

MATERNITY AND CHILD HEALTH CARE THROUGH SWASTHAVRITTA AND YOGA



Forwarded
I. P. Singh
30/12/92
Reader
DEPT. OF BASIC PRINCIPLES
INSTITUTE OF MEDICAL SCIENCES
Banaras Hindu University

Forwarded
[Signature]
PROF. & HEAD OF THE
DEPT. OF BASIC PRINCIPLES
Inst. of Med. Sciences
Banaras Hindu University
30-12-92

Thesis Submitted For The Degree of
Doctor of Medicine (AY)
(Swasthavritta and Yoga)

By
K. C. Perera
Under the

CO-Supervision of
Dr. (Mrs) Jannavi Tandon
M. D., MIPHA
Professor & Head
Dept. of Preventive & Social Medicine
Institute of Medical Sciences
Banaras Hindu University
Varanasi-221005

Supervision of
Dr. J. P. Singh
Incharge, Swastha Vritta
and yoga Section
Dept. of Basic Principles
Faculty of Indian Medicine
Institute of Medical Sciences
Banaras Hindu University
Varanasi-221005

Swastha Vritta and Yoga Section
DEPARTMENT OF BASIC PRINCIPLES
Institute of Medical Sciences
BANARAS HINDU UNIVERSITY
VARANASI-221005
INDIA

CONCLUSION AND RECOMMENDATION

Through the present study we have understood the problems being faced by the pregnant mothers and their health and what is the condition of their pregnancy.

1. To provide proper and adequate nutrition during pregnancy and childhood based on Ayurvedic Principles.
2. To extend the facilities for proper care and surveillance during all phases of pregnancy cycle and childhood, Ayurvedic parameters.

Recommendations

1. Keep in mind these facts we should open health centres under the Healthworkers and Home Department.
2. The health monitoring programmes should also be based on Healthworkers and Home workers. The effort should be

CONCLUSION AND RECOMMENDATIONS

Through the present study we have understood the varied problems being faced by the pregnant mothers and children in their life, and what is the condition of their practice and knowledge about the Ayurvedic regimens. Further, this study has shown us that how far we can get rid of these health disasters through the Ayurvedic methods. Hence Ayurveda must be directed towards :

1. To promote awareness in masses about the Ayurvedic regimens.

2. To provide proper and adequate nutrition during pregnancy and childhood based on Ayurvedic Principles.
3. To extent the facilities for proper care and screening during all phases of maternity cycle and childhood, on Ayurvedic parameters.

Recommendations :

1. Keep in mind these facts we should open health centres, under the Swasthritta and yoga Department.
2. The health education programmes should also based on Swasthritta and Yoga measures, the effort should be made for the scientific evaluation and integration of the practices given in Ayurveda.
3. The public health physician of Ayurveda should be constantly alert to see the trend and emerging pattern in the causation of maternal and child morbidity and mortality and should educate the people, through appropriate health education measures in order to prevent the same.
4. The people should be educated and encouraged to accept the Swasthritta and Yoga way of life for their health and hygiene as this would give them health without causing any financial burden on the Government and the people accepting the procedure.

SUMMERY

INAR

This study consists of three types of random
y are

- (b) To identify the state of awareness about the health status and ways to improve urban health.
- (c) To identify the factors of malnutrition and their influencing health of the urban population.
- (d) To be able to establish and define priority needs for improving the urban health, leading to a safe delivery and healthy baby.
- (e) To compare the clinical and laboratory picture of pregnant mothers based on both traditional and modern criteria.

SUMMARY

In the above study the following objectives were followed:

This study consists of three types of random samples, they are-

- [a] 50 cases of expecting mothers and 50 cases of under 5 years children in rural area.
- [b] 50 cases of expecting mothers in urban area.

Objectives of this Study :

- [a] To study the sociodemographic profile of both rural and urban pregnant mothers.

- [b] To findout the state of awareness about the Swasthavritta and Yoga in rural and urban women.
- [c] To identify the factors of Swasthavritta and yoga influencing health of the mother and child.
- [d] To be able to outline and clealry define criterias useful for maintaining the mother's health leading to a safe delivery and healthy baby.
- [e] To examine the clinical and laboratory profile of antenatal mothers based on both Ayurvedic and modern criterias.

From the above study the following significant facts have come into light :

- [a] Their knowledge about the Ayurvedic regimens and Yoga is very limited.
- [b] Women's illiteracy, ignorance and their faulty beliefs are among the direct causes behind the high morbidity and low acceptance of family planning methods.
- [c] The children morbidity rate is increased by many factors, like anaemia, malnutrition infections and lack of health care etc.

[d] The Ayurvedic treatments and regimens can promote their health to a greater extent.

Finally, to achieve "Health for all by 2000 A.D." and to provide primary health care to all, the health professional, social workers, agencies and institutions should co-ordinate their activities with Ayurveda, to train their personal and to educate the masses regarding their health care. Today we can not manage our lives and health in isolation from the rest and without the community action. Therefore, the mutual co-operation, co-ordination and integration has to be workedout and followed.

BIBLIOGRAPHY