

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

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**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

## **I. INTRODUCTION**

***“Birthing is the most profound initiation to spirituality a women can have.”***

**Robin Lim Back ground of the study:** During pregnancy, there is increasing progesterone, oestrogen and prolactin hormones in maternal body which provides a satisfactory environment for the fetus and produces some manifestations, known as minor ailments. Minor ailments can be managed at home with some home remedies, so it is essential for the mother to have adequate knowledge about common minor discomforts and their treatment. The studies on minor disorders during pregnancy says that the symptoms are non-life threatening but the prevalence of the symptoms has a major impact on the pregnant mother .The data related to the symptoms of minor disorders are lacking in developing countries .This lack of data delay proper assessment of the minor disorders and effective measures to control and prevent it (**Mudaliar, M.K. (2005)**)

Indian culture has a long history in traditional health practices and home remedies (Grandma’s medicines) for treating many conditions. Today variety of natural home remedies are used to treat minor conditions and some severe illnesses. Despite of modern medicines, most of the people still using home remedies in mother and child care.

**1.1 Need for the Study**

The present study is to be done to find out the baseline information about the beliefs and practices on home remedies for minor disorders during pregnancy. It will help the researcher to understand various remedies which are practiced to relieve minor disorders during pregnancy. Based on this, further researches can be conducted to know whether those beliefs and practices of home remedies for minor disorders in pregnancy has a beneficial or dangerous effect on the foetus.

**1.2 Statement of the Problem**

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

**1.3 Purpose of the Study**

Minor disorders during pregnancy among antenatal mothers are common. In this study the beliefs and practices of home remedies for minor disorders during pregnancy is assessed. Based on this, further researches can be conducted to know whether those beliefs and practices of home remedies for minor disorders in pregnancy has a beneficial or dangerous effect on the foetus.

**1.4 Objective of the Study**

- To assess the beliefs & practices on home remedies for minor disorders during pregnancy among antenatal mothers by using semi-structured interview schedule.

**1.5 Assumptions**

- Antenatal mothers may have some beliefs regarding management of selected minor ailments in terms of home remedies.
- Antenatal mothers will be experiencing some minor ailments during pregnancy.
- Antenatal mothers may be using some home remedies for managing minor disorders.

**1.6 Variable**

**A. Research Variable**

Beliefs and Practices of antenatal mothers regarding home remedies for minor disorders during pregnancy.

**II. RESEARCH METHODOLOGY**

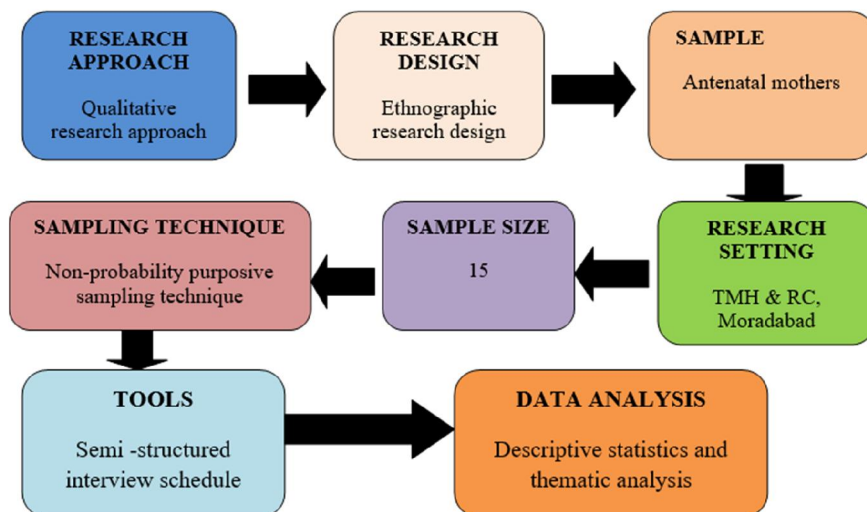


Figure 3: Schematic representation of research methodology

### **1.7 Sampling Criteria**

#### **A. Inclusion Criteria**

- Antenatal mothers who were ready to involve in the study.
- Antenatal mothers who were capable to speak and understand Hindi or English language.

#### **B. Exclusion Criteria**

- Antenatal mothers who are psychologically disturbed and sensorily deprived.
- Women who are having complicated pregnancy.
- Women who are in labour pain during data collection.

### **1.8 Data Collection Technique**

Formal permission was taken from the respective Chief Medical Superintendent of TMH & RC, Moradabad. A written informed consent was obtained from the study participants after explaining the study information by handing over the participant information sheet. The data was collected from antenatal mothers, by conducting an in depth semi- structured interview schedule for 30 minutes. Information recorded in mobile phone after getting the permission of the participants. Confidentiality of the participants and information were maintained throughout the study. Data were collected from the sample until the saturation was achieved.

