

## A Descriptive Study to Assess the Minor Ailments and Their Remedial Measure Opted by Antenatal Mothers in Selected Hospital of Tarn-Taran, Punjab

Amandeep Kaur\*, Lovepreet Kaur Lail, Lovepreet Sidhu, Mandeep Kaur, Manjinderjit Kaur, Manjot Kaur, Charanjit Kaur, Simranpal Kaur, Supreet Kaur, Prabhjeet Kaur  
Institute of Nursing University Regional Centre, Gobindwal Sahib, Punjab, India

### ABSTRACT

Pregnancy is the vital event in the life of a women, it need special attention from the time of conception to the postnatal stage, every pregnancy is unique experience for the women and each pregnancy that the women experience will be new and uniquely different. Due to lack of knowledge, pregnant women ignore minor ailments of pregnancy and opted different remedial measures like herbal remedies, exercises and allopathic medicines. These measures may undermine the women health by interfering with nutrition, sleep and outdoor recreation. A descriptive study was conducted to assess the minor ailments and their remedial measure opted by antenatal mothers in selected hospital of Tarn-Taran, Punjab by using convenience sampling technique. The findings of the present study Majority of antenatal mothers visiting in hospital experiencing leg cramps i.e. 80% and nausea and vomiting (78%), backache (75%), heartburn (52%), ankle oedema (28%) and minimum of antenatal mothers experiencing constipation i.e.16%. In nausea and vomiting mostly taking fruits, in relation to backache 43% take rest on hard bed, regarding heartburn 20% avoid spicy and fatty foods, refer to leg cramps 25% used leg massage and 12% were used other remedial measures to get relief from leg cramps. Hence, it is further recommended to do this study on large sample for better generalization. Moreover, an exploratory study can be done.

**Keywords:** antenatal mother, minor ailment, remedial measures

### \*Corresponding Author

E-mail: amandeep.jhinjar@gmail.com

### INTRODUCTION

During pregnancy many women experience minor acute illness called as minor ailments. The common disorders during pregnancy are nausea and vomiting, heart burn, constipation, back ache, leg cramps and ankle oedema, etc. These ailments should be treated adequately as they may escalate and become life threatening. Minor ailments may occur due to hormonal changes, accommodation change, metabolic changes and postural changes [1].

Wise person believed that most of the minor ailments can be prevented by attention to nutrition. Likewise, morning

sickness and mood swings are connected to low blood sugar, backache and severe labour pains related to insufficient calcium, varicose veins haemorrhoids, constipation, skin discoloration and anaemia are also related to lack of specific nutrition (Backen, 1997). In nutshell, various remedial measures can be adopted by pregnant women for managing minor ailments to make their pregnancy smooth, progressive and joyful [2].

### REVIEW OF LITERATURE

A descriptive survey to identify the prevalence of minor ailments of pregnancy among antenatal mothers attending obstetrics and gynaecology OPD, AIIMS,

Kochi, and Kerala. 60 antenatal mothers were selected by using quota sampling technique; results show common minor ailments were nausea and vomiting (80%), fatigue (80%), back pain (70%), micturition (80%), and leg cramps (55%) [3].

A cross-sectional study to assess prevalence of minor ailments among pregnant women from Srilanka by using a two-cluster sampling technique. Finding of study indicate nausea and vomiting has experienced by 325 (69%), 46% pregnant women was experienced backache, 153(32%) heartburn, 107 (23%) of the 421 pregnant women reported ill health condition 260 (61%) women sought medical treatment for illness rather than remedial measure [4].

A study to assess practice of remedial measures for minor ailments among antenatal mothers at selected hospitals in Kolar. Non-experimental research approach was adopted with descriptive survey design on 100 antenatal mothers by using non-probability purposive sampling technique with a structured interview schedule as tool. The findings indicate that 65% had practice remedial measures for minor ailments of pregnancy [5].

