Regimen during fertile period of a menstrual cycle.

**Garbhapooora charya**- Pre concep-tional preparation

**Garbhini charya** - Prenatal care

**Soothika charya** - Post natal care

All of these aims at giving attention & care to the changing physiological needs of women at different phases of life.

Ayurveda proposes a path where in we can achieve Health through life style which becomes all the more relevant in this era of life style disorders. This is particularly true in case of women and their reproductive health, which is maintained through a tender balance of hormones. Neuro endocrinology which can be influenced much by the environmental factors can be maintained by observing daily habits of food, activities & sleep.

## ADOLESCENT REPRODUCTIVE HEALTH

The basement for reproductive health begins at the adolescent age,where maximum attention is to be given. Here Ayurveda can offer non hormonal

and non surgical remedies to their reproductive disorders.

Our adolescent population are now having higher incidence of reproduc-tive disorders owing to their irregular food habits, extreme lack of physical activities, longer screen time leading to irregular sleep patterns. Ayurveda offers excellent guidelines to these kinds of issues.

## General guidelines

### Food

A person who takes pathyahara will not need any medicines, which is one of the most beautiful concepts of Ayurveda regarding importance of food in health. We should be aware of the quality & quantity of food we take. One should take food that is appropriate to our health condition and constitution. We should understand our hereditary tendency for diseases and choose our food accordingly. We should take food according to our appetite. Method of eating is also given much importance in Ayurveda.

**Adyashanam** - Eating before proper digestion of earlier digested food.

**Vishamashanam** - Mixing congenial & Non Congenial diet.

**Virudhaharam** - Taking incompata-ble food together.

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All are considered to cause Agni vaishamyam (improper digestion) which can lead to accumulation of toxins, ultimately leading to metabolic disorders.

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#### **Exercise**

Vyayama is included in daily routine according to Ayurveda.

Ayurveda advises regular exercise upto half your strength, for people who are free from morbidities and for those who take nutritious diet. Adolescents should always have a physically active life style and regular moderate exercise.

#### **Sleep**

Nidra is considered as one the three pillars of life. Regular patterns of sleep are needed for maintaining hormonal balance in women. Regularity of menstrual cycle depends much on the balance of female hormones like oestrogen, progesterone FSH and LH.

#### **Stress**

Ayurveda gives emphasis to measures for preventing psychological stress. which means that we should always keep away from extreme attitudes and opinions. This guideline has much relevance in adolescent age group who often exhibit rebellious attitudes.

Coming to management of reproductive disorders. Adolescents usually come to OPD with following complaints, for which Ayurveda can offer excellent solutions.

#### **a. Leucorrhoea**

Infective and non - infective leucorrhoea are quite common in this age group. Constipation, worm infestation, poor personal hygiene, ill-health all contributes to this disease condition. In case of Non - infective leucorrhoea treating the underlying cause with medicine like Krimighnavati, Ashtachurnam, Vilwadi gulika, followed to Kashayas like Musalikhadiradi, Satawaryadi and Rasayana prayoga with Satawari gulam, Indukantha ghritham gives excellent results. If leucorrhoea is showing signs of infections, medicines with antimicrobial activities like Guggula preparations, can also be given which provide very good relief.

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Kshalanam with decoctions prepared with medicines like triphala gives good relief from symptoms like itching, irritation, burning sensation

#### **b. Puberty menorrhagia**

This is a condition that directly affects the general health, academic performance and daily activity of an adolescent. Several studies conducted among adolescent age groups across various parts of Kerala shows that this condition is highly prevalent in our society..

Medicines like Drakshadi Kashaya, Guluchyadi kashaya, Pushyanuga churna can be used here which help to control bleeding and to regularize the menstrual cycle

#### **c. Dysmenorrhea**

Several studies shows that dysmenorrhea affects a large number of adolescent girls Systematic ayurvedic treatment along with observation of pathyapathya can yield a solution to this perineal issue. Studies have also proved the effect of medicines line fennel, shatahwa, jeeraka as single drugs in this condition.

#### **d. PCOS**

It is one of the commonest endocrine disorders seen in females. It is characterized by hyperandrogenism. Obesity is a factor which is considered to contribute to this disorder. Life style disorders in food, physical activity, sleep, stress are found to contribute much to this. Correcting the food habits with pathyahara, following a regular exercise routine, maintenance of regular sleep habits and stress management are key in success of treatment. Studies shows that appropriate yoga techniques can have a beneficial effect in reversing the pathology and also help in weight maintenance and stress management of adolescents.

Effect of medicines like Satapushpa has been proved in several studies. Procedures like matravasthi also have shown promising results in bringing menstrual regularity. Ayurvedic treatment principle can be beneficial in reversing the pathology of PCOS when taken along with proper life style correction.

#### **PRECONCEPTIONAL CARE**

Ayurveda gives detailed description about planning of pregnancy for a healthy offspring and an uneventful antenatal period. Apart from treating pre existing disease conditions, women are advised to take black gram, sesame which are rich sources of vit E and protein. This will help to ensure proper development of endometrium of uterus and also improve the quality of ovum. Medicines processing rasayana properties like kalyana gulam, sukumara rasayanam also have beneficial effects. Woman should have a congenial atmosphere for conception as Acharya rightly puts it as 'Soumanasyam Garbhadharaanam' A happy and peaceful mind along with supportive surroundings is absolutely essential for a natural conception. In this modern era stress is considered as a factor which hampers the fertility potential of a female.

#### **COMPREHENSIVE ANTENATAL CARE**

Ayurvedic pregnancy care addresses all the nutritional requirements of a pregnant lady and her offspring. Milk is included as a supplement in the first trimester which will help alleviate the dehydration and supply nutritional requirements in the first trimester. Ksheera kashayas are an extremely useful medication for a physically active pregnant woman. In the second trimester as there is more requirement of protein and fat for muscle tissue development. Butter & ghee are indicated as supplements.



These can be given after assessing the status of digestive capacity & gut of individual.

In third trimester one should take measures to soften the genital organs and improve the elasticity of soft tissues and flexibility of joints is taken. Antenatal care extends to care during the intranatal period also. In the first stage of labor it is recommended to massage suitable oil so that it will make the labour pain more bearable to the woman and she is advised to take light nutrition in the form of gruel mixed with ghee. So that she will get enough energy to withstand the long & arduous process of labour

Diseases of garbhini should be managed with mild medicines with minimum therapeutic dose for shortest duration. This can be useful in managing mild and major diseases in pregnancy.

#### **AYURVEDIC POSTNATAL CARE - SOOTHIKA PARICHARYA**

The importance that Ayurveda has given to the post natal care gives us a clear idea about how much knowledge our Ancient Acharyas had about the physiology of Human body.

One and a half month or 45 days is considered by acharyas as soothika kala (post natal period. This is the period of involution of reproductive organs.

Medicines for restoration of proper digestion like panchakola are indicated during this period. It also insures quality lactation for the off spring. Medicines are given to bring back the hormonal balance, to support lactation , to prevent excess bleeding, low back ache of the mother.

Massage with suitable oil helps to get rid of the laxity of muscles & ligament and pigmentation of skin acquired during pregnancy.

