

## Research Article

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## The Role of Indian Post-Partum Care Followed by Specific Diet in Women Psychological Functioning<sup>1</sup>

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### ABSTRACT

“The Role of Indian Post-partum Care followed by specific diet in Women’s Psychological Functioning and mental health”

- The postpartum period starts from 1hr after delivery to 42 days and is a critical period for the mothers’ health
- Women experience various physical, mental, and emotional changes during this period, which may interfere with their daily routine.
- A wide range of complications have been reported during this period such as physical, mental, and emotional problems including fatigue, concerns with regard to sexual intercourse, haemorrhoids, constipation, breastfeeding problem, anxiety, acidity, stress, depression, sleep disorders, bleeding, urinary incontinence, and posttraumatic stress disorder.
- Women’s health after delivery is the most important factor affecting the health of her new born.
- Close knit Indian family system structure and community helps new mother’s faster recovery.
- Mother’s food intake, appropriate resting pattern, massage & bathing pattern are the three key steps closely observed and offered to mother by elderly female family member along with community woman in India.
- Study also shows mother digestion and increase in the milk supply are interrelated and is the main focus of her post partum diet. In the olden days this used to be closely watched and taken care by grandmoms or the elders female member of the family. Grandmas home remedy was the main source of information for new mom’s recovery path rituals.
- Until 42 days new mom and baby used to be kept in separate room called ‘balantroom’ where only caretaker woman used to be allowed to stay with her. She used to be completely detached from everyone so she could concentrate on her recovery and her little one.

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**Keywords:** Dr. Rekha Chaudhari’s study on “The Role of Indian Post-partum Care with diet system in Women’s Psychological Functioning and mental health” received appreciation and recognition at the world health organization platform by WHO.

### The Study Observed That

- The postpartum period starts from 1 hr after delivery to until 42 days and is a critical period for the mothers’ health
- The postpartum period is followed in India for 120 days in after delivery which has shrink till to 42 days and is a critical period for the mothers’ health complete natural way recovery, self-healing pattern.
- Women experience various physical, mental, and emotional changes during this period, which may interfere with their daily routine.
- Research study has also focussed on knowledge about food that increases milk supply for new born, food intake to prevent any gastric irritation to the mother and the baby
- **Mother food intake, resting pattern and massage & bathing pattern** are the three key steps closely observed and offered to mother by elderly female family member along with community woman.
- Mother has been kept under specific diet to prevent any digestive system problems and also support lactation.
- The study also says it has been believed in Indian traditional system to keep mother’s digestive path clear and detoxed for faster recovery. “Peeth saaf toh sab bimari dur’ (if the stomach is clean then all the diseases are away)
- Women’s psychological functioning and mental health is the main focus to keep the mother’s digestive system clean through specific food pattern and closed including phakki to avoid further risk for physical and mental health issue.
- Research and Mothers touch book also talks about ‘Phakki’ a herbal powder that takes care of the digestion issues in mothers. This is a wonderful concoction and is excellent for overall well-being.
- 5 generation experience and knowledge-This has been passed on from many generations. From my grandmothers mother to my grandmother to my mother and from my mother to me to my daughter used all these Indian rituals when I delivered my both daughters 35 years back and never had trouble with digestion and mentally fudginess or any postpartum depression.
- My daughter who recently gave birth to a wonderful son in New York has been taking all the Indian ‘Mothers Touch’ rituals from day one which has helped with her recovery from

natural birth after being in labour for 28 hours. After child birth immediately she was given concoctions also called as Kadhas, followed by fenugreek seeds and turmeric powder and jaggery mix, Phakki and many such rituals. Her fast recovery was noticed by her doctors and given very positive feedback for whole concept.

- Doing such rituals helps in early and easier recovery, helps in getting back to pre-pregnancy state of mind, also helps in reducing chances of Postpartum Depression.
- Since hormone relaxin is still in the body as long as one is breastfeeding the digestion can still be slow and sluggish, this is the time proper herbal natural rituals help.

### Methodology Used

The study was conducted after ethical approval was taken from IRB and written consent from the participants. The study was conducted between April 2018 and July 2018, based on a cohort, including a randomised controlled trial.

### Introduction (Level 1 heading)

Introduction should reflect the background, purpose and significance of the study that is carried out.

- The mother care program focused on a combination of diet, and special herbs intake
- This special diet intake is designed to support lactation and digestion which considered the main path for mother healthy recovery physically and mentally as well as child healthy growth.
- Indian traditional ritual also includes bathing and massage therapy, 42 days for mother and 9 months for newborn
- Traditional diet includes kadha (concoction) day and night phakki, hirabul, munching herbs mix.
- Traditional diet method strongly –
  1. Promotes Lactation
  2. Offers Nutritional Support
  3. Aids Digestion
  4. Immuno-Support

### Materials and Methods

- The data were analysed using Chi-square test, Fisher's exact test, and t-test. Descriptive statistics were also applied.
- All statistical analyses were carried out using SPSS version 18 (IBM Company).
- $P = 0.05$  or less was considered statistically significant

### Results and Discussion

Primary Outcome Measures

- Post Natal Depression [ Time Frame: 6 weeks following child birth ] Edinburgh Postnatal depression Scale

### Secondary Outcome Measures

- General well-being [ Time Frame: 6 weeks following child birth ]
- General Physical and psychological well-being was assessed using General Health Questionnaire 28
- Parent-Infant Relationship [Time Frame: 6 weeks following child birth]
- Parent-Infant Relationship Global Assessment Scale
- Maternal Confidence [Time Frame: 6 weeks following child birth]
- Maternal Self- Confidence Scale.

