

A Study to Assess the Effect of Application of Turmeric Paste on Engorged Breast among Postnatal Mothers Admitted In Selected Maternity Hospitals of Sangli, Miraj, Kupwad Corporation Area

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ABSTRACT: A qualitative study was conducted “ To assess the effect of application of Turmeric paste on engorged breast among postnatal mothers admitted in selected maternity hospitals of Sangli, Miraj, Kupwad corporation area.”

OBJECTIVES: i) To assess the existing condition of engorged breast before the application of turmeric paste in experimental and control group. ii) To assess the condition of engorged breast after application of turmeric paste in experimental group. iii) To compare the condition of engorged breast before and after application of turmeric paste experimental group and control group.

Keywords- Turmeric, Engorged breast, Postnatal mothers.

INTRODUCTION

Breastfeeding is the feeding of an infant or young child with breast milk directly from women's breast.¹ Breast milk transports perfect nutrition to baby which provide protein, vitamins, and fat for the proper growth and development of the baby. The mother's milk hold antibody like IgM, IgG which helps the baby to fight from viruses and bacteria². The breastfeeding techniques also play dynamic role in breastfeeding. The baby should be properly positioned to reach effective latching. Baby mouth, chin and umbilicus should be lined up with the head in neutral position and then brought to breast with nose touching breast. The gum line should overlap the areola and nipple straight into mouth.⁴ Breastfeeding position are also very significant. Position such as cardle position, cross cradle position, football position, sidelying position, redined position.⁵ The role of nurse is to instruct the mothers about breastfeeding at first prenatal call, physical exam should contain breast examination. Nurse must educate the mother how important is exclusive breast feeding and if not done as per suggested she might lead towards many breast related complications such as breast engorgement, mastitis, breast abscess and failure in lactation.⁷ Breast engorgement means breasts are painfully overfull of milk. The signs and symptoms are firm and tender breast, breast may feel warm, shiny and red skin, firm areola, flattened nipples, slight fever of 38C.⁹ The cost for pharmacology treatment is increasing exponentially every other day, So to reduce the economical expenditures on treatment various other remedies can be approached, One of the remedy is use of turmeric which is natural remedy also known as “Indian Saffron”¹⁰

REVIEW OF LITERATURE:

I) Mulder PJ, a descriptive study was conducted at the Well Baby Clinic of National Institute of Child Health, Karachi to evaluate the breast feeding difficulties. The result shows that inadequate milk production was the mutual cause as stated by 71% of mothers for not entirely breastfeeding their infant, maternal service 11.2%, baby not accomplishing weight 5.2%, loose stool or constipation 3.3% maternal comprehensive illness 3.6%, breast engorgement 2.6%, and infantile colic 1.6%.¹²

II) According to JahanaraRahman, Princy Thomas, at all in international journal of current research in October 2017 conducted a pre experimental study with one group pretest posttest design on effectiveness of breast massage on mild breast engorgement, breast milk pH and breastfeed quickness of neonate the postnatal mothers. The study

showed that there was significant development in breast feeding technique due to decline of breast engorgement after application of breast massage which was operative to relieve breast engorgement.¹³

III) According Bumrungret, Somboonpanyakul, Pavadhgul, and Thaninthranon. In the year 2018 showed a study on "Effect of Fenugreek, Ginger and Turmeric supplementation on human milk volume and nutrient contented in breastfeeding mothers". A randomized double blind controlled trial. The total sample was 50 divided into 25 each. 25 experimental group and 25 control group. The growth was better than control group ($p<0.05$). Thus the study concluded that mixed herbal supplementation which contain fenugreek, ginger and turmeric increase human milk without any side effects.¹⁵

MATERIALS AND METHODS:

The research design adopted was quasi-experimental research design – two group pre and post-test design. Sample size of 60 was divided into 2 groups, 30 each as experimental group and control group. The tool used for collecting data was demographic variables of postnatal mothers, Observation check for assessment of breast, Observation table for vital sign assessment, Observation table for Modified Storr's scale assessment. "The Widenbachs Prescriptive Theory" was adopted as a theoretical base for framework of the study. Analysis was done using frequency and percentage distribution and paired test.

RESULTS:

- **FREQUENCY AND PERCENTAGE DISTRIBUTION OF DEMOGRAPHIC VARIABLE (n=60):** In experimental group 77% of postnatal mothers were between age group of 21-30 years, 37% of mothers were educated upto Higher secondary education, 83% of mothers had undergone LSCS, 80% were primipara mothers, 83% were the mothers who feed their baby as per requirement and demand of baby. In control group 73% of postnatal mothers were between age group of 21-30 years, 40% of mothers were educated upto Higher secondary education, 83% of mothers had undergone LSCS, 77% were primipara mothers, 50% were the mothers who feed their baby as per requirement and demand of baby.
- **COMPARISON OF PRE AND POST TEST ASSESSMENT OF BREAST IN EXPERIMENTAL GROUP(n=60):** In experimental group it shows that there is statistical difference in parameters of engorged breast as p value is less than 0.05 it is statistically highly significant.
- **COMPARISON OF PRE AND POST TEST ASSESSMENT OF BREAST IN CONTROL GROUP(n=60):** In control group it shows that there is no statistical significant difference in parameters of engorged breast as p value is more than 0.05
- **COMPARISON OF EXPERIMENTAL GROUP AND CONTROL GROUP AFTER APPLICATION OF TURMERIC PASTE (n=60):** There is significant difference between mean and SD of parameters of engorged breast in experimental and control group. p value less than 0.005, it shows that application of turmeric paste is highly effective on engorged breast.
- **COMPARISON OF VITAL SIGNS OF 1st DAY AND 3rd DAY OF EXPERIMENTAL GROUP (n=60)** There is significant difference between Mean and SD of 1st and 3rd day vital signs. There is statistical significant difference in vital signs as the p value is less than 0.005.
- **COMPARISON OF PRE TEST AND POST TEST ASSESSMENT OF PAIN IN EXPERIMENT GROUP (n=60) :** There is significant difference between mean and SD of pain in experimental group as p value is less than 0.005, it shows that application of turmeric paste is effective on pain of engorged breast.

CONCLUSION:

The quasi experimental pre post design was used and detail study for the cases was done, with 60 samples picked on the basis of sampling criteria. The samples were divided into two, experimental group and control group. The data of these groups was recorded using observation checklist and modified storr's scale. The experimental group underwent the application of turmeric paste on engorged breast for 3 days for duration of 15 minutes. Where in control group was getting regular hospital treatment. Content validity was conducted on 8 samples(4 from each group) the feasibility of the study was established from 22/7/2019 to 24/8/2019. Main and intense study was conducted in maternity hospital of Sangli, Miraj, Kupwad corporation area. The collected data was analysed by

using descriptive and inferential statistics considering the objectives and hypothesis. Also the T test was used to find the significance differences. Mean score finding showed that turmeric paste application is very much useful for engorged breast and the statistical significance difference between experimental and control group proved the same. Hence it is concluded that the application of turmeric paste is much effective and easily available topical agent for engorged breast

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