#### **CONCLUSION**

Ayurveda can offer solution to a large number of reproductive disorders that women are facing in this era. Appropriate habits of eating, routine practice of yoga, practice daily routine, seasonal routine regimen during menstrual cycles, appropriate pre-conceptional, prenatal and postnatal regimens can bring health and wellness to women, improve their productivity and prosperity.



# CONCEPT OF ADOLESCENCE

## AN AYURVEDIC VIEW



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Adolescence is the phase of life between childhood and adulthood from ages 10 to 19. It is a unique stage of human development and an important time for laying the foundation of good health. This is also the time of sexual maturity i.e. attainment of puberty. Puberty is the process through which a child's body matures into an adult body capable of sexual reproduction. The age of onset of puberty is between 8-14 years. It is a gradual process mediated by the endocrine system which involves physical and emotional changes that can be both challenging and exciting. In women, pubertal changes include growth spurt, thelarche, adrenarche and menarche. These changes are an essential part of being 'women' and an important necessity that ensures healthy reproductive life. Adequate knowledge and care if given from initial stages of pubertal age, definitely makes reproductive life of every woman safe. In Ayurveda, Acharya has explained about rajapravriti, that occurs around the age of 12. Normal menstrual cycle is of 30 days and includes 3 days of bleeding phase. Acharya Kashyapa has explained that, onset of the menarche can be

influenced by ahara and arogya i.e. nutrition and health.

Adolescent girls face various problems which can be grouped as menstrual hygiene and reproductive health, conflict of emotions, acceptance of bodily changes, curiosity regarding sex and sexuality. Nowadays, due to life style changes, unhealthy dietary patterns, stress etc., hormonal changes occurs, affecting the puberty leading to conditions like early menarche, delayed puberty, irregular cycles, abnormal bleeding patterns etc. These will eventually lead to various gynaecological disorders that affect the reproductive life.

Problems like early menarche has become an important factor disturbing the schooling in children, increased vulnerability to pregnancy and sexual abuse. Delayed puberty causes embarrassment and stress among adolescents. Gradually women come across with various gynaecological problems affecting their family and social relationships. Hence appropriate management and care from pubertal age is essential. The prime consideration



must be given to maintain the normalcy of doshas depending on its predominance at various stages of life. This can be achieved by incorporating certain lifestyle and dietary modifications.

Intake of pathya aharas, i.e. encouraging the children to take nutritious and healthy diet by avoiding junk foods, aerated drinks and street foods. Maintaining a strong level of physical activity is one of the most supportive lifestyle choices that we can encourage children to make. Following rithumaticharya and hygienic practices should be made mandatory. In adolescence age various hormonal changes take place that influence both body and mind. Hence adequate mental support and counselling is also essential.

Intake of medicated lehya preparations and medhya dravyas improves the quality of mind. Apart from these, appropriate knowledge regarding the pubertal changes and sex education must also be given. Various diseases occurring during these phase can be managed effectively through Ayurveda. According to the condition, sodhana chikitsa including panchakarmas and samana chikitsa can also be done.

Thus we can ensure that through pathya aharas and viharas, following dinacharya and rithucharya, together with the support of family and teachers, helps in tackling these issues, which in turn promise a healthy and safe reproductive and maternal life.



# PREGNANCY CARE IN AYURVEDA



**Dr. Hiran Mary Thomas**  
Medical Officer(ISM)

Women need special attention and care during pregnancy. There should be a change in lifestyle and diet. Ayurveda is at the forefront in preconceptional and pre natal care. The baby must be born in the heart of parents first. The husband and wife should be ready to give birth to the child in their hearts first. Then it should be born in the womb with purity of life.

Antenatal care should be started before the symptoms of pregnancy appear. Thiruthali (Lakshmana) is the main herb to be served at this stage . Grinding it and serving it with milk in the first month will help protect the pregnancy.It is good to grind Vata srnga in milk and use Jeevantyadi medicines externally and internally. It is also good to consume a lot of nourishing substances like butter, ghee, milk etc.

Pregnant women should avoid sexual intercourse,heavy exercise,weight lifting ,usage of thick blankets. Night awakening and sleeping too much during the day is not a good habit. Do not sit in squatting position for long time.Mental health of pregnant women is also of utmost importance.

Be careful not to upset pregnant women or get angry with them. Avoid suppression of natural urges. Starvation and long journeys should be avoided. Food that are thick, hard to digest and constipating should be avoided. Even the dress should be taken care of. Pregnant women should wear simple, loose and light coloured clothes. Even if there are diseases, only very mild medicines should be used. The local practice is to fulfill the wishes of the pregnant woman as much as possible during this time. Although the demanding food is unhealthy, it should be given to pregnant women. Wishes of pregnant woman may be the needs of baby too. To reduce the harmful effects of unhealthy food, it is necessary to include more beneficial substances along with the demanding ones.

## **Mother's health and baby's health**

A mother's emotions affect the development of the foetus. If the mother is anxious and sad, the baby is likely to become timid. Excessive hatred may cause the child to become cruel. If the pregnant woman sleeps too much, the baby will be lethargic. If you use more sweets, there is a possibility that

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the baby will get diabetes. Too much sour can cause skin disease in the baby and too much salt can lead to premature greying and baldness. There is a possibility of infertility if there is too much acidic food. Ayurveda has special medicines for each month. Medicines should be prescribed taking into account many factors such as the health status of the pregnant woman, digestive power, body weight, habits and so on. Therefore, pregnant women should only take medicines prescribed by a licensed physician. Pregnant women should avoid stress as much as possible.

### **Oil application**

Pregnant women apply oil on their body from the eighth month onwards to facilitate delivery. Mainly dhanvantaram oil should be used. Oil should be applied separately on stomach, thighs and vagina. Half an hour to an hour should be allocated for this. Luke warm water should be used for washing. A gentle touch is all that is needed. Do not apply excessive force under any circumstances.

### **Exercise and Yoga**

In the first trimester, the body should be given maximum rest. All normal activities can be done from the fourth month onwards. It is advisable to practice appropriate exercises for waist and abdominal muscles under the supervision of a yoga expert. Yoga during pregnancy reduces physical problems such as back pain, pelvic muscle strain, ankle pain, reduce mental stress, provide good sleep and ultimately provide an easy labour. In first trimester she can practice Ardha katee chakrasana, Badha konasana, Balaasana, Trikonasana. In second Trimester Suptha badha konaasana can be added. Thithali asanam, Ardha

Thithali asanam, Sidhaasaana can be practiced in third trimester. Lifestyle choices should be made under the supervision and guidance of a licensed Ayurvedic physician.

### **Minor ailments and remedies**

Pregnancy symptoms usually appear in the second month. Vomiting and loss of appetite are the main problems this month. Choose foods that are light and easy to digest. Tender coconut water, laja water, cumin water mixed with sugar candy etc will help to remove vomiting and fatigue due to lack of food. Amakeeryadi Kashaya, Panchapallavadi Kashaya, Malarinji, Dhanvantaram pills help to relieve extreme vomiting. Vilvadi lehyam is also beneficial to serve as prescribed by a registered medical practitioner at this stage. For Anaemia dried raisins, pomegranate, gooseberries, leafy vegetables like morninga leaves can be included in diet. Navayasam tab, vyoshadi takra, dadimadi ghrtam can be advised if needed. To avoid constipation fiber rich diet and lot of water intake is advised. Draksha avaleha, sukumaram ghrtha etc can also be used. For common ailments in third trimester like pedal oedema and low back ache drink water boiled with Gokshura, Punarnava. Navayasam kashayam, garbharakshini kashayam, Dhanwantharam taila can be used. Recurrent urinary tract infections can also be treated with minimum medicines after proper investigations. Oil enema can be advised from 8th month to relieve constipation. So for promising and excellent future generations we should give proper care to pregnant women.