### Conclusion of the Study

Based on the Research of this study, the following conclusions were formed:

- Postpartum home care met the needs of the mothers to a great extent and decreased the prevalence of some common physical postpartum complications
- Traditional healthy habits of postpartum diet and ritual system make speedy recovery –
- Indian culture closely concentrates on post-natal care for the woman.
- The culture gives utmost importance to the healing and recovery of the new mom in 42 days. This 42 days recovery program is divided into 3 parts.
  1. Food intake pattern/
  2. Bathing & massage pattern
  3. Resting pattern
  4. Sheke shukti
- My research also includes giving knowledge about food that increases milk supply, foods to intake to prevent any gastric irritation to the mother and the baby and all the postpartum necessities. Since hormone relaxin is still in the body as long as one is breastfeeding the digestion can still be slow and sluggish that's when the herbal rituals help.
- Mothers touch book also talks about 'Phakki' a herbal powder that takes care of the digestion issues in mothers. This is a wonderful concoction and is excellent for overall Mothers well-being. It is very useful in stomach ache, indigestion, acidity, and gas trouble.
- Postpartum home care diet system as well as focuses on the right way taking kadha and phakki met the needs of the mothers to a great extent and decreased the prevalence of some common problems like **Lactation Support** - Dill and Fennel Seeds have traditionally been used to improve milk flow and support milk supply. **Nutritional Support** - Flax Seeds, rich in omega-3 fats; Sesame Seeds, full of calcium and linoleic acids, an essential fatty acid; and the super herb turmeric, a powerful herb with antioxidant and anti-inflammatory properties. **Digestion Support** - Ajwain aids digestion and Dill Seeds can help with flatulence. Fennel seeds have been used for centuries in "gripe water", a traditional aid to ease colicky babies.
- To get a good amount of baby milk while breastfeeding mother was given under a specific diet to make sure to eat a lot of cumin seeds (jeera/comments), Adilv, bajara bhakari, methi, Shatavari, ashwagandha, Haldi, day and night pahkkai.
- One of the most important intake is Phakki, this is a wonderful mixture is excellent for overall well-being as mentioned above.
- Below ingredient is used in phakki to take control of mother physical problem which has helped to get mental relaxation.
- Phakki is considered good for breast-feeding, relieves abdominal gases after delivery, reduces severe back-aches, swelling, controls excessive bleeding, nausea, flatulence, laziness, odor smell, constipation, diarrhea any problems can be controlled by taking a tea-spoon-full as desired with warm water or milk or honey. This microlevel of control regain helps Mother health recovery fast.
- The intervention group had higher frequency of the use of supplements and higher satisfaction with the service provided.
- Thus, it was recommended that the health authorities consider providing mothers with home care services with Indian traditional natural herbs /Ayurveda intake to promote their mental health.
- This intervention was recommended to be included in the national protocol of mothers' health.

### Below are few Ingredient in Phakki is used are-

phudina, jeetikki, mint, sweets. misri, soondh (driedginger, blackpepper/kaali mirch, jeera/cuminseeds, ilaichi (cardamom), small green Var Ving (waving), saunf/greenfennel, badasaunf, aniseeds, Ajwain/carom seeds (in summer)

Tulsi/freshbasil (washed&dried), Liquorice'(mitthikatthi), Harir' or hanjino (hog plum) is one of the three rejuvenating herbs. Haritaki is used to reduce Vata and eliminate ama (toxins), indicated by constipation, a thick greyish tongue coating, abdominal pain and distension, foul feces and breath, flatulence, weakness, and a slow pulse. Haritaki improves digestion, promotes the absorption of nutrients and regulates colon function. Sweetflag (Gandharibach/gurbach), Methi: (Hurbo) /fenugreek seeds severe back.

- Above ingredient Measured well and blend them in a blender till very smooth. Mother has to consume one teaspoon every morning with a glass of warm water and after every meal.

### Acknowledgements

- I am thankful to Dr. Neha Sharma for encouraging me for my research.
- I am thankful to all the woman who have participated in my studies and given me honest opinion about what they feel about all the rituals.
- I am thankful to my mother who had given these rituals real experience to me when I delivered my first baby girl 35 years back.
- I am thankful to my loved one Dr. Aparna and Rashmi for practicing whole ritual and study on their own babies.
- I am thankful to all the village woman who have supported me through out my research for all kind of natural remedies formulations.
- I am thankful to my daughter Malabari who has used her pharmaceutical knowledge and implemented all the rituals in a scientific manner.
- I am thankful to Niqi Kundi for helping me out for 'Mothers Touch ' book

### Conflict of Interest

Goal behind this research was to employed the underprivilege woman who has bit knowledge but system do not support.

