# A Development of Innovation to Promote Healthy Postpartum Women Using Thai Traditional Medicine to Lie Near the Fireplace

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## Abstract

*A* This research to develop an innovation to promote healthy postpartum women using Thai Traditional Medicine to lie near the fireplace. It is a qualitative research, using in-depth interviews and focus group discussion. The results of this study shows:

The development of the innovation to promote healthy postpartum treatment for women using Thai Traditional Medicine to lie near the fireplace consist of 3 steps and procedures for postpartum women to lie by a fireplace are as follows: (1) massage all over the body to relax the muscles, (2) Uterine massage with hot compress herbs to promote uterine contraction thus prevents postpartum bleeding and bladder problems after child birth, (3) Scented herbal steam helps to keep skin pores open and remove waste from the body when perspiring and also allow better blood circulation.

The procedure intends to promote woman's health that is in the postpartum period by using local medical wisdom related to postpartum care to lie near a fireplace. It starts from motivating the pregnant mother by giving explanation on the importance and benefits of this practice during their prenatal stage.

**Key words**
Innovation, postpartum women ,Thai Traditional Medicine , to lie near the fireplace

### Background and Rationale

Postpartum women should all be guided and appropriate because the woman. after birth are faced with changes in physiological systems of the body to return to the original condition. Including changes in psychological adjustment to the role as a mother and adjustment to the members within the family. Including infant These things cause anxiety, irritability, emotional stress and major in the postpartum period may also cause complications, especially infections that are easily found to be the major cause of death in women after childbirth.

So it 's necessary the traditional midwife practices, with program once practiced by every new mother in Thailand. Thai midwife practices focus on post-natal therapies that help detoxify and rebalance after the rigors of childbirth.

There aren't any particular therapies during the pregnancy itself, except guidelines on what foods to avoid that might harm the fetus. For example, it was folk belief that pregnant mothers should avoid eating bamboo, drink alcohol or fermented foods after the first trimester, while herbal soups and especially ivy gourd leaf was believed to be nourishing for pregnant mothers. During pregnancy, there are certain massage techniques for the lower back and legs specifically to give relief to muscle ache from carrying the extra weight.

A post-natal therapy called Yuu Fai, meaning "laying by the fireplace" in Thai, is well known to generations of Thai women. The famed treatment involves ensconcing the new mother in a herbal sauna of excruciating heat from a charcoal burner containing a blend of herbs that help heal the stitches, sterilize the childbirth wounds and get the womb back into shape. For best results, the new mother does the whole program of hot compresses, massage, herbal steam and herbal sauna daily for a week immediately after birth. Professional midwives say that continuing the herbal steam treatment for six months up to two years after the birth can help rebalance the body and help weight loss.

One heat treatment particular to Thai post-natal care is the Hot Salt Pot treatment, an ancient technique rarely used today because few people know the proper technique. Fortunately, the Ministry of Public Health is attempting to revive this technique by adding it to their traditional healing curriculum.

The promotion of the use Thai Traditional Medicine to lie near the fireplace for healthcare is very necessary. However, there is a problem regarding the loss of knowledge because in each local area there is no record or collection method of Thai Traditional Medicine to lie near the fireplace . This is the reason why the researchers,

together with local authorities, have a strong desire to study Thai Traditional Medicine to lie near the fireplace for healthcare as well as collect and develop an innovation to promote healthy postpartum women using Thai Traditional Medicine to lie near the fireplace. The results of the study will provide an approach for the application of the knowledge in healthcare and the understanding of beliefs about the use of Thai Traditional Medicine to lie near the fireplace that can be applied to the appropriate healthcare procedures and recommendations of modern doctors, which will help to lessen the problem concerning mistaken beliefs regarding the use of Thai Traditional Medicine to lie near the fireplace as mentioned earlier. Also, this research encourages the appreciation of the wisdom about the use of Thai Traditional Medicine to lie near the fireplace with evidence that can be referred to, which will greatly benefit the preservation, promotion and encouragement of Thai Traditional Medicine to lie near the fireplace .

## Objectives

1) to study the wisdom of cultural practices related to the postpartum care for mothers to lie by a fireplace after giving birth, the acceptance, the benefits of this practice for postpartum women in Loei province Thailand.

2) to develop an innovation to promote healthy postpartum women using Thai Traditional Medicine to lie near the fireplace.

