

The Role of Indian Post-Partum Care in Women's Psychological Functioning

Rekha Chaudhari* and Nilmabari Chuadhari

Mothers Touch <https://motherstouch.foundation/>, India

*Corresponding Author: Rekha Chaudhari, Mothers Touch <https://motherstouch.foundation/>, India.

Received: June 17, 2020; Published: July 17, 2020

Abstract

Introduction:

- The postpartum period starts from 1h 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, hemorrhoids, constipation, breastfeeding problem, anxiety, 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 their children.

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:

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:

- 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.

Keywords: Postpartum Period; Mothers; Mothers' Health

The study observed that:

- The postpartum period starts from 1h after delivery to 42 days and is a critical period for the mothers' health.
- The postpartum period followed in India for 120 days 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.
- 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, hemorrhoids, constipation, breastfeeding problem, anxiety, 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 their children.

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.

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 practice for the betterment of society.

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. The comparative groups used in the study were mother care programs and usual care programs:

1. The mother care program focused on a combination of diet,
2. Indian traditional rituals,
3. Traditional diet,

4. Bathing therapy,
5. Sand therapy,
6. Massage,
7. Surya Sanayan (sunbath),
8. Stanapan"- Breast feeding,
9. Sheck shekoti,
10. Body-binding methods,
11. Shek shekoti,
12. Aroma therapy (based on Indian spices and flowers).

Along with 40 days of rest following the traditional way of delivery. While in the usual care program, comparison cohort was followed in usual care under the supervision of health professionals.

110 pregnant women between 18 years and 35 years, with probability samples were preselected from 4 hospitals in India.

The criteria for selection were:

- Healthy women giving birth for the first time (primiparous)
- Giving informed consent
- Accepting traditional home care.

Women who were excluded were those with:

- A history of mental health condition
- A history of drug or substance abuse [1-4].

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' health.

Bibliography

1. Chaudhari Rekha., *et al.* "Evolving Indian post-partum care through service model: qualitative study of experience and satisfaction". In the 10th International Conference on Interdisciplinary Social Science Studies, Oxford University, Oxford, UK (2018).
2. Chaudhari R., *et al.* "The role of Indian Postpartum Care in Women's psychological functioning". In the 11th International RAIS Conference on Social Sciences, Johns Hopkins University, Rockville, MD, USA (2018).

3. Chaudhari R., *et al.* "Indian Postpartum care: A-randomised trial to improve maternal health six weeks after birth". In the 7th Academic International Conference on Social Sciences and Humanities, Harvard University, Boston, USA (2018).
4. Rekha Chaudhari and Neha Sharma. "Impact of Garbha Samskara on postpartum emotions: Randomized controlled trial". *International Journal of Mental Health and Psychiatry* 4 (2018).

Volume 12 Issue 8 August 2020

©All rights reserved by Rekha Chaudhari and Nilmabari Chuadhari.