

## ***Herbal Remedies for Postpartum Recovery an Ayurvedic Exploration***

***Sangeeta Kushwah<sup>1</sup>, Kritika Pathak<sup>2</sup>, Lalita Roy<sup>3</sup>***

*Assistant Professor<sup>1</sup>, Students<sup>2, 3</sup>*

*Department of Prasuti Tantra*

*Prem Raghu Ayurvedic Medical College and Hospital*

***Corresponding Author's Email: - kritikapathak683@gmail.com<sup>2</sup>***

### ***Abstract***

*Postpartum recovery is a critical phase in a woman's life, where her body undergoes numerous physiological and emotional changes. Ayurveda, an ancient system of medicine from India, offers a holistic approach to postpartum care through the use of herbal remedies. This paper explores Ayurvedic principles and provides an in-depth analysis of herbal remedies that can aid in postpartum recovery. The paper also includes tables and figures to illustrate the efficacy of these remedies in promoting postpartum well-being.*

***Keywords-*** *Postpartum recovery, Ayurveda, Herbal remedies, Sattvic diet  
Abhyanga, Vata dosha, Shatavari, Dashamoola, Jatamansi*

### **INTRODUCTION**

Postpartum recovery is a transformative period in a woman's life, marked by significant physiological and emotional changes. It is crucial for new mothers to receive comprehensive care during this phase to ensure their health and well-being. Ayurveda, a holistic and ancient system of medicine from India, offers valuable insights into postpartum recovery through the use of herbal remedies. This paper explores the principles of Ayurveda and presents an in-depth analysis of various herbal remedies that can support and expedite postpartum healing.

## AYURVEDIC PRINCIPLES IN POSTPARTUM CARE

### **Balance of Doshas:**

Ayurveda emphasizes the balance of the three doshas: Vata, Pitta, and Kapha. During the postpartum period, Vata dosha is typically dominant due to its connection with elements of air and ether. This dominance can lead to various imbalances in the body, including dryness, anxiety, insomnia, and digestive issues. The key to postpartum well-being is to pacify Vata dosha, and this is achieved through dietary, lifestyle, and herbal interventions.

### **Sattvic Diet:**

A Sattvic diet is recommended for postpartum mothers. Sattva is one of the three Gunas (qualities of nature) and represents purity, harmony, and clarity. The Sattvic diet is composed of fresh, wholesome, and easily digestible foods, which help restore balance and nourish the mother. Common Sattvic foods include rice, lentils, ghee, fresh fruits, and herbal teas. Foods that are spicy, fried, or overly processed are avoided during this time, as they can aggravate Vata and lead to discomfort.



*Fig. 1 Sattvic Diet*

### **Abhyanga (Oil Massage):**

Regular oil massages, known as "Abhyanga," are a crucial part of Ayurvedic postpartum care. Massaging the mother's body with warm, herbal oils has several benefits. It nourishes the skin, alleviates Vata imbalances, promotes relaxation, improves circulation, and

strengthens the body. The choice of oil can be tailored to the individual's constitution and specific needs. Sesame oil is commonly used for its warming properties, but other oils may be recommended based on the mother's Ayurvedic constitution (Prakriti).



*Figure: 2 Abhyanga (Oil Massage)*

### **Herbal Remedies:**

Ayurvedic herbs play a significant role in postpartum recovery. Specific herbs are selected to address various postpartum concerns. Some of the commonly used herbs and their applications have been mentioned earlier, such as Shatavari for lactation support, Dashamoola for pain relief, Jatamansi for reducing stress and anxiety, and Turmeric for its anti-inflammatory properties. These herbs can be administered in the form of powders, capsules, decoctions, or herbal teas.

### **Rest and Emotional Well-being:**

Ayurveda recognizes that rest is crucial for postpartum recovery. New mothers are advised to rest as much as possible, avoid strenuous activities, and receive emotional support from their family and community. Emotional well-being is considered equally important, as postpartum depression and anxiety can affect the mother's overall health.

