

**PERIPHERAL HEALTH CARE: SCOPE AND ADVANTAGES IN
WOMEN HEALTH THROUGH AYURVEDA****Neha Sharma^{*1} and Sujata Kadam²**

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ABSTRACT

72.2% population of India resides in villages. An individual when seek to consult for his/her health, first approach would be to reach to a practitioner available at nearest PHCs, CHCs available at community level provide primary health care to them as and when required. Government of India is now incorporating to AYUSH doctors at these centers. Aim of Ayurveda is to maintain the health of healthy person and to cure the diseased one. Ayurveda promotes health care of a healthy individual. At this level a lot of principles of Ayurveda like care of a pregnant woman, health awareness to teenage girls, knowledge about reproductive health to adolescents, postnatal care of

women, health guidance to the elderly woman to combat menopausal problems can be incorporated to achieve healthy females of India. If a woman will be healthy, she can make a healthy family, so as to a healthy society, a healthy village, healthy country and a healthy world. Ayurveda promotes diet and lifestyle for an individual healthy along with daily regimen and seasonal regimens specialized diet and lifestyle for women for various phases of their life in different aspects like diet and lifestyle during menstruation, preconception period, after conception, during pregnancy and in postnatal period.

KEYWORDS: Ayurveda Practitioner, Diet & Lifestyle, preconception care, Pregnant Women Health, Post Natal Care.

INTRODUCTION

Primary Health Centers are first contact point between village community and medical officer. As on 31st March 2017, there were 25650 Primary Health Centers functioning in the country.^[1] PHCs provide an integrated curative and prevented health care to the rural population. In PHCs AYUSH practitioners also included and play an important role. Ayurveda plays important role in female health at PHCs level in adolescent girls in the treatment of menstrual irregularities, preconception care in married girls, care of a pregnant woman, postnatal care of women, health guidance to the elderly woman to combat menopausal problems.

MATERIAL AND METHODS

All the ayurvedic classics and modern text along with journals, electronics databases; pubmed, cochrane has been thoroughly reviewed.

DISCUSSION

Ayurveda has laid enormous oral and local medications on female health which can be prescribe at PHC level. These are some gynecological problems which found commonly can be treated and prevented at PHC.

DYSMENORRHEA

Vata dosha is responsible for any kind of pain in the body due to either obstruction or vaigunya so the drugs which are capable of diminish vata dosha should be included in the treatment.^[2]

LEUCORRHOEA

Leucorrhoea, the unusual vaginal discharge commonly found in gynecological practices now-a-days. It may be physiological or pathological. The pathological one is usually found in low socio-economic status area. The management of it depends on causative factor and the dosha involvement etc.

MENSTRUAL IRREGULARITIES

Oligomenorrhea/ amenorrhea/ menorrhagia also commonly found in adolescent girls caused by the factors responsible for aggravation of particular dosha, so the drugs are selected for the menstrual irregularities according the dosha involvement.

ANTE NATAL CARE

Antenatal period is the most crucial period as the services provided during this period can have positive impact on health of both the mother and her child.

Ayurveda has described a systematic and planned programme for Garbhini i.e Garbhini Paricharya (antenatal care). Garbhini Paricharya emphasize on Ahara, Vihara and Vichara as these have a direct effect on the health of mother and child. The literal meaning of Garbhini Paricharya is an all-round care of pregnant woman. In other words we can say that, a planned Programme of observation, education, and medical management of pregnant lady which is directed towards making pregnancy and delivery a safe and satisfying experience.^[3]

DIETARY PLAN IN PREGNANCY

The primary objectives of dietary regimen are to provide optimum protection to foetus and mother, to achieve complete somatic and neural development of the foetus. The diet is planned considering the monthly requirement of fetus for its proper development. The diet of pregnant woman after proper digestion, eventually leads to nourishment of women's body, formation of breast milk, nutrition to the foetus.^[4] The diet of a pregnant woman should be preferably liquid diet, pleasant to heart and mind, in appropriate time and quantity. Unctuous food elements like milk, ghee, butter etc, should be medicated with appetizer.

In garbhini paricharya general as well as specific diet and drug schedule is prescribed for pregnant women.^[5]

Monthwise specific diet regimen^[6,7,8,9,10]

1st month

Non-medicated Milk/ Sweet, cold and liquid diet/ Medicated milk/ Madhuyasti, madhuka pushpa with butter, honey and sweetened milk.

2nd month

Milk medicated with drugs of madhura rasa/ Sweet, cold and liquid diet/ Milk medicated with madhura dravyas/ Milk medicated with kakoli.

3rd Month

Milk with honey and ghee/ Sweet, cold and liquid diet / Milk with madhu ghrita/ Krushara.

4th Month

Milk with butter/ cooked shashti rice with curd and pleasant food mixed with butter/ Milk with 1 tola of butter/ medicated cooked rice.

5th Month

Ghrita prepared with butter extracted from milk/ cooked shastika with Milk, ghrita /Payasa.

