



Traditional Postpartum practices and rituals followed in Palayamkottai – A Siddha descriptive study

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Abstract

The postpartum period is a time for women to recover and take on new roles.[1] To document the postpartum rituals and traditional practices which influence well being of mother from the 20 key informers in Palayamkottai. Commonalities were identified in practices across cultures. Specifically, the themes included bathing, hair oil, food habits, visitors, acute illness during post-partum time. Milk feeding procedures, management of ailments of during milk feeding.

Keywords: postpartum, traditional practices, Commonalities .

Introduction

usually in the form of family members caring for the new mother and her infant for a specified period of time, is almost universally provided in the early postpartum period by the mother, mother-in-law, other female relatives [2–3] Many cultures view this period as pre-carious and highly sensitive period.. Indian traditional culture place a great emphasis on encouraging fast healing boosting immunity and improving the quality of life after delivery. Many traditional rituals are observed to ensure recovery and avoid ill-health of mothers in later years. this study is taken to document such practices and rituals followed during postpartum period to improve the well

being of mothers from the key informers in palayamkottai.

Methods

The review will be conducted among key informers , participants with hands on traditional postpartum practices for at least five years.

Search strategy

A detailed search of the following databases was collected from Direct interview, face to face interview key informers of palayamkottai

Results

Post delivery traditional medicines followed in Tirunelveli district (Non – Veg)

Post delivery medicines for 16 days

Days	Medicine
Day 1	Grind Neem and turmeric well and take this on first morning after delivery in empty stomach Dose: 4 to 5 balls with palm jaggery.
Day 2	Grind Ginger and four bulb of garlic well and (morning) extract the juice. Heat the pan and add some honey. Now add the above juice and boil it (which is called “Surasam”) Take this surasam in empty stomach .Dose : ¾ cup ie. 50 ml
Day 2 (Night)	Make powders of dry ginger and pepper and take it with palm jiggery as balls.
Day 3 (Morning)	Put palm jiggery in heated pan and pour garlic and ginger juices into it Boil it well Dose : 1 cup
Day 3 (Night)	Take powdered mustard seeds and make into small balls with palm jaggery
Day 4 (Morning)	Grind dry ginger, pepper, asafoetida, garlic lesser galangal, corallocarpus (Bryoms) and Trianthema(saranai) well and make into balls. Take 1 piece of palm jaggery and then have 1 ball of above preparation.
Day 4 (Night)	Add some water to the above medicine and boil it with pal, jaggery.
Day 5 (Morning)	Ginger Juice
Day 5 (Night)	Boil garlic bulbs of high quantity in milk and make sure it is over boiled.
Day 6 (Morning)	Ginger surasam with more amount of honey
Day 6 (Night)	With palm jaggery add ajwain (Trachyspermum ammi) and make into kazhi(Xkf;fsp)
Day 7 (Morning)	Ginger surasam with more quantity with more quantity of honey
Day 7 (Night)	Dry ginger kazhi Add dry ginger paste to palm jaggery and make into kazhi (Rf;F fsp)
	<p><u>Dry Fish curry</u></p> <p><u>Ingredients</u> dry ginger Pepper Ajwain Garlic Trianthema root Asafotida Coriander seed Turmeric Coconut</p> <p><u>Preparation</u> Add water to above powder and boil well. Finally add gingelly oil to it Note : Shark fish curry especially white shark is lactoguge Pour some hot water in backside and hip region daily after delivery</p>

Post delivery traditional medicines followed in Tirunelveli district (Veg)

In south Tamil Nadu people followed some wonderful unique siddha medicines in post delivery. But, nowadays deliveries are conducted in modern hospitals. So, using these medicines

have gradually decreased and within a few years the next generation may not even know about these medicines. To avoid this situation and make people use of these medicines is our motto. Medicines are given from the very first day after delivery till 16 days. And “Prasava Leghyam is given from 3 months to 6 months after delivery.

Day	Medicine
DAY 1	Keep some musk into betal leaves and give internally. This acts as an alterative, reduces fatigue and expels the dirt out of uterus. Than make 2 finger turmeric into paste. This gives immunity and heals uterus.
DAY 2	Give prasava powder in ginger surasam which cures body pain and indigestion. Prasava powder preparation: Take 1 turmeric, pepper, narukku moolam, dry ginger, anacyclus, lesser galangal, ajwain (each 50 gram) and make into powder. Surasam preparation : Make 50 gram ginger into juice and add palm jaggery 50 gram and boil it. Dose : 5 gram prasava powder with 50 gram honey. Days : 4,6, 12,14,16.
Day 4	Again turmeric paste is given.
Day 5	Fry small asafotida piece and give it. It relieves body pain and gives activeness.
Day 9	5 gram mustard seeds is fried and powdered. Give it with jaggery.
Day 11	Take 25 grams of dry ginger & small piece of Trianthea root. Power it and add with 50 grams of jiggery. Mix the above powder with gingelly oil and stir well to leghyam consistency.
Day 13	50 grams of garlic is boiled well in milk and make into paste. New add then gingelly oil to it and well. Till it reaches kaZhi consistency.
Day 15	To 50 gram ajwain powder add 100 gram jiggery and gingelly oil. Stir well to reach Kazhi consistency.