# When Baby Blues turn Deadly

Post partum psychosis



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Kottayam.

On January 24, 2023, Lindsay Clancy, a labour and delivery nurse at the prestigious Massachusetts General hospital Boston USA allegedly strangled her three children with an exercise band while her husband was not at home. Clancy the slit her wrist, cut her neck and jumped from the second floor of their home. She has been hospitalized since, apparently paralyzed from the waist down. At her indictment her defence lawyer stated that Clancy may have been suffering from an extreme form of postpartum depression called postpartum psychosis.

However, experts in postpartum psychiatric studies say that this was not enough reason for a mother to kill her child. The real reason could be a postpartum psychosis, a severe and rare mental health condition which is on the rise.

The birth of a baby is the start of a whole new life for a family especially in the case of a mother. Her entire life begins to revolve around that innocent helpless bubble of life, the moment from which the baby is brought into this world. The maternal instinct, which kicks in like in every animal is the strongest in the human species. But even when it's hard to

believe, sometimes this is not the scenario.

It's exciting to be a parent but it's a tiring and overwhelming experience too. Its normal to have feelings of worry, doubt, anxiety and moodiness after the birth of a child. But if those feelings include extreme feelings of sadness, loneliness, rage, extreme mood swings and depression you may be suffering from postpartum depression.

Post partum depression is a form of depression which occurs after someone gives birth. Contrary to the popular belief it can occur in surrogate or adoptive parents too. The symptoms of postpartum depression may be due to physical, hormonal, social changes which occur after a child birth takes place.

Postpartum depression symptoms can be of three types.

## **1. Postpartum baby blues**

Almost 50-75% of mothers experience unnatural feelings of anxiety, sadness marked by prolonged bouts of crying for no apparent reason after the birth of a child. These symptoms start 1-4 days after delivery and may last for

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about two weeks and subsides by itself. Such symptoms need no treatment and will resolve with proper rest and mental and emotional support from the partner, parents and friends.

### **2. Postpartum depression**

This is a far more severe condition which affects about 1 out of 7 parents. The symptoms include extreme and frequent mood swings, bouts of irritability, rage, frequent crying, feelings of extreme fatigue, feelings of guilt, and anxiety. The symptoms may lead to inability to care for the child and herself in the case of mother. There may be withdrawing from friends and family, thoughts of suicide. The parent may show uninterest in activities and hobbies one previously enjoyed. There may be loss of concentration and feelings of worthlessness and inadequacy. There may be sleep problems and loss of appetite. The symptoms of postpartum depression may start from immediately after the child birth or may start gradually after some months or even a year later. They may last to even a year and resolve with proper counselling and medical treatment.

### **3. Postpartum psychosis**

This is the most severe and dangerous condition of the lot which requires immediate medical and psychological intervention. It's a rare form of postpartum depression called postpartum psychosis and affects almost 1 in 1000 parents. The symptoms are extremely severe and almost quick to appear after delivery and lasts longer. Symptoms include feelings of hopelessness, anger, guilt, shame, severe agitation and confusion. Feeling lost and having obsessive thoughts about the baby along with symptoms of paranoia with hallucinations and delusions is also

seen. The mother may attempt to harm herself or the baby in more severe cases. There may be severe sleeplessness and even maniacal symptoms.

Not only the mothers, fathers also experience symptoms of postpartum depression. The need for treatment arises when the symptoms show certain warning signs.

- a. When the symptoms do not fade away with passing days
- b. When the symptoms become stronger and frequent
- c. When the symptoms make it hard for you to care for the newborn baby and yourself
- d. When the symptoms start to interfere with your day-to-day activities
- e. When the symptoms include thoughts of harming the child and yourself

The exact cause of Postpartum Depression is yet to be determined. Experts believe that genetic factors, hormonal factors and emotional factors play prominent roles. The incidence of cases is higher in persons with a family history of psychological and mental issues, people with bipolar disorder, previous experiences of depressive episodes, younger age group, those who have gone through stress full incidents prior to delivery, financial issues, marital conflicts are more prone to PPD.

### **Management**

The management of Postpartum depression needs to be multifaceted. The milder cases of baby blues only

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need re assurance from the partner, family, friends and coworkers along with the support of doctors. Proper rest and nutritious diet can help overcome the symptoms. Actively engaging in hobbies and things that interest you like reading, listening to music can help overcome the baby blues.

The more severe cases need quick intervention –medicinal and psychological. Postpartum psychosis is considered a mental health emergency.

### **Psychological management**

The patient needs to be supported mentally and emotionally to overcome the extreme symptoms. In cases the mother is not in a position to care for the baby, the baby needs to be cared for by other members of the family. In Indian society especially a new mother is expected to care for the baby almost instantly after delivery, while the other members of the family go on with their daily routine as if nothing has changed. This scenario creates more stress on the new mother who is undergoing an entirely new and drastic change in her life. Raising a child is not solely the responsibility of the mother, the whole family and the society has important roles to play in it.

A child birth leaves the mother in a state of extreme physical and mental stress, draining her of energy and overwhelming her with feelings of worry and anxiety along with joy. Proper and strong re assurance from her family and friends can help her overcome such feelings.

Helping her to return to normal activities and activities she enjoys doing will do wonders for her speedy recovery. Sharing the care of the new baby will help to create a lasting bond between the baby and the family in addition to helping her recover her health.

In extreme cases of postpartum depression, Cognitive behaviour Therapy may be needed.

### **Medicinal Management**

In this difficult situation Homoeopathy has much to offer. Homoeopathic medicines work well in mild to moderate cases of Post partum psychosis. Homoeopathy has great scope in therapeutically managing Post partum psychosis. Thuja an important polychrest medicine is used for anguish, irrelevant answering, avoiding company, quiet disposition, sadness after delivery. Many other medicines like Apismellifica is helpful in childish behavior, Agnus castus for fear of death, Kali carb for indifference during fever, Nuxvom for sudden impulse to kill the child by throwing into fire Lyssin for impulse to kill the child throwing out of the window, Lycopodium for disturbed sleep, Phelandrinum for sleepiness, Aconite, Coffea, Nat.sulph, Bell, Cham, Hyos, Ign, Nuxmosch, Nuxvom, Op, Puls for sleeplessness after delivery.

# Motherhood

*a passionate journey to embark on*



**Dr. Majida Nazeem**  
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*"The moment a child is born, the mother is also born. She never existed before. The woman existed, but the mother never. A mother is something absolutely new."*

~ Osho

As Osho said a mother is something absolutely new. Knowing and accepting herself is fundamental in this journey towards motherhood. As it is a fulfilling and challenging path it requires both physical, mental, and emotional efforts to succeed. Even today a mother's health often gets neglected and leads to maternal complications. It is high time that we focus on maternal health and well-being as WHO records show that around 810 women every day die of pregnancy complications.