6th Month

Milk medicated with madhura rasa drugs/ Ghrita or yavagu medicated with gokshura/ Sweetened curd.

7th Month

Milk medicated with madhura rasa drugs/ Ghrita prepared with prathakparnyadi gana/ Ghritakhanda.

8th Month

Ksheera yavagu mixed with ghrita/Asthapana basti with badara kwatha mixed with bala, atibala, Shatapushpa/ Ksheera yavagu mixed with ghrita/Asthapana basti with badari kwatha/Anuvasana basti with taila with medicated madhura aushadha/Ksheera yavagu.

9th Month

Anuvasana basti with taila prepared with madhura aushadha/ Snehayukta yavagu, jangala mamsa rasa upto the period of delivery/ Different varieties of cereals.

VIHARA (LIFE STYLE MODIFICATIONS)

Life Style of mother has a pivotal role in the growth and development of foetus. Hence appropriate vihar in a pregnant mother should be incorporated as per the principles of Ayurveda.

Place of residence

Ventilated, fumigated free from mosquitoes etc.

Bathing

Daily bath with clean or fragrant water i.e the cold decoction of pulp of Bilwa (*Aegle marmelos* Corr.), Karpasa (*Gossypium herbaceum* Linn.), Rose petals (*Rosa centifolia* Linn.), Eranda leaves (*Ricinus communis* Linn.)/Jivaniya gana dravyas or water prepared with

Sarvagandha drugs (fragrant or drugs with essential oils) may be used for bathing of pregnant woman.^[11]

Lepan with chandana (*Pterocarpus santalinus*) and karpura (*Cinnamomum camphora*) pleasant and mild odour perfumes may be used.^[12]

Local Application of Lakshadi oil can be done.^[13]

Clothings: She should always wear clean, loose, auspicious, white and light coloured cotton garments and may wear or garments if she likes.^[14]

Bedding and Place of resting

Pregnant women must be cheerful, relax and pious. Sleeping and sitting place should be low, covered with soft cushion with support and should be perfect and very comfortable.

Mother should take minimum 8 hrs sleep at night and 2 hrs rest at daytime.

Yogic Practices: Practice of Yogasana and Pranayama under the supervision of expert is advised.

FACTORS ADVERSELY AFFECTING FOETUS (GARBHOPAGHATKAR BHAVAS)

APATHYA VIHARA^[15,16,17,18]

Following mode of life may have adverse effect on foetus.

- Harsh and violent activities
- Travelling on rough roads, speeding and jerky vehicles
- Abnormal body postures like Squatting, sleeping on hard and irregular surface.
- Smoking, narcotic & sedatives drugs, alcohol.
- Suppression of natural urges
- Coitus should be strictly avoided in cases like recurrent abortions, H/O preterm deliveries, and low lying placenta.
- Emotional outburst.
- Visiting lonely places and cremation ground.

MANAGEMENT OF PUERPERAL WOMEN

Sutikaupachar^[19]

- Snehan/mardan
- Pattabandhan
- Snehapan with any sneha medicated with pippali, pippalimoola, chavya, chitraka, nagara
- Fomentation

Benefits- snehana and pattabandhana after snehapan prevent hollow space, so the vayu does not get vitiated. According to different desha sutika paricharya also different. If proper regimen followed by sutika she attains the all the lost things and reaches her pre pregnancy stage.

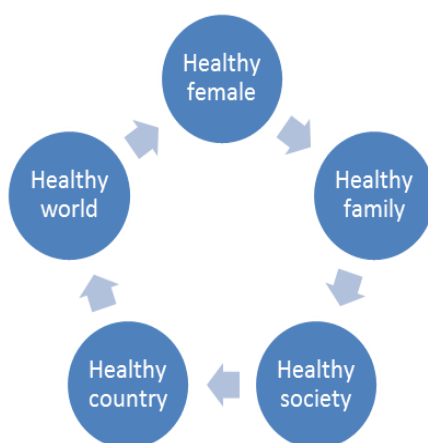
MENOPAUSE^[20]

Menopause is defined as the last menstrual period in women's life. As, it is the period of vata vriddhi, during menopausal period, the selection of treatment and ahara should be vatashamaka, balya, jeevaniya, rasayana, rasadi dhatu vardhaka.

Drug used- Bala, ashwagandha, shatapushpa, guduchi,^[21] shatavari, yashtimadhu,^[22] lashuna, shankpushpi, brahmi etc.

Procedure - Shiro pichu, shiro vasti, abhyanga, sneha yonipichu.

CONCLUSION



- Maximum population of India lives in village hence role of Ayush Doctor at PHC level is very much important and responsibilities of female health are more upon the shoulder of a Doctor at PHC level.

- Management and Prevention of common menstrual problems help to females if available at PHC.
- Healthy mother and healthy child is the main focus of Primary health care. So, the ayurvedic practitioner plays an important role for that.

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