- Goal is to rediscovered Indian ancient health secretes and offer to the world for betterment of society.
- Healthy mom will always raise healthy mind child, If she is fit she will take care of her child well.

### The Criteria for Selection Were

- Healthy women giving birth for the first time (primiparous)
- Giving informed consent
- Accepting traditional home care
- Believing in ancient science

Women who were Excluded were those with

- A history of mental health condition
- A history of drug or substance abuse
- Who did not had believe in power of nature.

### Conclusion of the Study

Based on the results of this study, the following conclusions were formed:

- Postpartum home care met the needs of the mothers to a great extent and decreased the prevalence of some common physical postpartum complications.
- The intervention group had higher frequency of the use of supplements and higher satisfaction with the service provided.
- Thus, it was recommended that the health authorities consider

providing mothers with home care services to promote their health.

- This intervention was recommended to be included in the national protocol of mothers'

### They Study Emphasis on

- The provision of postpartum care being highly necessary to prevent unwanted complications.
- Indian Postpartum care is designed to support the mothers to cope with the new situation.
- Postpartum care is a suitable method to obviate the educational and supportive needs of mothers because it is often difficult for them to go somewhere during the 1st day after delivery and it would be best if they could be provided with care services at the convenience of their home.
- Study emphasis important of self- healing and natural healing Indian traditional methods.
- Study emphasis Indian traditional postpartum well-being lifestyle for child and New Mother.
- Study emphasis on author researcher of Mothers Touch Dr.Rekha Chaudhar's own experience by consuming this study 34 years back for herself as well as her grand child and daughters.

### The Aim of the Study

The most important factors that led to this study are:

- No previous study has been found to assess impact of Indian postpartum care on women's psychological functioning.
- Considering the limited number of studies on the postpartum care services in India, this study aimed to design and provide postpartum care service for mothers to assess its efficacy.
- The results of this study can help promote mothers' health and their satisfaction since it is believed that postpartum services can significantly decrease the common complications in this period and increase mothers' satisfaction.
- New opening in the wellness industry for New Mother self-healing pattern and Child mental and social development.
- Indian Dying traditional to be reemphasis with satisfice evidence for new generation.
- Bringing traditional valuable practise for the betterment of society.
- Ayurveda and natural herbs benefits to the new born and modern mother.

### Results

#### Primary Outcome Measures

- Post Natal Depression [ Time Frame: 6 weeks following child birth ]
- Edinburgh Postnatal depression Scale

#### Secondary Outcome Measures

- General well-being [ Time Frame: 6 weeks following child birth ]
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- Parent-Infant Relationship [ Time Frame: 6 weeks following child birth ]
- Parent-Infant Relationship Global Assessment Scale
- Maternal Confidence [ Time Frame: 6 weeks following child birth ]
- Maternal Self-Confidence Scale

### Conclusion

Based on the results of this study, postpartum home care obviated the needs of the mothers to a great extent and decreased the

prevalence of some common physical postpartum complications

- The intervention group had higher frequency of the use of supplements and higher satisfaction with the service provided.
- Thus, it is recommended that the health authorities consider providing mothers with home care services to promote their health.
- This intervention has been recommended to be included in the national protocol of mothers' health.
- Mother health should be the first priority then new-born.
- Indian ancient science has power for reducing post partum depression.
- This study has also open up new windows in the wellness industry for well-being lifestyle for mother and new-born
- Healthy mind will always delivered the healthy result is proven by this study.
- This study is not only giving best gift to modern mother but this will also create huge employment in the society.

## References

1. Dr. Rekha Chaudhari is the Global Wellness Ambassador for India, an international entrepreneur & a social Activist of non-profit organizations like World Digital Detox Day (WDDD), Mothers Touch & ZEP Foundation
2. Dr. Rekha Chaudhari has revived the long-lost Indian traditional mother and child-care tradition and rituals to suit modern mothers and newborn. She firmly believes in ancient science of India. She has personally She has created a social business model around this concept promising 60,000 job opportunities for women in the villages of India.
3. This patented concept of Her patented research of Mothers Touch Indian prenatal traditions have got global recognition with Harvard University, John Hopkins University & Oxford University, published & registered on the WHO platform making her the first author on this concept on the world platform.
4. She has also got huge recognition from Government of India.
5. Ayesha minister words for Dr. Rekha Chaudhari work - Mothers Touch is a valuable piece of research documenting historical rituals. It outlines what are considered secrets that mothers share and pass onto her daughters. This sharing during the childbirth period is usually verbal and it is especially important preserve and to document the rituals. Dr. Rekha Chaudhari has helped preserve some of our ancestral & traditional methods that have proved to be effective throughout the ages. The book emphasises on the fact that new mothers must be taken care of as well as the child.  
Read more visit <https://motherstouch.foundation/>

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