

Newsletter

Year 1, Issue 7, December 2018

Ante Natal Care

Preparing for delivery.

Woman is the unique creation of God blessed with the most valuable gift of motherhood. Conception to birth is an amazing journey. Labour or delivering baby is most crucial event of the journey. It is said that journey through the birth canal is most difficult journey of one's life. This journey of the baby is equally difficult for mother and baby. Labour is a complicated process carrying risk and agony for the would be mother. The normal labour can turn to pathological at any time. Therefore, care should be taken since 1st day of pregnancy. The last trimester of pregnancy is crucial period for preparation of delivery. This preparation covers both physical as well as psychological aspects. Whatever be the mode of delivery, mother should always be prepared for it psychologically and physically. Antenatal care plays critical part in such preparation of would be mother and her family.

Conventional Antenatal care comprises of trimester wise schedule of mother's hospital visits, vaccinations, investigations and scans. Objectives of this schedule is early diagnosis of impediment in pregnancy if any and to observe proper growth of foetus. The fulfilling of these objectives can help in earliest management of complications and ease the process of safe labour.

Ayurved has mentioned month wise regimen for pregnant women with similar objectives. The 'Masanumasik Garbhini Paricharya' describes month wise dietary regimen, specific lifestyle, do's and don'ts during pregnancy along with medications and specialised treatment procedures. These medications have preventive as well as curative aspects.

Importance of certain specialised procedures like yoni pichu (vaginal tampons) and basti (enema) has been mentioned in third trimester. The overall regimen helps to pacify the mother's discomforts due to changes in body, accomplish the month wise nutritional diversified needs of baby as well as to prepare mother's body for delivery of baby which is the most critical phase irrespective of its mode.

The month wise hormonal changes, discomforts and anxiety about labour pains does lead to some mental stress. This stress can create unwanted impact on the health of mother and baby. Counselling, medicines and certain treatment procedures included in antenatal care of Ayurved help to deal with this phase. Apart from overall body strengthening, pregnancy specific Yogasanas help to build psychological strength of pregnant women. Pranayam and meditation also play vital role in reducing stress.

Participation of the would be father and other family members in ANC program, prepares the whole family along with the would be mother for welcoming the bundle of joy, the baby!

-Dr. Smita Chandrachood

Importance for post-natal care (PNC).

Postnatal care is the care taken of mother after delivery. Women undergo numerous changes at anatomical as well as physiological level during pregnancy. Whether the mode of delivery is normal (vaginal) or Caesarean section, it induces additional stress that has a deep impact on the health of mother at mental as well as physical levels. Ayurved defines Postnatal care as Sutikaparicharya. This includes lifestyle management, medications, Rasayanas, certain treatment modalities as well as counselling of the mother. Immediate care taken after delivery plays a vital role in the maintenance of the mother's health in the short term as well as long term.

Ayurved has strongly emphasised on PNC 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 a complete physical level thus enhancing her nonspecific immunity as well. Ayurved believes mind and body as integral factors in health and illness. Postnatal care hence also addresses the mental health of mother thus helping her achieve homeostasis in the true sense.

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.

Objectives of Post Natal care include-

- To provide care for rapid restoration of the mother's health.
- Breast care.
- To increase awareness of depression and mood disorder in postpartum women.
- Immunisation of the new born from perspective of Ayurved.
- Preterm Labour.
- To achieve quality and quantity of lactation.

-Dr. Shachi Desai.

Some recipes for whole tenure of Pregnancy.

Green gram soup

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|-------------------|---------------|
| •Ingredients | |
| 1.Green gram dal | 1 part |
| 2.Water | 4 part |
| 3.Asafetida | a pinch |
| 4.Rock salt | as per taste |
| 5.Ghee | for tempering |
| 6.Turmeric powder | a pinch |

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- Procedure:
 - 1.Heat green gram dal with water until dal gets cooked.
 - 2.Add tempering of asafoetida and turmeric in ghee.
 - 3.Add rock salt.

Rice soup

- Ingredients

1.Rice	1 part
2.Water	6 part
3.Rock salt	as per taste
4.Ghee	

- Procedure:
 - 1.Heat rice with water until rice grains get cooked.
 - 2.Add rock salt and ghee.

Ragi porridge

- Ingredients

1.Ragi flour	1 cup
2.Water	2 cup
3.Milk	2 cup
4.Sugar or Jaggery (organic)	2-3 teaspoon

- Procedure:
 - 1.Mix the ragi flour with milk and water. Make sure that there are no lumps in the mixture.
 - 2.Heat the mixture. Keep stirring it continuously and cook until it has a thick consistency.
 - 3.After the mixture turns thick, lower the flame and add sugar/ jaggery in it. Mix once and switch off the burner. Serve hot.

Popped rice recipe

- Ingredients

1.Fried green gram dal	½ cup
2.Popped rice	½ cup
3.Water	6 cup
4.Rock salt	as per taste
5.Coriander seeds	1 tsp
6.Cumin seeds	1 tsp
7.Ghee	2-3 tsp

- Procedure:
 - 1.Heat green gram dal, rice, coriander seeds with water until dal gets cooked. Add rock salt.
 - 2.Add tempering of cumin seeds in ghee.

Rice porridge

- Ingredients

1.Rice	1 cup
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|---------|--------------|
| 2.Water | 4 cup |
| 3.Milk | 1½ cup |
| 4.Ghee | 2-3 teaspoon |

- Procedure:
 - 1.Heat rice with water until rice grains get cooked.
 - 2.Add milk and boil for 1-2 minutes. Add Ghee.
 - 3.Turmeric leaf may be added while cooking to add flavour.

Laaja Manda

- Ingredients

1.Popped rice	1 cup
2.Water	14 cup
3.Dry ginger powder	as per taste
4.Rock salt	as per taste

- Procedure:
 - 1.Mix popped rice with water, add dry ginger powder and rock salt.
 - 2.Bring this to boil.

Rice Water

- Ingredients

1.Broken whole rice	1 part
2.Water	8 part

- Procedure:
 - 1.Mix broken rice with water, soak for 1½ hour.
 - 2.Macerate well.
 - 3.Take only water part.

Some more suggested recipes:

- 1.Sakharbhat.
- 2.Kesharbhat
- 3.Khoya recipes such as halwa, gulab jamun etc.

Some suggestions for evening snacks:

1. Popped rice chivada.
2. Khakra.
3. Vegetable Soups/ Chicken or mutton soup.
4. Barbecue chicken.

- Use of **Organic brown sugar** and **jaggery** is recommended over refined sugar.
- Use of organic chicken should be preferred over poultry farm chicken.
- **These recipes are advised in the normal course of pregnancy. They may be subject to change related to any indication as per the timely clinical or other findings.**

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

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