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Care During Pregnanancy and Lactation in Brajarajnagar Mining Area of Orissa

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INTRODUCTION

The mother is the key to the provision of health care of the family, yet she has been both neglected and exploited by health services. Traditionally mother is geared to care infants. Mother is the central figure who provides the childcare, hygiene nutrition and even primary health care. During the antenatal period the foetus is a part of the mother. The foetus obtains all the building materials and oxygen from the mother's blood during development in intrauterine or prenatal stage. Health of foetus is closely related to maternal heath. A healthy mother brings forth a healthy baby and there is less chance for a premature birth, abortion and stillbirth. Certain diseases and conditions of the mother during pregnancy are likely to have their affects upon the foetus. After birth, the child is dependent upon the mother, at least up to 6-9 months for feeding and cares. Without good mental and physical health care of the mothers, the optimum growth and development of the child is not possible. Therefore a healthy child will come out if the mother is cared properly at the time of pregnancy and lactation.

Many pioneering works of the health care of the pregnant woman and lactating mothers of different population and areas have been undertaken by various authors, like Agarwal (1980), Chalmens (1989), Enkin (1989), Gopal Krishnan (1998), Goyal (1998), Hart (1990), Mittal (1969), Mishra ((1998), WHO (1992). Still there are many communities, areas, fields whose studies are yet to be conducted. Keeping this in view the present work is conducted among the women of Brajrajnagar Coal Mines area of Orissa.

MATERIALS AND METHODS

The present samples were drawn from the coalmines area of Brajrajnagar in Jharsuguda district of Orissa. There is a Mahanadi Coalfields Limited, which embraces few mines in this area having heavy deposits of coals. The families of the subjects are employees of Mahanadi Coalfield Limited (MCL), hence they are economically dependent on coal mines. The MCL also provides good medical facilities to the employees. But still there are different customs believes, faiths and values among the employees of MCL.

The material consists of 221 unrelated women of different age groups. Out of which 90 are pregnant women (Table 2) and 131 are mothers having child of age less than one year (lactating mothers Table 3). Information were obtained on different aspects of health care of women during pregnancy and lactation. A door-to-door survey was conducted to collect the information in a pretested schedule.

RESULT AND DISCUSSION

Age wise distribution of pregnant women and lactating mothers is presented in Table 1. More numbers (40.72%) of pregnant women and lactating mothers are seen in the age group of 25-29 years and only 0.90% of pregnant women and lactating mothers are seen in the age group of 40-44 years. 38 women (42.22%) and 52 women (39.69%) in the age group 25-29 years are pregnant and in lactating stages respectively.

Table 4 shows the distribution of education among pregnant women and lactating mothers. Only 7.23% of women are illiterates. 8. 14% of women have crossed the primary education. 44.34% of women have passed the secondary education 18.09% of women are educated up to

Table 1: Age wise distribution of pregnant women and lactating mothers

Age group	*Pregnant women*		*Lactating mother*		*Total*	
	No	*%*	*No*	*%*	*No*	*%*
15-19	11 (12. 22)		8 (6.10)		19 (8.59)	
20-24	30(33.33)		45 (34.35)		75 (33.93)	
25-29	38 (42.22)		52 (39.69)		90 (40.72)	
30-34	9(10)		20(15.26)		29(13.12)	
35-39	1(1.11)		5(3.81)		6 (2.71)	
40-44	1(1-11)		1 (0.76)		2 (0. 90)	
Total	90		131		221	

Table 2: Distribution of pregnant women according to their gestation period in months

Months	*No. of women (%)*
3rd	8 (8.88)
4th	11 (12.22)
5th	11 (12.22)
6th	11 (12.22)
7th	13(14.44)
8th	19 (21.11)
9th	16(17.77)
10th	1 (1.11)
Total	90

Table 3: Distribution of lactating mothers according to the age in months of the infants

Month	*Lactating Mothers No. (%)*
1st	10 (7.63)
1.15	8(6.10)
2nd	11(8.39)
3rd	13(9.92)
4th	12(9.16)
5th	12(9.16)
6th	10(7.63)
7th	11(8.39)
8th	12(9.16)
9th	12(9.16)
10th	5(3.81)
11th	6(4.58)
12th	9(6.87)
Total	131

intermediate and graduation respectively. Very few only 4.07% of women possess masters degree. A fair idea about the socio-economic conditions of the women is also necessary which affects the health care. Five different income groups are seen in the present sample (Table 5) 67.42% of women from 2nd category earn between Rs. 40,001 to 60,000 per year. 4.52% of women belong to the higher income group (Rs. 1 lakh to 1.5 lakh).

Table 4: Distribution of education among pregnant women and lactating mothers

Education	*Pregnant women*	*Lactating women*	*Total*
Illiterate	6 (6.66)	10 (7.63)	16 (7.23)
Primary	8 (8.88)	10 (7.63)	18 (8.14)
Secondary	38 (42.22)	60 (45.80)	98 (44.34)
Intermediate	12 (13.33)	28 (21.37)	40 (18.09)
Bach. degree	19 (21.11)	21 (16.03)	40 (18.09)
Master degree	7 (7.77)	2 (1.52)	9 (4.07)
Total	90	131	221

Table 5: Distribution of pregnant women and lactating mothers according to income of the family