## Benefits of the Study Results

**1.** To promote indigenous knowledge of Thai Traditional Medicine to lie near the fireplace after birth, which should be used as a guide in promoting the health of women after childbirth

2. The knowledge of Thai Traditional Medicine to lie near the fireplace methods and benefits of Thai Traditional Medicine to lie near the fireplace. Which should be used as an alternative to promote the health of postpartum women in the community

3. The policy proposals to integrate traditional medicine into the health system is properly Thailand. And consider the possible annexation and development into future health insurance system to provide an alternative to the health of women after childbirth.

## Literature review

### Traditional Thai Medicine

Traditional Thai Medicine is an ancient healing science. It is a cocktail of Indian Ayurvedic Practices, Traditional Chinese Medicine and genuine Thai folk healing and spiritual rituals. Contrary to many Traditional Chinese Medicine or Ayurveda, it has never been formally systematized. The knowledge has been passed on from generation to generation orally, and written research is just showing up since efforts from various institutions in Thailand, specially the Ministry of Public Health

Traditional Thai medicine is a system of methods and practices, such as herbal medicine, bodywork practices, and spiritual healing that is indigenous to the region currently known as Thailand (http://en.wikipedia.org/wiki/Traditiona Thai medicine)

A postpartum period (or postnatal period) is the period beginning immediately after the birth of a child and extending for about six weeks. Less frequently used are the terms puerperium or puerperal period. (http://Wikipedia .com)

During the postpartum period, about 85% of women experience some type of mood disturbance. For most the symptoms are mild and short-lived; however, 10 % to 15% of women develop more significant symptoms of depression or anxiety. Postpartum psychiatric illness is typically divided into three categories: (1) postpartum blues (2) postpartum depression and (3) postpartum psychosis. It may be useful to conceptualize these disorders as existing along a continuum, where postpartum blues is the mildest and postpartum psychosis the most severe form of postpartum psychiatric illness ( online http://womensmentalhealth.org/ specialty-clinics /postpartum )

A post-natal therapy called Yuu Fai, meaning “laying near the fireplace ” in Thai, is well known to generations of Thai women. The famed treatment involves ensconcing the new mother in a herbal sauna of excruciating heat from a charcoal burner containing a blend of herbs that help heal the stitches, sterilize the childbirth wounds and get the womb back into shape. For best results, the new mother does the whole program of hot compresses, massage, herbal steam and herbal sauna daily for a week immediately after birth. Professional midwives say that continuing the herbal steam treatment for six months up to two years after the birth can help rebalance the body and help weight loss.

One heat treatment particular to Thai post-natal care is the Hot Salt Pot treatment, an ancient technique rarely used today because few people know the proper technique. Fortunately, the Ministry of Public Health is attempting to revive this technique by adding it to their traditional healing curriculum.

So that laying near the fireplace is a Traditional Thai medicine for take care the postpartum women by laying near the fireplace , drinking hot water , herbal steam herbal compress

## Research Design

This is a qualitative study using deep interview, participating observation, and focus group discussion as research instruments. There are two stages of data collecting as follows.

**Stage 1** : **Study general information of Thai Traditional Medicine to lie near the fireplace**

In this stage, information concerns Thai Traditional Medicine to lie near the fireplace knowledge, and method of treatment , community acceptance, and benefits of Thai Traditional Medicine to lie by a fireplace in Loei province Thailand were studied through the following procedures.

1. Reviewing documentary and related researches and design research framework.

2. Doing deep interview with key persons: traditional wisdom therapist group, patient group, community leader group, and the senior persons in the area, using deep interview as research instrument.

3. The focus group discussion traditional doctors , nurses to acquire the knowledge of Thai Traditional Medicine to lie near the fireplace

**Step 2 To develop an innovation to promote healthy postpartum women using Thai Traditional Medicine to lie near the fireplace**

In this step, the researchers organized a workshop for traditional doctors to brainstorm ideas concerning the development of the innovation to promote healthy postpartum women using Thai Traditional Medicine to lie near the fireplace for, postpartum women which was still inadequate, in order to make it easier to understand because it had never previously been done

## Data Analysis

Triangulation method was used for data analysis and comparing information from the interviews obtained in different times, places, and persons. If there was no significant difference or changes of information, the data was brought about to analyze. A qualitative analysis was employed and the data obtained from real situation study was taken into a stage of content. Descriptive analysis was used to report the result of the study

## Study Result

**1. The wisdom of cultural practices related to the postpartum care for mothers to lie by a fireplace after giving birth.** Applying Thai Traditional wisdom to stay in a place with high temperature, worm bathing; warm water drinking. This will surely keep the body worm; ease tension and relieving pain caused by childbirth as well.