An exploratory study to assess the use of home remedies by pregnant mothers as a treatment of pregnancy related complaints among Jordanian mothers. The study was conducted at four maternal and child health centres in Amman, Jordan on convenient sample of 332 pregnant women were interviewed by semi-structured questionnaire. The results reveal that about three quarter of participant (73.8%) had used home remedies. Majority of users (90.2%) perceived effect of home remedies on their complaints [6].

### Aim of the Study

To assess the minor ailments and their remedial measures opted by antenatal mothers.

## MATERIAL AND METHODS

The study was conducted in civil hospital Khadoor sahib, civil hospital Tarn-Taran and Guru Nanak Dev Superspeciality Hospital, Tarn-Taran, Punjab on a total of 100 antenatal mothers, A semi-structured interview schedule was developed as data collection tool for assessing the minor ailments and their remedial measures. In study, the semi-structured interview was conducted to collect data from subjects, Research tool was validated by consulting experts from the fields of nursing, Department of Obstetrics & Gynaecology.

## RESULTS

Table 1 describes distribution among antenatal mothers according to age, religion, educational status, occupation, monthly family income, type of family, period of gestation (in weeks) and gravida.

**Table 1.** Distribution of antenatal mothers according to socio-demographic variables. *N* = 100.

Socio-demographic variables	Frequency (n)	Percentage (%)
Age		
<20	41	41
20–25	42	42
25–30	15	15
>30	02	02
Religion		
Hindu	41	41
Christian	01	01
Muslim	02	02
Sikh	93	93
Educational status		
Illiterate	12	12
Middle	70	70
Higher secondary	11	11
Graduate or above	07	07
Occupation		
Service	11	11
Housewife	89	89
Monthly income		
<5000/-	66	66
5000–15,000/-	28	28
>15,001–20,000/-	01	01
20,000–Above	05	05

Type of family		
Nuclear	63	63
Joint	37	37
Period of gestation in weeks		
1–12 weeks	0	0
13–28 weeks	21	21
29–40 weeks	79	79
Gravida		
One	45	45
Two or more than two	55	55

The findings of the present study revealed that, maximum (42%) antenatal mothers belong to age group 20–25 years followed by (41%) who were in age group <20 years, 15% who were belong to age group 25–30 years and minimum 2% who were belong to >30 years. According to religion maximum (93%) antenatal mothers were belonged to Sikh, 41% were belong to Hindu, 2% were belong to Muslim and minimum 1% belong to Christian. According to educational status the maximum (70%) antenatal mothers were middle, 12% were illiterate, 11% were higher secondary and minimum 7% were graduate. As per occupation the majority

of antenatal mothers (89%) were housewives and minimum (11%) were service women. According to monthly family income maximum (66%) antenatal mothers belong to group <5000/-, 28% were belong to group 5000–15000/-, 5% were belong to group 20000–above and minimum i.e. 1% who were belong to group >15001–20000/-. Regarding type of family maximum (63%) antenatal mothers belong to nuclear family and minimum (37%) who were belong to joint family.

According to period of gestation maximum (79%) antenatal mothers belong to group 29–40 weeks, 21% were belong to group 13–28 weeks and minimum i.e. 6% who were belong to group 1–12 weeks. According to gravida majority of antenatal mothers (55%) having two or more than two gravida, followed by 45% who were having one gravida. Hence, it can be concluded that maximum (42%) antenatal mothers belong to age group 20–25 years, living in nuclear family having 2nd gravida or more than second gravida and falls in 29–40 weeks of gestation.

**Table 2.** Frequency and percentage distribution of minor ailments experienced by antenatal mothers and their management. N = 100.