### **1.9 Ethical Consideration**

- Written consent was taken from the Chief Medical Superintendent of TMH& RC, Moradabad.
- Consent was taken from each sample, after explaining the procedure of data collection and confidentiality and anonymity was maintained.
- Participants were informed about the study and options were given for discontinuation from the study.

### **1.10 Description of the Tool**

Semi- structured interview schedule was used as data collection tool and data were audio recorded. The important notes have been written in diary. It includes sections:

- **SECTION I: Socio-demographic characteristics of antenatal mothers-** It was developed to collect the data on demographic characteristics. It includes: Age in years, educational status, occupation, monthly family income in rupees, type of family, gravida, number of children, weeks of gestation, area of residence, and source of information.
- **SECTION II: Beliefs and practices regarding home remedies for minor disorders during pregnancy among antenatal mothers**

### **1.11 Procedure for Data Collection**

Formal permission for data collection was taken by the Medical Superintendent of Teerthanker Mahaveer Hospital and Research Centre, Moradabad. Data collection was done from 19/11/2018-1/12/2018. The data was collected from antenatal mothers those who fulfilled the inclusion criteria made for the study. Each and every participant were explained about nature and purpose of research study. Information was also given regarding audio recording of the interview in a separate room. They were also assured about confidentiality of the interview and informed written consent was taken from the participants. The data was collected from 15 participants by conducting an in-depth interview of 30 minutes in a separate room by using semi- structured interview schedule. The interview was started using some leading questions related to minor disorders during pregnancy followed by further questions related to response of the participants. The data collected during interview were audio recorded with the permission of the participants. Interview was done with the participants till the data saturation was attained. Data saturation was acquired when the information aggregated by the interview does not provide a new intellectual understanding.

According to the objective of the study and opinion of the experts it was planned to organize, analyze and interpret data by using systematic coding in **thematic content analysis.**” The audio recorded interview was transcribed to text first in Hindi language and then English language manually. To check the accuracy of the data transcribed in verbatim, the

recording of interviews were listened again and again and the minor mistakes were corrected. Then every verbatim was read many times to understand the emerging data. The material was organized manually and analyzed by systematic coding in thematic analysis. The analysis process was carried out in 6 steps.

## II. DATA ANALYSIS AND INTERPRETATION

*“Analysis is the critical starting point of strategic thinking.”*

*(Kenichi Ohmae)*

The data analysis and interpretation of data collected through in depth interview from antenatal mothers in selected hospitals, Moradabad. The data was analyzed by using descriptive and thematic analysis. The aim of this analysis was to reduce, organize and give meaning to data, the beliefs and practices regarding home remedies for minor disorders during pregnancy among antenatal mothers. The data was analyzed on the basis of objective formulated for this study.

### 2.1 Objective of the Study

- To assess the beliefs & practices on home remedies for minor disorders during pregnancy among antenatal mothers by using semi-structured interview schedule.

### 2.2 Organization of Analysis

The analysed data was organized and presented under the following sections:

- **SECTION I-** Socio-demographic characteristics of antenatal mothers.
- **SECTION II-** Beliefs and practices regarding home remedies for minor disorders during pregnancy among antenatal mothers.

## III. SPRADLEY’S THEMATIC ANALYSIS

The data collected through interview was analyzed by using qualitative thematic analysis. The interview of all participants were recorded with their permission and transcribed in verbatim. The process of analysis involved listening and writing the verbatim of the participants followed by making of themes and subthemes.

### Steps of Spradley’s Thematic Analysis

#### 3.1 Beliefs and Practices of Home Remedies for Nausea & Vomiting

The study participants expressed that they have a strong belief on using a lemon water with salt and spoon of honey when they feel vomiting, they also said that it will gives them a relaxing effect.

#### VERBATIM

- *“ I have a belief on drinking cup of lemon water with salt, which reduces nausea & vomiting during pregnancy .Even I have used this remedy when I was having vomiting during my first 3 months of pregnancy. It reduced my nausea and vomiting and I felt relaxed. ” (Participants 2,5,15)*
- *“Honey can be drank for relieving vomiting during pregnancy. It reduces the nauseated feeling. ” (Participants 1,4,)*
- *“I drink salt water with sugar whenever I get nauseated feeling”. (Participant 1)*
- *“After taking medicines and during prayers ( Nawaz), I used to get nausea and vomiting, to manage that I will chew sweet fannel seeds (Saunf) and white cardamom (Elaichi). Immediately after using this I feel a kind of sense of relief from nausea and vomiting. ” (Participant 4)*
- *Tamrind (Imli) can be used for relieving vomiting during pregnancy. Because I have used this remedy when I had vomiting in my pregnancy. (Participant 9)*

#### 3.2 Home Remedies and its Practices on Heartburn

They revealed that use of cold milk, cold water, fruits like banana, pomegranate and lukewarm carom seeds (ajwain) water reduces heartburn during pregnancy.