## How to ignite your passion for motherhood

In the Unani system of medicine, care for women's health is taken into consideration much earlier than the actual pregnancy period. Understanding one's medical history (if any) is a vital part in getting prepared to conceive. Staying active, proper hydration, and rest helps in physical exhaustion. Maintaining a well-balanced diet and a good night's sleep is

the least you could do for yourself for good health. In Unani, a healthy life-style is achieved through asbab-e sittazarooriyah. The following are the six essentials of life a pregnant lady should consider.

1. Breathe fresh air
2. Well-balanced foods & drinks
3. Engaging in regular physical activity & proper resting
4. Mental health care
5. A good night's sleep and wakefulness
6. Proper retention and elimination.

Most chronic disorders are either from malnutrition or overeating. Anemia, diabetes, obesity, heart disease, skin disorders, and even cancer always has a history of poor or unhealthy food choices and bad eating habits. The right amount of physical activities and emotional stability is necessary for a healthy mother and child as these help in controlling hormone levels and activation of innate heat and also in the proper elimination of toxins. Following are a few common complaints in pregnancy that could be prevented if taken care.

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## Common complaints in pregnancy

### Nausea and vomiting

Nausea and vomiting are described as the first symptoms of early pregnancy, also known as morning sickness. Three of every ten pregnant women have nausea that is worst enough to interfere with their daily activities. It may also have adverse effects on the health of the mother as well as the fetus. A common remedy used in the Unani system since the time of Arab physicians is sikanjan-beenlemoon (composition of vinegar, honey and lemon) which has antiemetic, anti-anemia, appetizer, digestive, exhilarant, and anti-oxidative properties.

### Constipation in pregnancy

It is a common problem and nearly half of all pregnant women get constipated at some point. During pregnancy, there is an increase in the hormone called progesterone to maintain the pregnancy. And this may relax the intestinal muscle causing food and waste to move slower through your elimination system. Minimal movement of body, a low fiber diet, anxiety, and low intake of fluid and iron and calcium supplements also contribute to constipated bowel.

### What to do

During the first and last trimester avoid strong purgatives. Take a high fiber diet, take lots of fluid, reduce iron & calcium supplements, and instead get them naturally. Otherwise, roghanebadamshireen in milk is a better option as a laxative. Roghanebadamshireen, ispagol and maveesmunaaqa (black grape raisins) are safe to use during pregnancy. Avoid onion, garlic and hot spices for better digestion. During the last trimester it is advisable to take ghee

and butter, as it may benefit covering the subcutaneous fat formation need of the foetus and smoothing of birth passage.

### Anemia in pregnancy

Mild anemia is normal during pregnancy due to an increase in blood volume. However, anemia of pregnancy, iron deficiency anemia, vitamin B12 deficiency, and folate deficiency are the most common types found in pregnant women. Good nutrition is the best way to prevent anemia during pregnancy.

Following is the list of foods to include in your pregnancy diet.

1. Meat : beef, lamb, liver and other organ meats
2. Poultry : chicken, duck, Turkey
3. Fish: shellfish, oysters, sardines, salmon, shrimp. Avoid eating fish with high levels of mercury (shark, mackerel, swordfish)
4. Leafy greens & vegetables: broccoli, kale, turnip mushroom, cauliflower leaves, beetroot, potatoes, broccoli, spinach, soybeans, watermelon, pomegranate, apples, strawberries, vitamin C-rich fruits.
5. Legumes : dry beans and peas, black eyed peas
6. Iron enriched rice and cereals.  
In Unani, we usually enrich their pregnancy diet and give medicines such as majoonedabeedul ward, sharbathefoulad, sharbatheanarein, sharbathedeenaretc as supportive supplements.

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## Post-natal care through Unani

Post-natal refers to the period up to the first 6–8 weeks following childbirth. In Unani, it is described under the heading of Tadabeereniffas which is dealt with in a systematic manner as evident from ancient Unani literature. Self-care with hygiene is crucial for the well-being of both mother and child. Taking regular baths, washing hands before and after changing pads and feeding, keeping the perineal area clean, abstaining from sexual intercourse until the wounds are healed are some of the things to take care of.

The Unani system of medicine has detailed regimental therapy phases for postnatal care. Postnatal massages, head massage, special facial massage, hair care, hot fomentation to prevent breast congestion, Nutool therapy, herbal packs, abdominal muscle strengthening therapies steam bath etc are some of them.

## Postpartum depression in Unani perspective

One of the biggest entities most women nowadays battle is postpartum depression. As we all know it is very normal to have some 'baby blues' from birthing to certain weeks. But in some women, it may extend to many months and years and then it's a different thing called depression. Melancholia or depressionis considered as the disturbances in the intellect of an individual because of reallocation in the customary quality and quantity of souwdahumour (black bile). The term melancholia literally means "black humour" which is the predominant causative factor here. So the approach of treatment is to stabilize the

humours and bring back the person to a normal healthy life. This type of melancholy is treated with Tarteeb (moistness), Tahleel (resolution), Tanqia (detoxification), and Taghziya (nutrition). Moist and exhilarant perfumes and aromas should be administered in the form of inhalation.

It is advisable to allow the patient to have a moderate Hammam before meals by pouring lukewarm water over the head as these regimens are most specifically beneficial for melancholics. Understanding and proper attention from one's partner is a cardinal part of healing. Every woman deserves a better and beautiful birthing experience, so let's keep our hearts open and let it happen.

# Empowering Maternal Wellness

*Homoeopathy's Impact on Pregnancy Related Constipation and Haemorrhoids*



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Maternal health encompasses the holistic well-being of women during pregnancy, childbirth, and the postpartum phase, addressing their physical, mental, and social needs. Effective maternal health care is pivotal for ensuring the health and vitality of both mothers and newborns. It plays a critical role in averting complications during these significant life stages, thereby contributing to the enduring health and prosperity of both maternal and child health.

## **AYUSH and Maternal Health**

AYUSH methods offer numerous advantages in maternal health care. Known for their safety and minimal side effects, AYUSH therapies are cost-effective, making them accessible to underserved populations. They can complement conventional treatments, fostering a holistic approach to maternal health care. AYUSH practitioners educate women on prenatal care, nutrition, and hygiene, while also offering counseling and support to navigate the challenges of pregnancy and childbirth.

## **Homoeopathy in Maternal Health**

Homoeopathy, a component of AYUSH, holds special relevance in maternal health care. Utilizing natural substances, homoeopathic remedies are safe and effective in managing a

range of maternal health problems. These remedies can alleviate morning sickness, prevent premature births, recurrent abortions, IUGR, hemorrhoids/piles promote easy uncomplicated delivery, facilitate proper milk production if there is deficiency in breast milk, healing nipple cracks, and provide relief from postpartum depression to mothers, thus providing a healthy and happy mother - child bond.

The commendable efforts of the National AYUSH Mission are positively transforming maternal health care in Kerala. These projects are instrumental in fostering the health and prosperity of mothers and infants across the state.