Variable	Present* f (%)	Started at (weeks of gestation)			Relieved at (weeks of gestation)				Managed at	
		1–12 f (%)	13–28 f (%)	29–40 f (%)	1–12 f (%)	13–28 f (%)	29–40 f (%)	Intermittent f (%)	Home f (%)	Hospital f (%)
Nausea and vomiting	78	70	08	0	28	43	03	04	40	38
Heart burn	52	26	12	14	07	20	18	07	37	15
Constipation	16	06	08	02	06	05	01	04	07	09
Backache	75	20	32	23	05	25	26	19	49	26
Ankle oedema	28	01	07	20	0	01	10	17	26	02
Leg cramps	80	16	27	37	02	15	32	31	63	17

\*Some of the subjects have more than one minor ailment.

Table 2 depicts that nausea and vomiting was present in 78% subjects. Out of them in majority of subjects 70%; it started in 1–12 weeks of gestation, where as only 8%; it was started 13–28 weeks of gestation. Regarding the relieving pattern of nausea and vomiting. Maximum number of subjects 43% got relief in 13–

28 weeks of gestation, followed by 28% of subjects it was relieved in 1–12 weeks of gestation where as in 3% subjects it was relieved in 29–40 weeks of gestation. Refer to heartburn it was present in 52% subjects. Out of them in majority of subjects 26%; it started in 1–12 weeks of gestation, where as 14%; was started in

29–40 weeks and 12%; in 13–28 weeks of gestation. Related to relieving pattern of heartburn. Maximum number of subjects 20% got relief in 13–28 weeks of gestation, followed by 18% of subjects it was relieved in 29–40 weeks of gestation, where as in 7% subjects, it was relieved in 1–12 weeks of gestation. In case of constipation it was present in 16% subjects. Out of them in majority of subjects 8%; it started in 13–28 weeks of gestation, followed by 6%; it was started in 1–12 weeks of gestation, where as 2%; it was started in 29–40 weeks of gestation. Regarding relieving pattern of constipation. Maximum number of subjects 6% got relief 1–12 weeks of gestation, followed by 5% of subjects it was relieved in 13–28 weeks of gestation, where as in 2% subjects, it was relieved in 29–40 weeks of gestation. Concerning to backache it was present in 75% of subjects. Out of them in majority of subjects 32%; it was started in 13–28 weeks of gestation, followed by 23% subjects, it was started in 29–40 weeks of gestation, where as 20%; it was started in 1–12 weeks of gestation. Regarding the relieving pattern of backache. Maximum number of subjects 26% got relief in 29–40 weeks of gestation followed by 25% of subjects it was relieved in 13–28 weeks of gestation where as in 5% subjects, it was relieved in 1–12 weeks of gestation. For ankle edema it was present in 28% subjects. Out of them in majority of subjects 20%; it started in 29–40 weeks of gestation, followed by 7%; it was started in 13–28 weeks of gestation, where as only 1%; it was started in 1–12 weeks of gestation. Regarding the relieving pattern of ankle edema. Maximum number of subjects 10% got relief in 29–40 weeks of gestation, where as only 1% subjects, it was relieved in 13–28 weeks of gestation. Related to leg cramps it was present in 80% subjects. Out of them in majority of subjects 37%; it started in 29–40 weeks of gestation, followed by 27%; it was started

in 13–28 weeks of gestation, where as 16%; it was started in 1–12 weeks of gestation. Regarding the relieving pattern of leg cramps maximum number of subjects 32% got relief in 29–40 weeks of gestation, followed by 15% of subjects, it was relieved in 13–28 weeks of gestation where as in 2% subjects it was relieved in 1–12 weeks of gestation.

**Table 3.** Frequency and percentage distribution of subjects as per use of remedial measures for different minor ailments.

Remedial measures	(n)*	f (%)
Nausea/vomiting	40	
Dry toast/biscuit		4
Ginger syrup/tea		7
Fruits		16
Other		13
Back ache	49	
Rest on hard bed		43
Back massage		1
Application and hot water bottle		1
Other		4
Heart burn	37	
Avoid spicy and fatty foods		20
Small and frequent meals		8
Resting with head side elevated		0
Other		9
Ankle edema	26	
Elevation of legs		4
Plenty of rest		13
Salt restriction		0
Other		9
Constipation	07	
plenty of fluid		4
fiber rich diet		2
Regulation of bowel		1
Others		0
Leg cramps	63	
Leg massage		25
Felexing foot upward		3
walking around		23
Other		12

\*Some of the subjects have more than one remedial measures.