**VERBATIM**

- “I use cold milk, curd, water and a cold fruit like banana and pomegranate relieves heartburn during pregnancy. It gives a soothing effect.” (Participants 2, 4, 5, 8, 10, 11, 12, 15)
- “I use lukewarm carom seeds (ajwain) water whenever I feel heartburn. After drinking this within few minutes some relief I use to experiences.” (Participants 1, 9)

**3.3 Beliefs and Practices of Home Remedies on Constipation**

Some mothers reported that they felt relaxation after taking milk with ghee, lukewarm water and lukewarm milk.

**VERBATIM**

- “I use to add ghee in a cup of warm milk and I drink it whenever I experiences constipation in my pregnancy for prevention of constipation.” (Participant 3)
- “I believe on drinking lukewarm water and lukewarm milk to reduce constipation. This I have been practiced when I experienced constipation in my pregnancy and it made me to feel free from constipation.” (Participant 5)
- “I used to boil 5-6 raisin (Munakke) in a glass of water , then I make it to be lukewarm . I used to drink this to treat constipation. It gives me a better relief.” (Participants 3, 15)
- “I have a strong belief on eating raisin to treat constipation.” (Participant 4)
- “I used to have oatmeal (Daliya) and soyabeans kheer to treat constipation.” (Participant 10)

**3.4 Home Remedies and its Practices on EDEMA**

The participants in this study said that they dip their feet in lukewarm salt water for 10 – 15 minutes daily to reduce edema.

**VERBATIM**

- “We use to dip our feet in lukewarm salty water for 10-15 minutes for reducing edema.” (Participants 1, 5)
- I use to drink plenty of fluids daily to reduce edema. (Participant 1)

**3.5 Beliefs and Practices of Home Remedies on Anaemia**

Participants expressed consuming jaggery, green leafy vegetables & fruits in daily diet, prevent anaemia.

**VERBATIM**

- “I add green leafy vegetables in my daily diet to treat anaemia. But I have a strong belief on consuming jaggery as it will improve the blood.” (Participants 6, 15)
- “I used fruits (apple, pomegranate, beetroot, banana, amla) in my daily diet to treat anaemia.” (Participants 2,6,10,,15)
- “I used to soak few almonds in water for a night and I eat that early in the morning to treat anaemia.” (Participant 3)

**3.6 Home Remedies and its Practices on Leg Cramps, Joint & Back Pain**

Participants expressed that application of mustard oil and olive oil will reduce leg cramps, joint pain and back pain.

**VERBATIM**

- “I apply mustard oil on leg to reduce leg cramps.” (Participant 15)
- “I apply mustard oil on the painful joint to reduce joint pain.” (Participant 10)
- “I experienced back pain during my seventh month of pregnancy and I massaged my back with mustard oil to reduce it and I got a great relief after applying it.” (Participant 15)
- “I used to apply olive oil at my back for reducing back pain.” (Participant 6)

### 3.7. Home Remedies and its Practices on Haemorrhoids

Some of the participants in this study expressed that using pomegranate and adding wheat bran in daily diet prevents constipation.

#### VERBATIM

- *“I used raw pomegranate to treat haemorrhoids because when I used raw pomegranate it stops bleeding.” (Participant 11)*
- *“I used to add Chapati of wheat bran (Chokar) in my daily diet to treat haemorrhoids.” (Participant 11)*

### 3.8. Home Remedies and its Practices on Gum Bleeding

Participants in this study expressed that flossing mouth and gums everyday with salt water and using pomegranate reduces gum bleeding.

#### VERBATIM

- *“I floss my mouth and gums everyday in the morning with salt water to reduce gum bleeding.” (Participant 4)*
- *I use pomegranate to prevent gum bleeding. (Participant 5)*

## IV. DISCUSSION, CONCLUSION, IMPLICATIONS, LIMITATIONS & RECOMMENDATIONS

### 4.1 Discussion

The objective of the study was to assess the beliefs & practices regarding home remedies for minor disorders during pregnancy among antenatal mothers. In present study majority of antenatal mothers uses lemon water and honey to treat nausea /vomiting, use of cold milk, curd, water and cold fruits like banana and pomegranate and lukewarm carom seed (ajwain) water reduces heartburn during pregnancy, some mothers reported that they felt relaxation from constipation after taking milk with ghee, lukewarm water and lukewarm milk, raisin water, daliya and soyabeans to treat constipation and some participants expressed that flossing mouth and gum everyday with salt water and using pomegranate to reduces gum bleeding.

