

Newsletter

Year 1, Issue 1, February 2018

Importance of Post natal care

During pregnancy numerous changes occur at anatomical as well as physiological level to a great extent. Additional stress is induced during delivery irrespective of the mode of delivery being a vaginal delivery or a Caesarean section. This has a very deep impact on the health of the mother at physical as well as mental level. The immediate care taken after delivery plays a vital role in maintenance of health of the mother not only in the short term, but it definitely has equal importance with respect to her quality of life in the long term.

Ayurveda has strongly emphasised on post natal care as it aids in restoration of maternal health at tissue level which in turn helps to restore her strength and immunity not only at the level of her reproductive organs and system, but at complete physical level thus enhancing her non specific immunity as well. Ayurveda believes mind and body as integral factors responsible for well being as well as illness. Post natal care hence also addresses the mental health of the mother thus helping her achieve homeostasis in the true sense.

Thus a mother with good health and vitality is also able to nurture the new born more efficiently in all aspects including good quality of sufficient lactation.

Dr Vineeta Bendale

Various Karma in PNC and its Importance

Post natal Care (Sutika Paricharya) is an extremely important stage of a woman's life. A Sutika needs to follow this regimen for maintenance of her own health and to avoid various diseases in future. Apart from diet and lifestyle, Ayurveda explains some procedures in PNC like :

- 1) Abhyanga (Massage): This helps in toning up muscle of pelvic floor, abdomen, back and vagina. It also helps in rejuvenation of tissues. Use of Bala Oil, Sesame Oil, Dashmool oil recommended by Ayurveda.
- 2) Parishek (Steaming) : It helps in relaxation of muscles and enhancement of energy levels.
- 3) Yoni Dhupan (External Fumigation of Vagina) : It helps in prevention of genital infections in post-partum period.
- 4) Yoni Pichu (Medicated Tampon) : Placing pichu in vagina helps to strengthen & rejuvenate muscles.

Dr Neha Mali

Diet in PNC

In Ayurveda, the term Sutika (puerperial women) can be used only after expulsion of placenta. Sutika phase lasts for 6 weeks, which means she should take the much-needed rest, care, nutritious diet at least for 6 weeks and let her body regain all the lost energy and bring the imbalanced doshas to normalcy. During this period, the expanded uterus shrinks back to normal position. Ligaments, muscles and tendons associated with uterus starts regaining the strength. Mother also recovers back the mental strength, which is a bit low in the first week after delivery.

Do's :

The initial snack after labour should be soft semisolid rice (Yavagu) with Cow ghee, pepper, and dry ginger powder. Liquid rice gruel with ghee is advised. Ghee should be used liberally to overcome dhatu kshaya and pacify vata. Intake of ghee also prevents post-natal constipation which is very commonly experienced in initial days

after delivery. Turmeric, coriander seeds, dry ginger, pepper and jaggery should also be used in adequate amounts in diet. Use of spices like cumin, coriander seeds, black pepper, nutmeg, etc helps in balancing all doshas and improves the digestive system. Asafoetida improves the digestion & so should be a part of daily diet. Fruit vegetables should be included in diet. All sweet & seasonal fruits are advisable.

Intake of Dinka (Edible Gum) and Ahaliva ladoos should be moderate. (1-2perday)

Raw vegetables / salads / pulses / should be totally avoided

- Leafy vegetables should be consumed in less quantities.
- Oily, spicy, fried stale food, excessive intake of preserved food should be avoided.
- Cold refrigerated water, aerated drinks should be avoided.
- Travelling should be avoided.
- Excessive walking or exercise should be avoided.
- Intake of sugar and sweets should be moderate.

Thus, Ayurvedic regimen during postnatal period helps optimize the quality of breast milk, restore the digestive system & normalize the doshas.

