

## **A few tips - Pre and post Delivery of the baby……**

**These tips are traditional from personal experience only. In case of any medical conditions, please consult your doctor without fail……**

### **Before Delivery:**

1. Once 9<sup>th</sup> month starts give every day Raw Methi Powder (not boiled or roasted) with pure cow ghee and a little Jaggery (gur) . Make small marble size balls. If you wish you may add any dryfruits like kismis, fig, dates etc. but do not add sugar.
2. 15 days before delivery, boil water with ½ tsp. soonth (dry ginger powder)small piece of pipri mul, little jiggery and give ¼ cup every day.
3. Last 7 days, give a glass of hot milk with a few strands of saffron, ½ to one tsp. of Black Pepper powder, 1tsp of cow ghee…Drink it hot once a day helps in quick and smooth delivery.
4. Take care of stretch marks apply any good oil or moisturiser on you tummy and thighs once you begin to show up.
5. Take care of your breasts. From 7<sup>th</sup>- 8<sup>th</sup> month onwards while having warm bath, once or twice a week, rub your breasts in circular motion with your palms and pull out your nipples gently. This will help baby to latch on easily. Apply a drop of oil too.

Stay active but do not exert too much. Relax you will need all your stamina later.

### **After Delivery**

1. From the first day onwards give Heera Bor (you will get at any ayurvedic store; it comes in little crystals like gum (gunder). Take care that it does not touch the teeth and so you should wrap the small crystal (size of a chana dal) in gur or

butter and swallowed.....Alternately, powder Heera Bor and buy empty capsules from a chemist and put the powder in it (this is what I do). Give one capsule every morning with glass of milk, rabri, kanji whatever. Continue for 60 days. (This strengthens the back, after delivery).

2. After second day...to help clear the bleeding fast, Boil 1 glass of water with 1 tsp. ajmo (bishop seed), gur (jaggery to taste). Bring to a good rolling boil. Add ½ tsp cow ghee and drink. Strain and drink this for 3-5 days.
3. 4<sup>th</sup> day onwards for next 7 days Boil one tsp. of suva, 1 small piece of cinnamon, 5 black pepper in one glass of water 10 mins. Strain and give.
4. Give boiled water for drinking . In a big stainless steel vessel boil water with suva, vaivaring (be careful and clean it well), one Jaiphal full (it can be removed and used for 3 days before discarding) Anisoo and ajomo (bishop seed) variali (fennel seeds) and small piece of cinnamon. After it comes to a rolling boil, continue to boil for 10 minutes. Strain the water (it will turn a bit brownish). This water should be had throughout. It helps a lot and helps the baby who is being breast fed.
5. If you do not get Methi (fenugreek) Ladoos/larvas. Every morning have ½ tsp methi powder and mix it with gur (jiggery) and cow's ghee and have it.
6. Eating Suva (Dil) after every meal is good for digestion (Recipe given)
7. Nutritious snack (sweet) to have in-between (Recipe given)
8. Snacking at tea time (Recipe given)
9. Invest in good belt to be worn after delivery. Plenty of choices are available.

### **Few things that may help you.....**

1. Rabri (Recipe given)
2. Vasanu
3. Rawa kanji made thin with added saffron and poppy seeds.(Recipe given)
4. Bajri (Millet) Kanji. (can be made with sugar or salt)
5. Bajri (Millet) roti with every meal (NO BREAD)
6. Turmeric (haldi) ½ tsp. with warm milk
7. Add ginger powder (soonth) to your meals for digestion
8. Moong Dal water

9. Ajwain (Beshop seeds) helps to cleanse the uterus and digestion..add it to your meals/or eat after meal.
10. Ragi/Nachni/Finger Millet is excellent source. Prepare Dosa, Porridge roti.
11. Halim/water cress seed. (Recipe given)
12. Good quality Avocado.
13. Almond best have it soaked. Soak a few Almonds overnight. Remove the skin and munch on it.
14. VEGETABLES—Spinach/Methi (washed very well), Doodhi (bottle gourd) Turia or snake gourd, French beans, Carrots, Beet root, White raddish, Sweet Potato... Cook everything with garlic, haldi, cumin seed powder in cow's ghee.
15. White fresh fish is good.
16. Avoid spicy and oily fried food.
17. Do avoid fried fish, cutlets, kababs etc. Try and eat steamed or boiled or baked fish and chicken.
18. A cup of Chicken soup will be good twice a day. Left over chicken from the soup can be made into baked dish with white sauce made with oats atta instead of maida.
19. Also avoid Brinjal, Potatoes, Bombay Ducks, over-ripened fruits. If you have prawns take care to de-vein it well.
20. Have your food with Bajri roti (Bajri is good for milk).
21. Garlic should be added a little in eggs too. Garlic is good for milk too.
22. Chicken soup one cup everyday with ginger garlic and ajwain is good.
23. Methi leaves or soaked methi cooked is good back ache, joint pains, breast feeding.
24. Sesame seeds (til) Black or white regulates bowel movements.
25. Fennel seeds (variali) prevents colic in baby.
26. Keep yourself well-hydrated...Drink water, juice, soups etc. Avoid lot of tea/coffee.

### **Few things to help the baby**

1. If baby has gas and stomach bloats up and cries a lot. Take a very small muslin square cloth, fold it in a square again (fold it twice to make square), cut out a very small portion where the folds meet. If you open it out you will get a hole in the centre. Take 1 tsp of hing (asafoetida) mix it well with water, apply the paste on the

cloth. Now place this cloth on the stomach, leaving the (dutti) navel open to the hole (do not cover the navel). Cover with a light cloth and leave it on for sometime. The gas will pass out very soon. Remove the cloth and wipe/clean the baby.

2. This helps baby too ...when the baby is 2 months old Take about 2" haldi, wash well and when you cook rice, just put it in. When the rice is cooked, remove haldi and let dry well. You can store this along with one Mamro Badam (Almond), and one Jaiphal in small box in the fridge. Every night or after baby's bath on the stone (black stone keep it separate). Rub the haldi, Jaiphal and Almond on the stone (ghaswanoo) three strokes each. This is to be mixed in 2-3 drops of mother's breast milk (take out drops in a clean spoon) and feed the baby (put on the tongue). Sounds difficult but it gets easy once you start. Continue as long as you can do it and as the baby grows you can increase a little bit.
3. Gripe water also should be kept handy to be given after the feed.
4. Help the baby pass stool comfortably, by holding the feet in your one hand and folding legs from the hip and knees and press the tummy very gently with your other hand. Helps to pass stool and gas too.

**Have a wonderful pregnancy and delivery and a healthy & happy baby!!**

**Best Wishes..... Thrity Tantra**