Table 3 shows distribution of subjects as per the use of remedial measures for different minor ailments during pregnancy, In case of Nausea and vomiting 4% antenatal mothers were used Dry toast/biscuit, 7% were taking ginger

syrup/tea, 16% were taking fruits and only 13% were used other remedial measures. In relation to Backache 43% antenatal mothers take rest on hard bed, 1% used back massage, 1% used application of hot water bottle and 4% were used other remedial measure to get relief from backache. Regarding Heartburn 20% antenatal mothers avoid spicy and fatty foods, 8% used small and frequent meal and 7% used other remedial measures to get relief from heartburn. In relation to ankle edema 4% antenatal mothers elevate their legs, 13% were taking plenty of rest, no one avoid salt in their diet and 9% were used other remedial measures. For constipation 4% antenatal mothers were take plenty of fluid, 2% used fiber rich diet, 1% used regulation of bowel and no one used other remedial measures. In case of leg cramps 25% antenatal mothers used leg massage, 3% were flexing feet upward, 23% walking around and 12% were used other remedial measures to get relief from leg cramps.

## DISCUSSION

Majority of antenatal mothers visiting in hospital experiencing leg cramps i.e. 80% and nausea and vomiting (78%), backache (75%), heartburn (52%), ankle oedema (28%) and minimum of antenatal mothers experiencing constipation i.e. 16%. In nausea and vomiting 4% antenatal mothers were used Dry toast/biscuit, 7% were taking ginger syrup/tea, 16% were taking fruits and only 13% were used other remedial measures. In relation to backache 43% take rest on hard bed, 1% used back massage, 1% used application of hot water bottle and 4% were used other remedial measure to get relief from backache. Regarding heartburn 20% avoid spicy and fatty foods, 8% used small and frequent meal and 7% used other remedial measures to get relief from heartburn. Concern to ankle oedema 4% elevate their legs, 13% were taking plenty of rest, no one avoid salt in their diet and 9% were

used other remedial measures. For constipation 4% take plenty of fluid, 2% take fibre rich diet, 1% has regulation of bowel and no one used other remedial measures. Refer to leg cramps 25% used leg massage, 3% were flexing feet upward, 23% walking around and 12% were used other remedial measures to get relief from leg cramps.

## LIMITATION

The study has some limitation for generalizing its findings. These are the study was restricted to 100 subjects due to time and resources constraints. Investigator had relied on the information as provided by the subject.

## CONCLUSION

Majority of antenatal mothers visiting in hospital experiencing leg cramps i.e. 80% and nausea and vomiting (78%), In nausea and vomiting mostly taking fruits, in relation to backache 43% take rest on hard bed.

## REFERENCES

- [1] J.D. Quinlan. LCDR, MC, USN. Nausea and vomiting of pregnancy, *Am Fam Phys.* 2003; 68.
- [2] Iosr general of nursing & health science (IOSR JNHS) e-ISSN: 2320-1940 vol.4, issues 5 ver.1 (Sep oct-2015) 128p.
- [3] [www.ncbi.nlm.nih.gov>literature>pubmed central \(PMC\)](http://www.ncbi.nlm.nih.gov/literature/pubmed/central).
- [4] *Obstetric gynecology* 2005;105-849-56.c2005 by the American College of Obstetricians & Gynecologist.
- [5] <http://www.Indianjournals.com/ijor.aspx>, volume-4& issue=3& article=005 (Asian journal of nursing edu. & research) 2014, vol-4, and issue.3.
- [6] A descriptive study to assess effect of home remedies for ankle edema in pregnancy 8859 (1236-2396-1-SM).