**Efficacy of Homoeopathy in Pregnancy associated Constipation and Haemorrhoids**

Constipation is a condition characterized by infrequent and difficult bowel movements. There are several reasons for this:

1. Slowed Bowel Motility: Bowel movements slow down due to increased endocrine secretion in women during pregnancy
2. Enlarged Uterine Impact: In the late

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stages of pregnancy, enlarged uterus reduce the bowel movement due to pressure effects on large intestine

3. Haemorrhoids (Piles): Haemorrhoids are caused by inflammation of blood vessels in the tip of the colon or anus. They can be categorized as 'external' (protruding from the anus) or 'internal' (located inside the rectum), and the condition may worsen during pregnancy

This is due to:

a. Relaxation of blood vessels in the rectum due to changes in female hormones during pregnancy

b. Pressure from the enlarged uterus on the inferior vena cava, a large blood vessel that controls large intestine function.

Signs and Symptoms of Constipation and Haemorrhoids:

- \* Itching around the anus
- \* Pain and discomfort during bowel movements
- \* Pain around the anus
- \* Bloody discharge from the anus, with or without bowel movements
- \* Feeling that the rectum hasn't completely emptied

General Measures to alleviate Constipation and Haemorrhoids:

- \* To alleviate these issues, follow these steps:
- \* Drink plenty of fluids, especially water.
- \* Adopt a high-fiber diet, rich in fruits, vegetables, whole grains, and bran
- \* Avoid straining during bowel movements.

- \* Increase physical activity.
- \* Avoid prolonged sitting, especially on hard surfaces.
- \* Take warm sits baths by sitting in warm water for 20 to 30 minutes. This might help shrink haemorrhoids.

### **Empowering Women Against Pregnancy and Postpartum Haemorrhoids with Homoeopathy**

Pregnancy and the postpartum period are transformative phases in a woman's life, marked by joy and challenges alike. Amidst the various physical and emotional changes, certain discomforts such as pregnancy-related haemorrhoids and postpartum haemorrhoids can arise, impacting maternal health. Here, the role of AYUSH, specifically homoeopathy, emerges as a vital ally in addressing these concerns and fostering overall well-being.

### **Understanding Pregnancy and Postpartum Haemorrhoids:**

Pregnancy and postpartum haemorrhoids, also known as piles, are swollen blood vessels in the rectal area that can cause pain, discomfort, and bleeding. Pregnancy-related factors, including increased pressure on the pelvic area and hormonal changes, can contribute to the development of haemorrhoids. The strain during childbirth and the postpartum period can exacerbate this condition.

### **Homoeopathy: A Natural Approach to Maternal Well-being:**

During pregnancy, haemorrhoids can be uncomfortable and painful. Homoeopathy can help to relieve the pain and discomfort of haemorrhoids, and it can also help to improve blood



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circulation in the affected area. Homoeopathy can also help to treat constipation, which is a common problem that can make haemorrhoids worse. Homoeopathy can help to make the postpartum period easier by improving healing and well-being. Homoeopathy is a natural way to treat haemorrhoids and other pregnancy-related problems.

- **Gentle Relief:** At the heart of homoeopathy lies a gentle touch that gently mitigates the discomfort, swelling, and pain associated with haemorrhoids during the critical phases of pregnancy and the postpartum period. This gentle approach ensures that relief is achieved without undue stress or strain on the body.

- **Balancing Blood Flow:** Homoeopathy's specific remedies curated for haemorrhoids hold the power to foster balanced blood circulation within the afflicted region. By engendering healthier blood flow dynamics, the risk of bleeding and its distressing aftermath is substantially diminished, enhancing the overall healing trajectory.

- **Addressing Root Causes:** Homoeopathy distinguishes itself by delving into the very root of haemorrhoids afflictions. It seeks to treat not just the symptoms but also the underlying causes, encompassing issues such as constipation, the act of straining during bowel movements, and the escalated pelvic pressure that can exacerbate the condition.

- **Individualised Treatment:** The hallmark of homoeopathy lies in its personalised approach. Every woman experiences her journey uniquely, and homoeopathy recognizes this inherent diversity. Tailoring remedies to align with the specific constellation of

symptoms that each woman presents, homoeopathy ensures that the treatment is finely attuned to her distinct needs and experiences.

### **The Holistic Approach of Homoeopathy**

Homoeopathy aligns seamlessly with the holistic nature of maternal health care. It not only provides symptomatic relief but also addresses the underlying imbalances that contribute to haemorrhoids. This approach resonates with AYUSH principles, emphasising the body's innate ability to heal and restore balance.

### **Conclusion**

In the journey of motherhood, AYUSH, particularly homoeopathy, emerges as a gentle yet potent solution for pregnancy and postpartum haemorrhoids. By offering relief from discomfort, promoting healing, and addressing root causes, homoeopathy stands as a testament to the power of natural remedies in nurturing maternal health. As women embrace this holistic approach, they embark on a path of well-being, ensuring a smoother transition into motherhood.



# MENTAL HEALTH DURING MATERNITY PERIOD



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Motherhood is the most blissful phase in the life of a woman. Maternity care has an age old culture in India. But in most cases, the choice of being a mother is not under the control of women. In our society, the physical wellbeing of a pregnant woman and least of all perinatal mental health is the least addressed issue. This year world maternal mental health week was observed with the theme 'Together in a changing world. "Together" means the idea of raising public and professional awareness of perinatal mental health advocating the women affected by it and helping them to access information, care and support. Most of the women take it as a happy and exciting journey but not every one feels the same. Studies show that one in 10 women have mixed or even confused feeling during pregnancy. Some of them find it very difficult to cope with the changes happening to them. In certain cases, this may lead to a depressive state. They are confused and worried about the changes happening to them throughout the period of pregnancy, check up days, child-birth and new role as a mother.

Common mental issues found in pregnant woman are:

- Anxiety disorders
- OCD and Depression.

Symptoms vary from simple fear to anxiety, eating disorders, mood disorders and panic attacks. Especially during first pregnancy, most of the girls do not have much idea about the expected changes in body and mind. This may lead to a state of stress about diet and regimen. In the course of time, this may lead to anxiety disorder. First trimester of pregnancy is a mixed confusing state. Morning sickness is present in a pretty big number of pregnant girls which makes a lot of change in their daily routine. They are worried about certain symptoms commonly found in first semester like nausea, vomiting fatigue, sleeplessness etc. And these may make the pregnant mothers anxious about how long the disorders will last and remedies for the same. Some are confused about the adverse effect in the development of the foetus. The present lifestyle in a nuclear family adds on the confusion state. In the later months of pregnancy some of the women suffer from Gestational Diabetes Mellitus and Gestational Hypertension.

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.Changes in the hormone level may lead to difficulty in managing temperature changes, sleep pattern and emotional imbalances happening to her during the gestational period.

Apart from the common physical ailments during pregnancy, mental health disorders have significant long term impact not simply to the suffering person but to the whole family. Usually mental wellbeing is less addressed when compared to the physical well being. Ayurveda has a positive outlook in the mental well being of the woman even from the preparatory phase of pregnancy. For a healthy progeny, Ayurveda stresses on the menstrual habits of the woman from the very beginning (menarche) onwards. Statistics show that rate of unplanned pregnancies is increasing.

