

Ayurvedic postnatal well being

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Mortality and morbidity of mother are most challenging problem of our country. During the postpartum period as they receive less attention from health care providers than pregnancy & child birth. A survey by BJOG 2004 in certain villages in India mentions incidence of maternal morbidity as 52.6% Sootika kala (post natal period) is the period following child birth during which all body tissues revert back approximately to a pre pregnant state. The risk factors could be partially reduced by facilitating early recovery process. frequent post partum morbidity and its association with advance perinatal outcome suggest need for postpartum care in developing countries for both mother and child. Ayurvedic authentics have given a special regimen for Sootika to prevent puerperal problems and to restore normal health. This poster conveys the information about the post natal well being.

Biography

Dr. Rama Devi Madipelly is a PG Scholar in Prasuti and Stree roga in DR.B.R.K.R.Govt. Ayurvedic College, Hyderabad, A.P.