



MOTHER AND CHILD CARE THROUGH YOGA AND NATUROPATHY

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ABSTRACT

Pregnancy is the process whereby the life of a baby begins in the mother's womb and progresses up to the stage when it is safe to expose the baby to the outside world. 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. This is the period which is special for woman and her family. It is a time of many changes in her body, emotions and life. These changes often add new stress to the lives of women. Pregnancy related discomforts due to anatomical and physiological changes can be stressful to women. She has to understand and recognize that these symptoms in motherhood stage are temporary and that there are ways to cope up with them. Failing to understand this basic fact, may affect the development of the fetus and henceforth the total health of the child. Apart from biological intervention, social and psychological support is equally important. At this juncture, yoga and naturopathy is recognized as one of the excellent and safest systems of medicine to manage all the motherhood problems. Yoga practice is the tool for achieving positive health for both mother and child. Yoga brings about stress reduction and helps in reducing the occurrence of complications through effective hormonal function. Naturopathy is the system to change the way of life and increases its quality. Various natural modalities help women to combat the physical discomforts during this period, carry her and soothe her for normal motherhood.

KEYWORDS: Mother health, child health, yoga, naturopathy, exercises.

Yoga Practices for Normal and Safer Pregnancy

Yogic techniques for each trimester are as follows:

1. Loosening exercises

- Hand stretch/ side stretch
- Ankle stretch
- Straight leg raising (alternate)
- Straight leg raising (both legs)
- Forward/ backward bending
- Side bending
- Twisting

2. Breathing exercises

- Tiger breathing
- Rabbit breathing
- Sasankasana breathing

3. Asanas- standing

- Ardha- katichakrasana
- Ardhachakrasana
- Padahastasana
- Utkatasana

Supine

- Vipareetakarani
- Sarvangasana

- Matsyasana
- Pawanmuktasana

Prone

- Bhujangasana
- Shalabhasana (Ardha)

Sitting

- Paschimottanasana
- Ushtrasana
- Shashankasana
- Vakrasana

4. Pranayama

- Sectional breathing
- Nadishuddhi
- Bhramari/ sheetali / situation

5. Relaxation techniques

- IRT/ QRT/ DRT

6. Meditation

- On kara meditation/ naadaanusandhana

Yogic counseling

1. To change the basic notions about life, death and purpose of living.
2. Improving interpersonal relationship by understanding the basis of pure love.
3. To correct the pattern of tension ridden working style with a joyous working atmosphere.

Contraindicated practices in specific to each trimester:

1st trimester (1-3 months)

Baddhakonasana.

2nd trimester (4-6 months)

Forward and backward bending exercises, sarvangasana, matsyasana, pawanmuktasana, Paschimottanasana, baddhakonasana, vakrasana.

3rd trimester (7-9months)

Straight leg raising(both), forward and backward bending, shashankasana breathing, padahastanasana, vipareetakarani, sarvangasana, matsyasana, bhujangasana, Paschimottanasana, ushtrasana, vakrasana.

Avoid the following techniques for all trimesters

Kapalabhati, uddiyana bandh, mailing, suryanamaskar and advanced series of asanas.

Practices after one month of delivery

After normal delivery, the yogic practices like simple breathing, straight leg raising, tadasana, Ardha katicakrasana, trikonasana, uttanpadasana, bhujangasana, urdhvahastottanasana and shavasana with relaxation techniques. Pranayama like Nadishuddhi and bhramari, on kara chanting could be practised.

Naturopathic treatment for pregnancy and normal delivery**Treatment**

1. Morning walk for an hour
2. Cold hip bath for 10-15 minutes.
3. Mud pack on abdomen.
4. Sunbath
5. Reflexology track walking
6. 10 minutes barefoot walking on green grass.

Diet

Take light and static diet. She should eat a balanced diet including all the nutrients. She should increase 30-500 calories/day from normal calorie intake.

After delivery**Treatment**

1. Morning walk for an hour.
2. Suryanamaskar
3. Supine postures - ekpada utthitapadasana, utthitapadasana, pawanmuktasana, merudandasana to be slowly started after 10-12 days.
4. Light massage to full body.
5. Breathing exercises

Diet

Take sattvik diet consisting of sprouts, brown rice, vegetable soups, porridge, milk with honey, overnight soaked dry fruits. Take green leafy vegetables and seasonal fruits in moderate quantity.

Following are the food items prescribed for pregnant and lactating women

1. Vegetables: all green leafy vegetables, ash gourd, ridge guard, apple guard, beet root, turnip, carrot, cucumber, spinach, tomato etc.
2. Cereals: unpolished rice, whole wheat and multigrain flour.
3. Sweet- honey, organic natural jaggery.
4. Sprouts: green gram, Bengal gram, wheat, alfalfa, ground nut, fenugreek.
5. Dry fruits: dates, figs, dry grapes, cashew, almonds, dry grapes
6. Fresh fruits - ripened, seasonal and juicy fruits like banana, guava, apple, pear, orange, sweet Orange.
7. Soups- spinach, carrot, tomato, beetroot and coriander.
8. Others- lemon water, buttermilk, tender coconut water etc.

Important advice to be followed during pregnancy

1. During pregnancy, woman has to do self-study, should have spiritual thoughts, should read the life history of great personalities and should keep themselves in peace.
2. Pregnant woman should detach themselves from desire, anger, attachment, hatred and lust. Avoid bad company and be with good people in stable and peaceful condition always.
3. Hang some good and beautiful pictures in the bedroom which gives effect on child also.
4. Pregnant woman should have very nutritious, balanced and sattvik diet. The following points should be kept in mind:
 - a. Essential nutritional supplement for women.
 - b. Essential nutrition for fetal mental development.
 - c. Essential nutrition for uterus, breast and amniotic fluid development.
 - d. Essential nutritive food during and after pregnancy for good lactation.
5. Malnutrition during pregnancy may lead to anemia, rickets, and bow knee to the child.
6. Pregnant women should protect themselves from excessive stress and pictures giving negative effects on mind.
7. Pregnant women should drink water at regular intervals to avoid infections.