For a peaceful pregnancy, following factors need to be taken into account.

- Preparedness
- Spouse support
- Workplace support
- Family support
- Social support

The choice of getting pregnant and moving to motherhood status should be solely of the couple. The girl should be physically, mentally and emotionally prepared to take part in the process of pregnancy. Sound mental status is very essential in carrying the baby in utero, delivering the baby and caring of the newborn.

Another important matter to be considered is whether the carrying woman is on any psychiatric medications. If so, expert advice must be taken while planning the conception. Certain medications need to be stopped and tapered during pregnancy.

Ayurveda advises dravyachikitsa (medicinal management) and Adravachikithsa for psychiatric ailments. During pregnancy if the expectant mother is on Dravyachikitsa, tapering the dosage as per the advice or switching over to Adravachikithsa is advised.

Maternity health of a woman is a huge responsibility of spouse, family and society too. Among them, paternal responsibility is the most needy. According to Ayurveda, manasika bhavas of foetus develops during first 4 months of intrauterine life. The thought, action and behaviour of the mother directly affect the genetic factors of the child. Personal and mental wellbeing are the most important factors for balanced emotions of a carrying woman. Physical and mental ailments should be managed on time and that too with expertise. Dilution of mental issues may bring about serious impacts. Sleeping hours, working hours, working atmosphere and living space affect the mental status of the pregnant lady.

During the first three months of pregnancy, certain unusual symptoms hinder the daily routine, work routine and sleep pattern of the pregnant women. Co workers and family members should take it as a responsibility to help the lady to cope up with the changes. Disturbed mental status may cause genetic disorders in the conception. Thus making the pregnant women comfortable in all situations is very essential for a healthy progeny. Ayurveda sticks on certain regimens known as garbhineecharya during pregnancy period. The charyas(regimen) are specific to the month and the growth of the foetus. Foetal growth enhancing regimes need to be followed by the expectant



mother. Food habits, sleep pattern, clothing cleanliness need to be specifically modified corresponding to the growth of the foetus. Ayurveda advises easily preparable kashayas, ghee, butter and external application of medicated oils in specific months of pregnancy. The medicines used for these preparations are equally meant for the physical and mental wellbeing of the mother and child. Experience sharing from elder generation, reading and listening to music enhances the mental status of the pregnant woman and in turn helps in the intellectual development of the foetus. Give the woman a space for ventilating her issues. Get connected and seek the help of experienced hands throughout the period of pregnancy.

In short, to maintain mental wellness during pregnancy:

- Have a healthy, balanced diet.
- Find quality time for self help and do something which you enjoy, improves your mood or helps you to relax.
- Practise Yoga, meditation or mindfulness –trained from an expertise

- Seek the help of family and friends for overcoming even simple mental disturbances.

- Exercise regularly which are specially modified for pregnancy

- Discuss any worries you may have with your family, your caretaker and seek expertise.

- Good sleep.

- Avoid smoking and alcohol

Giving correct care and cure definitely helps the pregnant woman to be stable mentally during the maternity period and give birth to a healthy baby.



# MATERNAL HEALTH THROUGH AYURVEDA



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Maternal health refers to health of women during pregnancy, childbirth and post natal period. It is essential for accessing quality health care and leading healthy lives or in another words maternal health stands for the well being of whole society.

Famous Quote from Ayurveda “ Stree hi moolam apatyanam stree hi rakshathi rakshitha” emphasis the importance and role of stree in procreation. Ayurveda gives much importance to maternal health and advice healthy regimen from menarche onwards. As madhyama stage of female is dominated by pitha dosha all measures to protect the pithala nature of her body should be maintained. Ahara should contain nutrients especially thila, masha etc which can maintain this nature and thereby reproductive health.

Much emphasis is given for preconception care which include health interventions to women and couple even before they plan pregnancy. It is aimed for improving health status of both mother and baby and to reduce exposure risk factors which can result in poor maternal outcome.

A pregnancy which results from the union of healthy sperm and ovum if implanted in a healthy uterus can attain proper growth through nutrients, derived from healthy ahara and get delivered at proper time. Charaka

Acharya highlights the importance of factors which are essential for the birth of healthy baby from healthy women.

## **Post natal care**

It is the period during which body tissues especially pelvic organs revert back to pre pregnant state. The term Sutika is applicable to a woman who have just given birth to a child. In Ayurveda sutikakala is considered as one and a half months and it can be extended upto 6 months, During this period dhatukshaya can occur, body become empty due to loss of blood body fluids and excessive straining during labour. Hence she needs extra care or paricharya, so as to rejuvenate her body from exhaustion. All diseases if left untreated or addressed during this period can become asadhya later in life.

General treatment principles during this period include restoration of health of mother to protect infection, to take care of breast to promote lactation and to reduce morbidities related with child birth. She should take high calorie diet, adequate protein, fat, plenty of fluids, minerals and vitamins to meet lactation. Adequate sleep should be ensured. Vulva and episiotomy wound should be cleansed or dressed. Proper breast feeding techniques should be followed and breast should be well cared. All aseptic and antiseptic



All aseptic and antiseptic precautions to prevent infections should be taken. Acharya advice intake of medications which have garbasaya sodhana property for the first 3 days, this is to cleanse the uterus and to get rid of blood and other impurities. Arishtas and Asavas are beneficial to serve this purpose. From 4<sup>th</sup> day onwards up to 7days vata anulomana kriyas can be advised. Kashayas, peya, yavagu are highly beneficial for this. From 10<sup>th</sup> day onwards mamsarasa (soup) and rasayana can be given which have brimhana action. Body should be massaged with taila. Snanam should be done with vata samana dravyas. Pelvic floor exercises should be done to prevent genital organ prolapse. Yoni pichu can be done with suitable tailas. Early ambulation promotes involution of the uterus and fiber rich fruit should be consumed which can overcome constipation.

### **Commonly seen disorders during post natal period**

**1)Sutika jwara-** Common causes includes urinary tract infections, breast infections, infections of LSCS and episiotomy wound. Management includes proper fluid intake, aseptic precautions, follow up, proper breast

feeding techniques and use of medications under the advice of an obstetrician.

**2)Stanya utpati jwara-** Usually seen in 3<sup>rd</sup> or 4<sup>th</sup> day especially in primi. Pain and tenderness are the common symptoms. It can produce stana sophia or swelling of breast, if left as such it can produce breast abscess. Breast feeding should be done at regular intervals and medicated water should be taken internally.

**3)Stana sophia or mastitis -** There are two types which includes infective and non infective. Non infective mastitis is due to milk stasis. Infection of breast tissues and lactiferous duct can develop fever, severe pain, tenderness of breast. Skin overlying become red and swollen.

Proper management should be done in order to prevent destruction of breast tissue and abscess formation. Abscess formed is managed with incision and drainage. To prevent infection of breast and nipple, proper hygiene should be followed. Cracking of nipple should be properly taken care of. Feeding should be done at regular intervals and nipple should be massaged with oils.



**4) Stanya kshaya-** Stress, reduced sleep, improper feeding techniques, poor sucking of infant can result in reduced milk production. It can be managed with nutritional diet, proper feeding techniques, avoidance of stress and medications.