### 4.2 Conclusion

#### SECTION I- Finding related to Socio-demographic characteristics of antenatal mothers.

The major findings of the study, regarding age in years, 53.3% of antenatal mothers belongs to the age group of 26-30 years, 40% of antenatal mothers belongs to the age group of 20-25 years, and 6.6% of antenatal mothers belongs to the age group of 31-35 years.

Regarding educational status, 53.3% of antenatal mothers were having secondary education, 20% of antenatal mothers were having higher secondary education, 13.3% of antenatal mothers were having primary education, 6.6% of antenatal mothers were having diploma and 6.6% were postgraduate.

About occupation, 86.6% of antenatal mothers were homemakers and 13.3% of antenatal mothers were professional employee.

About family income, 73.3% of antenatal mothers income were between Rs.5000-15000, 13.3% of antenatal mothers income were between Rs.15001-25000, and 13.3% of antenatal mothers income were Rs.>35000.

Regarding type of family 80% of antenatal mothers belongs to joint family and 20% of antenatal mothers belongs to nuclear family.

Regarding gravida, 93.3% of antenatal mothers were multigravida, 6.6% of antenatal mothers were primigravida .

Regarding number of children, 53.3% of antenatal mothers have one child, 26.6% of antenatal mothers about to have child and 20% of antenatal mothers have two children.

About weeks of gestation, 80% of antenatal mothers were between 29-40 weeks of gestation and 20% of antenatal mothers were between 13-28 weeks of gestation.

About area of residence, 73.3% of antenatal mothers belongs to urban area, 20% of antenatal mothers belong to semi-urban area and 6.6% of antenatal mothers belongs to rural area.



Regarding source of information, 93.3% of antenatal mothers were getting information from family members and 6.6% of antenatal mothers were getting information from health care providers.

## **SECTION II- Beliefs & practices regarding home remedies for minor disorders during pregnancy among antenatal mothers.**

**1. Beliefs and practices of home remedies for nausea & vomiting-** The study participants expressed that they have a strong belief on using a lemon water with salt and spoon of honey when they feel vomiting, they also said that it will give them a relaxing effect.

**2. Home remedies and its practices on heartburn-** Some study participants expressed that they experienced heartburn when they were consuming spicy foods, hot drinks and hot tea etc. They revealed that use of cold milk, cold water, fruits like banana, pomegranate and lukewarm carom seeds (ajwain) water reduces heartburn during pregnancy.

**3. Beliefs and practices of home remedies on constipation-** Some mothers reported that they felt relaxation after taking milk with ghee, lukewarm water and lukewarm milk.

**4. Home remedies and its practices on edema-** The participants in this study said that they dip their feet in lukewarm salt water for 10 – 15 minutes daily to reduce edema.

**5. Beliefs and practices of home remedies on anaemia-** Participants expressed consuming jaggery, green leafy vegetables & fruits in daily diet to prevent anaemia.

**6. Home remedies and its practices on leg cramps, joint & back pain-** Participants expressed that application of mustard oil and olive oil will reduce leg cramps, joint pain and back pain.

**7. Home remedies and its practices on haemorrhoids-** Some of the participants in this study expressed that using pomegranate and adding wheat bran in daily diet prevents constipation.

**8. Home remedies and its practices on gum bleeding-** Participants in this study expressed that flossing mouth and gums everyday with salt water and using pomegranate reduces gum bleeding.

### **4.3 Implications of the Study**

Assessment of beliefs & practices regarding home remedies for minor disorders during pregnancy among antenatal mothers are significant to all field of nursing like nursing practice, nursing education, nursing administration and nursing research.

#### **A. Nursing Practice**

All nurse midwives should update themselves for identifying the minor ailments in pregnancy through assessment during antenatal visits. And they should promote knowledge regarding minor disorders and its home remedies in pregnancy among women through health education with audio visual aids.

#### **B. Nursing Education.**

The assessment of the minor disorders of pregnancy and the use of home remedies should be included in the curriculum. The nurse educators should provide good teaching about all the health situations of pregnancy including the management of minor ailments in pregnancy.

#### **C. Nursing Administration**

The nurse administrator should conduct ongoing in-service educational refreshment courses for nurses, nursing sisters and Auxiliary Nurse Midwives on minor ailments and their home remedies during pregnancy.

#### **D. Nursing Research**

This study also can be kept as the baseline data for the future research on the use of home remedies. A nurse forms an important care of health professional and should take initiative to conduct research of various aspects on factors determining minor disorders and its home remedies.

#### **4.4 Limitations**

- The study was a qualitative approach and based on the individual perception.
- Participants were not re-interviewed to assess the areas that they had not covered and were significant.
- Transcribed verbatim of the interviews were not presented to participants for any correction or addition.
- The interview was conducted only for 20-25 minutes due to lack of time of the mothers.

#### **4.5 Recommendations**

- The study can be replicated with large sample size.
- The same study can be conducted in rural areas with the same target population.

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