

A Study to Assess the Beliefs and Practices Regarding Home Remedies for Minor Disorders during Pregnancy among Antenatal Mothers in Selected Hospitals, Moradabad

Shivani Chaudhary

Lecturer, (Obstetric & Gynaecological Nursing)
G.S College of Nursing, Pilkhuwa, Hapur, UP., India
Shivaniup123@gmail.com

Abstract: *These study aims to assess the beliefs & practices regarding home remedies for minor disorders during pregnancy among antenatal mothers by using semi-structured interview schedule. Methodology: A qualitative study with ethnography research design was used. The study was conducted in Teerthanker Mahaveer Hospital and Research Centre, Moradabad U.P. among 15 antenatal mothers. The Sampling technique used for the study was non- probability purposive sampling technique. The data was collected by in-depth semi-structured interview schedule .The data analysis was done through descriptive and thematic analysis. Result: In this research study eight themes are articulated, it includes beliefs and practices of home remedies for nausea /vomiting, heartburn, constipation, edema, anaemia, leg cramps, joint pain & back pain, haemorrhoids and gum bleeding. Conclusion: Antenatal mothers uses lemon water ,honey ,salt water with sugar ,sweet fannel seeds (Saunf) white cardamom (Elaichi) & tamrind (Imli) to treat nausea /vomiting. Cold milk, curd, water and cold fruits (banana & pomegranate) & ajwain to relieves heartburn. Warm milk with ghee, lukewarm water with raisin lukewarm milk, oatmeal (daliya) and soyabeans to treat constipation. Dip feet in lukewarm salty water for 10-15 minutes for reducing edema. Antenatal mothers uses green leafy vegetables, fruits (apple, pomegranate, beetroot, banana, amla) and almonds to treat anaemia., application of mustard oil and olive oil for reducing leg cramps, joint pain and back pain. Antenatal mothers uses raw pomegranate, chapati of wheat bran in daily diet to prevent constipation .Flossing mouth and gums everyday with salt water and using pomegranate to reduce gum bleeding.*

Keywords: Beliefs, Practices, Home Remedies, Minor Disorders, Pregnancy, and Antenatal Mothers

REFERENCES

- [1]. Kizilirmak, S. T. Frequency Of Nausea-Vomiting In Early Pregnancy And Determination of The Related Factors. TAF Preventive Medicine Bulletin , 10 (3), 281-286.
- [2]. J.C, v.(2008) Constipation, Haemorrhoids and hertburn in pregnancy. British Medical Journal : Clinical Evidence. 110 (6), 1351-1357.
- [3]. kaur, M. (2012). Efficacy of Ginger extract on the symptoms of morning sickness among antenatal mothers. Journal of Symptoms and signs , 2 (1), 10.
- [4]. Basavanthappa, B.T. (2004). Fundamental of nursing. Jaypee Brothers.
- [5]. Polit, D.F., & Beck, B.T. (2004). Nursing research: Principles and methods. Lippincott Williams & Wilkins.
- [6]. Polit, D.F., & Beck, B.T. (2010). Nursing research: Generating and assessing evidence for nursing practice. Wolte Kluwer (India) Pvt. Ltd.
- [7]. Sharma K.S (2012). Nursing research and statistics. New Delhi, ND: ELSEVIER.
- [8]. Groves, B. a. (2005). The practice of nursing research :conduct critique, and utilization (5th ed.). Elsevier Saunders.
- [9]. M.A, F. D. (2009). Myles Textbook for Midwives (15th ed.). Elsevier.
- [10]. Dutta, D. (2015). Textbook of Obsterics (8th ed.). Delhi: Jaypee Brothers Medical Publishers(P) Limited.

- [11]. K, M. M. (2005). Clinical Obstetrics. Hyderabad: Universities Press India Private Limited.
[12]. V.A.E, P. (2007). Textbook of Obstetrics. Delhi: B.I Publications Pvt.Ltd.