Common gynaecological problems like irregular vaginal bleeding, lochial discharge and white discharge are common. This may be due to sub involution, ill health or mild infections. Back ache, feeling of bulge or mass through the vagina also be seen during this period. Proper medication, nutritional diet, oil application,

food, exercise and pelvic floor exercise are beneficial for above complaints. Successful outcome of pregnancy depends on continued and careful supervision, it starts early from pregnancy and ends with puerperium.

Ayurveda clearly explain that all gynaecological disorders if left untreated can lead to infertility or anap- atyatha. Gynaecological disorders like PCOS, endometriosis, chronic pelvic infections should be detected and treated at proper time. General diseases are also should be properly addressed to protect maternal health and overall well being.



# SIGNIFICANCE OF AYURVEDA REGIMEN IN MATERNAL HEALTH



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Ayurveda, the eternal science of life aims at maintaining the health of a healthy individual (Swasthavritha) and curing the diseased ones (Athuravritha). Women's health also be understood in both aspects. For promoting health, one should follow the dinacharyas (daily routine) and rithucharyas (seasonal routine) that had been explained in our classics. Besides these regimens acharyas had explained about routine to be followed in childhood, puberty, pregnancy, post pregnancy and an active old, age. Ayurveda also gives prime importance to various clinical conditions which affect the health of female.

## **Adolescent period**

The Maternal health is based on health of an adolescent girl. Teenage or adolescence can be considered as the transitional stage from childhood to adulthood. Puberty is the process through which a child's body matures into an adult body capable of sexual reproduction. In women, the reproductive life is initiated by the onset of menarche which a gradual process mediated by the endocrine system is causing physical, morphological, biochemical, and psychological changes

that ensures healthy reproductive life. Hence adequate knowledge and care if given from initial stages of pubertal age, makes reproductive life of every woman safe. In the present era various environmental factors, life style changes, unhealthy dietary patterns, stress, hormonal derangements etc. affects the puberty and leads to conditions like early menarche, delayed puberty etc. These will eventually lead to various gynecological disorders like dysmenorrhea, amenorrhea, excessive bleeding, PCOD etc., that may affect the reproductive life of the girls in future. Hence appropriate management and care from pubertal age is essential to have a healthy reproductive and maternal life. Acc to Susruta routine to be followed in puberty and menstruating period has been explained as one should follow this from the 1st day to 3rd day of Menstruation. Certain adolescent menstrual complaints like dysmenorrhea, PCOD, pubertal menorrhagia etc can be managed effectively through Ayurveda. Thus, Proper lifestyle modifications, dietary modifications, mental support, and counseling help in tackling these pubertal and prepubertal issues and future healthy maternal life.



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### **Ante natal care in Ayurveda**

Period of pregnancy and motherhood is the most beautiful phase in a woman's life. She should be treated with utmost care and modesty during this period. Prenatal care in ayurveda is known as "Garbhini Paricarya". It includes the ideal dietary and life style protocol to be followed by a pregnant woman to obtain optimum health of progeny and mother, to make the process of delivery easy and to prevent any complications. The guidelines for prenatal care start even before conception. The couple planning to have a progeny shall follow purification procedures (panchakarma), proper diet and life style modifications as part of pre-conception care. The prenatal care begins from the very first day when the woman expects the conception (from first day of missed menstrual cycle.) It is good to consume lot of nourishing substances like butter, ghee, milk etc. Drink cold milk and eat plenty of fruits and vegetables during the 1st month. Milk processed with sweet substances in 2nd month, in third month milk with ghee and honey and in the fourth month milk with butter should be included in the diet. In the fifth month ghee prepared out of fresh butter, in the sixth- and seventh-month ghee made from milk processed with sweet substances, and in the eighth month gruel made in milk with ghee. It can be repeated in the ninth month. Oil enema can be done from 9th month onwards. Separate ksheera Kashayas are prescribed for each month too. Ayurveda explains the apathya (things should be avoided) for pregnant lady as Garbhopaghathakara bhavas. Excessive sexual intercourse, strenuous exercise, lifting heavy weight, thick blankets, night awakening, sit for prolonged period in squatting position etc should be avoided. Mental health

of pregnant women is also of utmost importance. Starvation, long journeys, foods that are spicy, hard to digest and constipating should be avoided. Even if there are diseases, only very mild medicines should be used. Minor ailments like nausea, vomiting, heart-burn, constipation, low back ache, anaemia, urinary tract infections, increased urge for micturition and pedal oedema are commonly seen during pregnancy and can be managed with minimum medicines in Ayurveda. In hyperemesis gravidarum drinking water boiled with coriander and puffed rice or fried jeera or ginger etc are very effective. Mahadhanwan-taram gulika, vilwadilehya, drakshav-aleha etc can be used effectively in various pregnancy ailments with proper advice of an expert. Gokshura, Punarnava, ardraka kwatha can be used in pedal oedema. Oils like Dhan-wantharam taila, Murivenna etc..can be used for low back ache.

### **Post natal care**

Soothika paricharya (post-partum management) is very common and important in Kerala's Ayurvedic Practice. The post-partum woman shall be treated with special care just like a pot filled with oil. As the slightest oscillation of such a pot causes spilling of the oil, similarly the slightest exertions or excitements to the woman can initiate adverse outcomes.

During the period of puerperium ayurvedic interventions are aimed at ensuring proper lactation, breast care, proper care of the mother's reproductive organs, general wellbeing of the mother, aid in involution of uterus and return to pre pregnancy state and prevent risk of infections or haemorrhage. Soothika paricharya includes both internal and external medications and has been conveniently

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divided into the management done in the first 24 hours, followed by next 7 days, and finally management till 6 weeks of delivery. The first 3 days of management aims at improving the appetite and digestive activity of the mother. Carminative and digestive formulations like Panchakola churna along with warm gruel is advised during the first 3 days. In mother's who had normal vaginal delivery, abhyanga (external application of medicated oil) can also be started during the first 3 days with Vata hara tailas like Dhanwantara taila. From the 4<sup>th</sup> to the 7<sup>th</sup> day, the mother is given medicated gruel and a special bath called "Vethukuli" begins. Vethukuli involves external application of medicated oil followed by bath in medicated water of bearable warmth. From the 7<sup>th</sup> day onwards, Lehyas and Ghritas are given after proper assessment of the new mother. From the 12<sup>th</sup> day, meat soup is advised. Some of the commonly used formulations include Dhanwantara Kashaya and Dhanwantara Gulika, Kurinjikuzhambu etc. In a view to improve lactation, yogas like Satavari gulam, Vidaryadi ghritam, Ulli Lehyam etc are used. Diet modifications are also advised and includes Fenugreek, Cumin seeds, small onion fried in ghee and Moringa leaves. Ayurveda strictly contraindicates sexual intercourse, emotional unrest like anger, grief, stress etc.