Dr Vrushali Pawar

Newsletter

Various Diseases in PNC and its Ayurvedic Approach

A woman who has recently delivered is termed as puerperal or sutika. This phase of her life is called as puerperal phase or sutika kala, during this phase she can be afflicted by different diseases, like postpartum depression, disorders of breast and abnormalities of breast milk, pain and inflammation of vagina, fever, anemia, constipation, diarrhea and many other gynecological issues. There are total 64 disorders mentioned in Ayurveda which can affect the puerperal women. According to Ayurveda, 'Vata' dosha plays crucial role in the process of child birth. The digestion as well as the immunity of the mother is also greatly hampered. Hence special care has to be taken to balance vata and to strengthen the immunity of mother. Delayed ill effects like severe Arthritis, Backache etc can be seen if proper post natal care is not followed. Here, at Dyumna women's clinic we attend to all the disorders affecting a puerperal woman with exclusive rasayana therapy, diet consultation and post natal therapies as mentioned in ayurveda.

Dr Vaishali Patil

PNC Myths:

A new mother is as delicate as her newborn baby both physically and mentally for atleast 6 weeks after childbirth. Ayurveda has mentioned her as Sutika. This phase lasts from 6 weeks to 4 months. So, ideally she should strictly follow the regimen (Sutikaparicharya) for at least 6 weeks. Following the regimen for next 2 & half months (totally 4 months) would be highly beneficial.

These days there are many myths and generalized concepts in post natal care. In the name of Ayurveda such things are misleading and may lead to ill effects.

1. Regarding breast milk :

Eating herbal medicines like shatavari, ashwaganda and daily a laddoo of dinka, methi, aahliv etc will increase the breast milk. Ideally this is true. But one must take the above medicines only under medical advice.

2. Regarding Abhyanga:

Oil massage with medicated oils is termed as Abhyanga. Myths about Abhyanga is that it should be done only for a period of 1 month post-delivery. But ideally this should be done

daily for a period of minimum 3 months to 6 months post-delivery. This helps in relieving the pain in the lower body, replenish the body tissues & thus revitalize the entire body.

3. Regrading Diet:

In post-partum period a female needs a diet rich in Proteins, Iron, Calcium, fibres, vitamins. For this reason, excessive intake of chicken, meat, fish, peas, excessive intake of raw salads, pulses etc are consumed irrationally. All the above mentioned food stuffs are heavy to digest. So, one must talk to your doctor about frequency, quantity of such foodstuffs.

4. Regarding weight loss:

Many women wish to get back in shape soon after the delivery but that is practically inadvisable. Just as it takes time to gain weight during pregnancy; it does need time to lose the accumulated fat. Also, you now have the responsibility of feeding a growing baby and you cannot stop eating yourself. Not only can it harm your body after the surgery; the baby can also become malnourished. Consult your doctor for weight loss programmes.

Dr. Poonam Gawande

Statistical data of post-natal complications

As per WHO report half of the postnatal maternal deaths occur in first week due to haemorrhage so this is very serious problem which needs to be addressed. Around 10 % deaths occur due to infection and sepsis. Vaginal prolapse is seen after first labour in many cases. Lower back pain is also another symptom commonly observed after delivery. Other complication after delivery is rheumatoid arthritis. After child birth women need, good rest and proper state causing symptoms like mood swings. As per statistic many times women get depressed after childbirth so in postnatal care focus must be on improving mental health. If postnatal depression is not taken care of adverse effects have been observed in the child during infancy & later related to the cognitive ability & academic performance. Proper post-natal care can help avoid many of these complications.

Dr. Pravin Gund

Published by Dyumna Womens Clinic

Contact : care@dyumnawomensclinic.com www.dyumnawomensclinic.com Ph. No : 020 25465886/65005886

Disclaimer : This document is for internal use only. Though all efforts have been made to ensure the accuracy of the content in this newsletter, the organization and the editorial board gives no warranty, representation or undertaking on whether expressed or implied, nor does it assume any legal liability, whether direct or indirect, or responsibility for the accuracy, completeness, or usefulness of any information.