### **Customized Care:**

Ayurveda emphasizes personalized care, recognizing that each individual is unique. The approach to postpartum care is tailored based on the mother's Prakriti (constitution), Vikriti (current imbalances), and individual needs. This ensures that the care is effective and aligned with the mother's specific requirements

## HERBAL REMEDIES FOR POSTPARTUM RECOVERY

### **Shatavari (*Asparagus racemosus*):**

**Application:** Shatavari is a revered herb in Ayurveda known for its rejuvenating and nourishing properties. It is commonly used to promote lactation, balance hormonal fluctuations, and combat fatigue in postpartum mothers. Shatavari is especially beneficial for those experiencing challenges with breastfeeding.

**Forms:** Shatavari is available in various forms, including powder, capsules, and decoctions. The choice of form depends on individual preferences and the advice of an Ayurvedic practitioner.

### **Dashamoola:**

**Application:** Dashamoola is a combination of ten Ayurvedic roots and is renowned for its anti-inflammatory properties. It is highly effective in reducing pain and inflammation, which are common postpartum issues. Dashamoola aids in postpartum recovery, particularly for mothers who have undergone a challenging childbirth.

**Forms:** Dashamoola is commonly prepared as decoctions and herbal teas. This liquid form allows for easy absorption and quick relief.

### **Jatamansi (*Nardostachys jatamansi*):**

**Application:** Jatamansi is an herb known for its calming and anxiety-reducing effects. It is particularly valuable for postpartum mothers who may experience stress, anxiety, or even postpartum depression. Jatamansi helps soothe the mind and alleviate emotional imbalances.

**Forms:** Jatamansi is available as a powder or in oil form. The oil can be applied topically or used for Abhyanga (oil massage) to promote relaxation.

### **Triphala:**

**Application:** Triphala is a classic Ayurvedic formula composed of three fruits: Amla, Haritaki, and Bibhitaki. Triphala supports digestion, alleviates constipation, and helps with

the elimination of toxins. Many postpartum women struggle with digestive issues, and Triphala can aid in addressing these concerns.

**Forms:** Triphala is available in both powder and capsule forms. It can be consumed with warm water or incorporated into the diet.

### **Turmeric (*Curcuma longa*):**

**Application:** Turmeric is celebrated for its potent anti-inflammatory and immune-boosting properties. Postpartum mothers can benefit from turmeric's ability to reduce inflammation, support healing, and enhance overall immunity.

**Forms:** Turmeric is available as a powder or in capsules. It can be used in cooking, consumed as a golden milk (turmeric latte), or taken in supplement form.

The efficacy of these herbal remedies is rooted in Ayurvedic principles of restoring balance, alleviating discomfort, and promoting overall well-being during the postpartum period. Ayurveda emphasizes a holistic approach, which considers the unique constitution (Prakriti) of each individual, their current imbalances (Vikriti), and specific postpartum needs.

## **CONCLUSION**

Ayurveda provides a comprehensive and holistic approach to postpartum recovery, focusing on personalized care and the use of herbal remedies. The principles of Ayurveda, including a Sattvic diet, oil massages, and the application of specific herbs, can significantly contribute to the well-being of new mothers during this crucial phase. As demonstrated by the herbal remedies discussed in this paper, Ayurveda offers an effective and natural means of promoting postpartum recovery.

## **REFERENCES**

1. Sharma, H. (2019). Ayurvedic concept of postpartum care. *Journal of Ayurveda and Integrative Medicine*, 10(4), 235-238.
2. Dugad, M. M., & Ghodke, Y. S. (2014). A review on Ayurvedic postnatal care: A path to healthy postnatal recovery. *Journal of Ayurveda and Integrative Medicine*, 5(4), 223-228.

3. Sumantran, V. N., Kulkarni, A., & Chandwaskar, R. (2013). Chondroprotective potential of root extracts of *Withania somnifera* in osteoarthritis. *The Journal of Ayurveda and Integrative Medicine*, 4(1), 11-16.
4. Gokani, R. H., & Shah, M. B. (2014). Psychoneuroimmunomodulation through Ayurveda: A review. *Ancient Science of Life*, 33(2), 96-100.
5. Lad, V., & Frawley, D. (1986). *The Yoga of Herbs: An Ayurvedic Guide to Herbal Medicine*. Lotus Press.