### **Menopause in Ayurveda**

Menopause is a physiological transitional event which comes in the life of every woman. In today's fast pace of life this physiological event manifests with multiple and variable problems which termed as Menopausal Syndrome. It is a natural phenomenon occurs at the age 45-55 years. This phase is associated with manifestation of aging process along with other

symptoms such as irregular menstruation, hot flashes, vaginal dryness, urinary problems, changes in appearance, GIT related problems, mood swings, sleep disturbances, palpitations, changes in sexual desire, osteoporosis, heart disease. In Ayurvedic classics, Menopause is termed as 'Rajonivrutti' and menopausal syndrome as 'Rajonivrutti anubandhaja vyadhies'. Acharyas described as it is normal physiological state. Modern medicine treats this condition with Hormone Replacement Therapy (HRT) Considering the limitations of treatment with modern medicine, Ayurveda provides excellent solution and effective medicament for this transition period. Ayurvedic treatment for menopause involves correcting hormonal imbalance with proper diet, lifestyle modification. Formulations like Sukumara ghrutha, Amruthaprasa ghrutha, Chyavana prasa and Medhya rasayanas are very beneficial for graceful menopause provided her gut is properly addressed. Hence Ayurveda has excellent solution for a safe and happy transition into menopause. To conclude the most important part is Apart from this it is nothing but the soumanasyam (happy and pleasant mind) is essential for getting a healthy baby. So, it is the need of the hour to concentrate more on following such regimens and attaining a healthy safe motherhood through the eternal Ayurvedic science.



# Yoga For Pregnancy



**Dr. Farha Shamsudheen (BAMS, PGDAC)**  
Medical officer (Ayurveda), GAH, Venganoor

## PRENATAL YOGA

Pregnancy is a very precious and important event in a woman's life where the complete care of both mother and child is utmost important. As the baby grows and develops, mothers need to adjust both physically and emotionally. From the moment of conception, the mother's body begins to transform in many ways to accommodate the new life nurturing within her. Human pregnancy is somewhat arbitrarily divided into three trimester periods as a means to simplify reference to the different stages of prenatal development. The first trimester carries the highest risk of miscarriage (natural death of embryo or fetus). During the second trimester, the development of the fetus is more easily monitored. The beginning of the third trimester often approximates the point of viability, or the ability of the fetus to survive, with or without medical help, outside of the uterus. Pregnancy related discomforts due to anatomical and physiological changes can be stressful to women. They have to understand and recognize that these symptoms in the

motherhood stage are temporary and that there are ways to cope with them. Failing to understand this basic fact may affect the development of the fetus and henceforth the total health of the child. During the later stages of pregnancy, a mother has to prepare for labor and childbirth. And after the baby arrives, a mother has to begin the transition to life as a parent of the newborn.

## HOW YOGA HELPS IN PREGNANCY

During pregnancy, the body undergoes various changes, which create stress on mental as well as physical levels. Yoga practices help to maintain a healthy mind and body in pregnancy. Yogic practices for pregnant women, to increase strength, flexibility and endurance of pelvic floor muscles needed for childbirth. It also helps to develop proper breathing and more comfortable labor.

### Performing Yoga:

1. Reduces stress level
2. Improves the quality of sleep
3. Increases the strength, flexibility and

endurance of muscles around the pelvic region

4. Decreases lower back pain
5. Decreases nausea
6. Decreases headaches
7. Reduces risk of preterm labor
8. Lower risk of intrauterine growth restriction (IUGR)

### PRECAUTIONS AND PREPARATIONS

- More attention should be paid to pelvic floor in all asanas and pranayama practice.
- Tune the body with the growing baby with slow rhythmic breathing and relaxation poses during the Yoga practice.
- Focus on stability and strength, rather than flexibility and endurance. Avoid asanas compressing the uterus (e.g. forward bendings or closed twists) or asanas
- Overstretching the abdominal muscles (eg backbends. Do practice open twists by moving from the head to the waist only, Restorative poses, such as Supported Bridge with pillows and Reclining Butterfly with pillow, generally offer similar but less demanding backbends.
- Avoid inverted asanas, like shoulder/hand/headstand; compressing the abdomen in twisted standing poses
- No lying on your prone series of asanas.
- Avoid lying flat on your back if you feel dizzy, sweaty, nauseous or short of breath. Avoid raising the hands above your head if dizzy when standing.
- Avoid Kapalabhati kriya or any such straining cleansing practices.
- In pranayama avoid Bhastrika and Kumbhaka (retention of breath). Practice slow breathing techniques, such as the Yogic deep breathing, Anuloma Viloma, Ujjayi

and Bhramari to bring focus, reduce stress, anxiety and preparation for childbirth.

## YOGA FOR FIRST TRIMESTER

### YOGASANAS STANDING POSTURES

- Tadasana
- Vrikshasana



### SITTING POSTURES

- Dandasana
- Sukhasana



### SUPINE POSTURES

- Shavasana



## YOGA FOR SECOND TRIMESTER

### STANDING POSTURES

- Tadasana
- Vrikshasana
- Trikonasana
- Katichakrasana
- Veerbhadrasana



### SITTING POSTURES

- Dandasana
- Sukhasana
- Badhakonasana
- Shashankasana
- Marjarasana (with breathing)



### SUPINE POSTURES

- Viparitakarani with wall support
- Shavasana

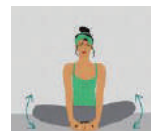


### PRONE POSTURES

- Balasana

## YOGA FOR THIRD TRIMESTER

- Thithali asanam
- Ardha thithali asanam
- Sidhasana





NATIONAL AYUSH MISSION KERALA

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Dept. of AYUSH, Govt. of Kerala

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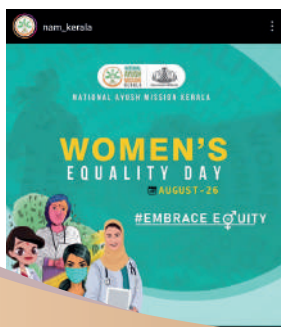
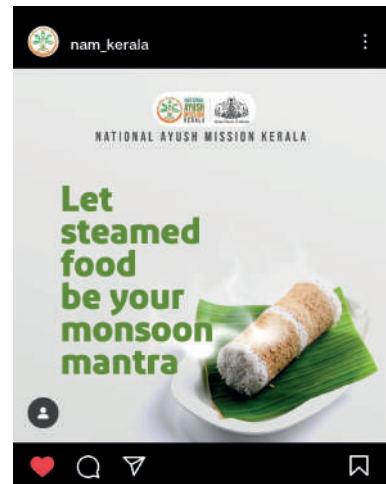
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# NAM KERALA IEC CELL DIGITAL CONTENT CREATIVES

01

## Janani

Homeopathy project for treating infertility.



Link

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02

## Sports Ayurveda

Project under ISM for delivering initial aid for sports related injuries.



Link

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03

## Arunima

Anaemia eradication program through Ayurveda



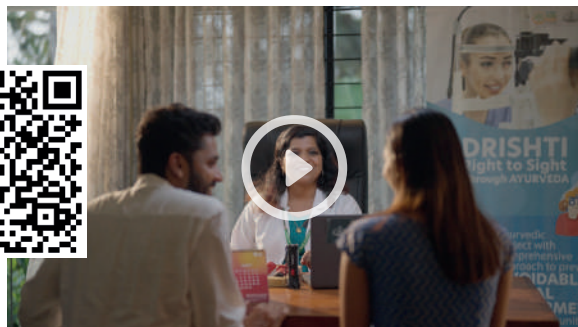
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04

## Drishti

An ISM Project for complete eye care through Ayurveda



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