Prasava Leghyam [4]

Dose: 5 gram twice a day for 3-6 months.

Indications:

Improves immunity
Indigestion for child reduces
Good for health

Note:

Avoid coconut, Tamarind and split yellow dhal.

Add bottle guard, Ladys finger, Snake guard and Indian butter bean.

Face becomes bright after 16th day of medicine in take

Give it till breast feed.

Ara Masala

Dose:

1 Teaspoon with hot water twice a day (if powder)

Post-delivery Pathya medicine

Ingredients:

Long pepper	-	25 g
kodiveli	-	25 g
lesser galanga	-	25 g
china root	-	25 g
pepper	-	25 g
Tail pepper	-	25 g
Garlic	-	25 g
Asafoetida	-	25 g
Dry ginger	-	25 g
cloves	-	10 g
Bank of cinnamon	-	10 g
cardamom	-	5 g
coriander seeds	-	½ Kg
Jaggery	-	½ Kg
Gringelly oil	-	¼ Litre

Preparation

Fry above raw drugs separately. Fry asafoetida in oil. Make into 20 to 25 balls and add jaggery and grind and make into balls. Use remaining powder for curry.

Dose: 1 ball in empty stomach and 1 at evening

Indications

Clean the dirt in uterus
Relieves body pain
Reduces fatigue and tiredness

Other preparations

1) Sundai vattal, Manathakkali vattal, pepper and curry leaves are fried and powdered along with salt. Add this powder to rice and some ghee or gingelly oil and eat.

2) Powder of pepper, curry leaf, cumin seeds, garlic, salt is added to rice and ghee is also added. Also use it for idly and dosa.

3) pepper curry:
pepper, cumin seeds, curry leaf, turmeric are fried and powdered with garlic now fry above with gingelly oil and make curry and eat with rice.

Diet for breast feeding mothers

- 1) 5 bulb garlic is boiled well with milk and taken once in a daily.
- 2) Fenugreek Kazhi.
- 3) Fry cumin seeds with honey. Add some water and boil and drink.
- 4) 1 or 2 cup of carrot juice daily.
- 5) 1 spoon anise seeds is soaked in water at night and taken in next morning.
- 6) White shark curry or pittu
- 7) Peel off ginger skin and cut into piece. Add some water to it, boil and drink.
- 8) chenna is soaked in water tonight and boil it in the morning and take.
- 9) Potato is boiled and ghee is added to it. Have it for good strength.
- 10) Cook Indian coral leaves with coconut oil and take it. for it is a lactagogue.

A fire is also placed under the mother's bed to prevent blood clots and backaches. Chinese mothers may follow similar practices [5].

Bath and food habits after delivery

- 1) Take bath daily
- 2) Taking bath twice a day keeps you more hygienic.
- 3) Take bath in mild hot water.

Food for,

First Day – Ragi koozh
Indication : Remove retained placenta

Second day – Salavai powder and ghee or sesame oil with rice.

Indication: Helps to have good body condition.
Removes lochia

Third day – Navanchi (Bryophyllum pinnatum) kuzhambu.
Indication: Relieve body pain.

4th, 5th, 6th day – Normal food
7th, & 8th day – Carrot and garlic increases milk secretion
9th day – Ajwain and sesame oil in rice.

Indication: Cures uterus ulcers

Discussion

The restoration of maternal health is a common underlying theme across cultures-the new mother becomes mothered herself by contrast in Siddha system of medicine during the postpartum period the focus is on infant care

Postpartum practices are usually undertaken in the belief that these practices have a protective effect for future illnesses and duration of the practices vary.

This exerts a certain amount of psychological pressure for women, as the defined period is seen as a narrow window of opportunity to health versus illness, and harm done during this period is not easily reversed. In some cultures, women feel they need to have another pregnancy and postpartum period to correct their health status [6].

Among mothers in Goa (India), an oil massage is believed to improve strength and maintain general health [7]

Conclusion

The descriptive study findings clearly suggest that significant diversity in postpartum practices in terms of their explicit manifest content, duration of observance and the participants involved exist.

There are also social factors, such as socioeconomic status and political systems, which may limit or modify these practices. Finally, an individual may have multiple cultural and/or religious identities, as well as personal, idiosyncratic beliefs, leading to further variations of practice [8,9].

Traditional postpartum practices have significant implications for the provision of culturally competent healthcare. At the individual healthcare provider level, increased awareness of, and knowledge about these practices can avoid causing undue distress to those receiving care.

In our descriptive study show potentially protect postpartum women from infection and also improve post natal health of the mothers

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