**The acceptance of postpartum women to lie by a fireplace after giving birth.** Mother who gave birth and all her family members recognized the benefits of this traditional practice and they expressed their desire to see all postpartum women to stay/lie by a fireplace. Because, in the past all women were able to lie by a fireplace after giving birth.

**The benefits of postpartum women to lie by a fireplace.** The heat will generate good circulation, increase mother breast milk production, help to drain out amniotic fluid, relief pain from uterine contraction, reduce swelling, remove waste through skin pores, relaxing muscles after birth, hasten uterine healing, fasten belly muscles, relief muscle fatigue and gives healthy skin**.**

2. the development of the innovation to promote healthy postpartum women using Thai Traditional Medicine to lie near the fireplace consist of 3 steps and procedures for postpartum women to lie by a fireplace are as follows: (1) massage all over the body to relax muscles, (2) Uterine massage with hot compress to promote uterine contraction thus prevents postpartum bleeding and bladder problems after child birth, (3) Scented herbal steam helps to keep skin pores open and remove waste from the body when perspiring and also allow better blood circulation.

The procedure of the innovation to promote healthy postpartum women using Thai Traditional Medicine to lie near the fireplace as the picture 1- 4

Picture 1 Leg Massage

Picture 2 Compresses with fresh herbs

Picture 3 Sauna with

Picture 4 Hot compress at uteri

The procedure intents to promote woman's health who are in the postpartum period by using local medical wisdom related to postpartum care (to lie by a fireplace, starting from motivating the pregnant mother by giving explanation on the importance and benefits of this practice since her prenatal stage. And when the mothers gave birth at Loei provincial Hospital, they are entitled to health insurance in regards to this traditional procedure. Thus community nurse and traditional doctor will provide this service to the postpartum mothers at home after they are discharged from the hospital.

The evaluation of the innovation to promote healthy postpartum women using Thai Traditional Medicine to lie near the fireplace was done by the observation of the activity participation, interview on the satisfaction, and the usefulness of the participation in the activities.

**Discussion**

The knowledge of Thai Traditional Medicine to lie near the fireplace is the principle used in the heat help warm up the body and soul. And relieve the pain of childbirth. The heat helps the blood flow better. Break ground for the collection are healthy. Because during childbirth Women lose much strength. debilitate. So to recover solid rack to keep healthy because of Thai Traditional Medicine to lie near the fireplace is strategies of the women slept in a room in the house. Thus, good cause perineal soon mount up. After maturity, to lie near the fireplace can go to work hard, fight disease, aches various symptoms trembling on the wind and cold rain. Reduce the fatigue of the muscles of the vagina . Dry uterus garage and faster make the fast collapse

The scientific concepts explained that heat from steam a hot pack or pot over salt. Helps stimulate blood circulation flow better reduce winter feeling And fatigue due to blood loss at delivery and blood came out with amniotic fluid, which is a serum that seep out of the wound. Reduces corset pain as the uterus shrinks back to normal. Or the vagina into the uterus herbs that are used in the power, it has medicinal properties corset helps the uterus to contract even more. Reduce the fatigue of the muscles of the vagina. And treatment of traumatic injury to another.

## Recommendation

### 1. Recommendation for further application of the results of the study

**1**.The result of the research was to promote indigenous knowledge of Thai Traditional Medicine to lie near the fireplace after birth, which should be used as a guide in promoting the health of women after childbirth.

2. Results of the research showed that indigenous knowledge of Thai Traditional Medicine to lie near the fireplace and benefits of Thai Traditional Medicine to lie near the fireplace. Which should be used as an alternative to promote the health of postpartum women in the community

3.Policy proposals to integrate traditional medicine into the health system is properly Thailand. And consider the possible annexation and development into future health insurance system to provide an alternative to the health of women after childbirth.

### 2. Recommendation for future research

1.This research is an important basic information about Thai Traditional Medicine to lie near the fireplace should be educated further about Thai Traditional Medicine to lie near the fireplace in other regions.

2. There should be a further study concerning Thai Traditional Medicine to lie near the fireplace .

## Reference


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http://Wikipedia .com

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