Income group	*Pregnant women*	*Lactating mother*	*Total*
0-40,000	4(4.44)	6 (4.58)	10 (4.52)
40,001-60,000	60(66.66)	89(67.93)	149(67.42)
60,001-80,000	17 (18.88)	18 (13.74)	35 (15.83)
80,001-100,000	6 (6.66)	11 (8.39)	17 (7.69)
100,001-1,50,000	3 (3.33)	7 (5.34)	10 (4.52)
Total	90	131	221

Preference of food is very much important in health care. As mentioned earlier the employees of MCL are socio-economically sound. 80.54% women prefer to have non-vegetarian food. The non-veg food gives all sorts of health status. Still they avoid certain food according to their taste both during pregnancy and lactation. During pregnancy they avoid to take ginger (generates heat) and salt (increases blood pressure) for the better health of the foetus and mother. They take different types of fruits, milk, horlicks, egg as special food. During lactation the mothers take some more besides their normal food like sagu, green leaves, papita, sweet gourd and chawanprash as special food for sufficient lactation. They avoid certain food like sourthings, curd, lady's finger, potato, tomato, oil, fish, udata dal, certain under ground stems and roots, banana and cold items, thinking that those will affect the health of the child.

At any health hazards during pregnancy the women prefer to have allopathic medication (96.66%) as medical facility is freely available at their doorstep. Only one woman preferred to take ayurvedic medicine during her pregnancy. However, 2 women (2.22%) did not go for any medication during pregnancy (Table 7) perhaps they did not need it.

Table 6: Distribution of preference of food among pregnant women and lactating mothers

Food	*Pregnant women*	*Lactating mother*	*Total*
Veg	19 (21.11)	24 (18.32)	43 (19.45)
Non Veg	71 (78.88)	107 (81.61)	178 (80.54)
Total	90	131	221

The first antenatal check up was done by

women during pregnancy (Table 8). 40% of women have done their first antenatal checkup after a missing period and got confirmed being pregnant. 3.33% of women have done their first check up after 5 moths of pregnancy which is too late for antenatal checkup. However, 3.33% of pregnant women have not done any checkup. Antenatal checkup decreases with the increase of gestation period.

Table 7: Medication during pregnancy

Types of medication	*Total of women*
Allopathic	87 (96.66)
Homeopathy	-
Ayurvedic	1 (1.11)
None	2 (2. 22)
Total	90

Medical check ups during pregnancy is now a days very common among the public. However, some do it periodically and some at the time of emergency only. The supervision should be regular and periodic in nature in accordance with the principles lay down or more frequently according to the need of the individual. The care should be started from the beginning of pregnancy. The distribution of number of checkups done by pregnant women according to the gestation period is shown in table 9. 2.22% of women did not go for any check up during pregnancy stage. 13.33% of women are seen to have been checked up once only, 15.55% of women have been checked up for twice, more number 16.66% of women have been checked up for 5 times but 1. 11% of women have been checked up for 10 times. 20% of women have gone for checkup during eighth month of gestation.

Table 8: First antenatal check up done by women during pregnancy

No. of months	*Total no. of women*
1st	36 (40)
2nd	23 (25.55)
3rd	17 (18.88)
4th	8 (8.88)
5th	3 (3.33)
No.	3 (3.33)
Total	90

However, 74.44% of pregnant women have taken regular (Table 10) antenatal care. Rest took irregular antenatal care and 3.33% of pregnant women did not go for any antenatal care during their pregnancy.

Table 11 indicates the places of delivery among pregnant women and lactating mothers. Every women thinks, delivery must be in safe either at hospital, at home or at maternal place. Accordingly they have their own choice. 78.88% of pregnant women wish to deliver their baby in the hospital. 11.11% of pregnant women wish to deliver their baby in the home, only 7.77% wish to deliver their baby in the maternal home and 3.33% of women did not decide the place of delivery where to give birth their baby. Whereas 84.73% of lactating mothers have delivered their

Table 10: Frequency of antenatal care taken by pregnant women

Antenatal care taken	*No of women %*
Regular	67 (74.44)
Irregular	20 (22.22)
None	3 (3.33)
Total	90

Table 9: Distribution of number of check ups by pregnant women according to the gestation period

Gestation period (months)	*None*	*No. of check up*										
		1	*2*	*3*	*4*	*5*	*6*	*7*	*8*	*9*	*10*	*Total*
3rd		3	3	1	-	-	1	-	-	-		8
4th		2	6	1	1	-	-	1	-	-	-	11
5th		4	2	3	1	1	-	-	-	-	-	11
6th			1	1	5	2	2	-	-	-	-	11
7th		-	-	1	3	4	1	3	-	-	1	13
8th	1	-	1	3	-	6	1	1	6	-	-	19
9th	-	3	1	-	1	2	1	1	5	2	-	16
10th	1	-	-	-	-	-	-	-	-	-	-	1
Total	2	12	14	10	11	15	6	6	11	2	1	90
%	2.22	13.33	15.55	11.11	12.22	16.66	6.66	6.66	12.22	2.22	1.11	

Table 11: Places of delivery among pregnant women and lactating mothers

Places of delivery	*Pregnant women*	*Lactating mother*	*Total*
Hospital	71 (78.88)	111 (84.74)	182 (82.35)
Home	10 (11.11)	20 (15.26)	30 (13.57)
Maternal home	7 (7.77)	-	7 (3.16)
Not decided	2 (2.22)	-	2 (0.90)
Total	90	131	221

baby in the hospital and 15.26% have delivered their baby at home.

It is reported that lactating mothers giving birth in hospital is safe for the mother and child. But it is reported by mothers who had delivered their baby at home that in hospital doctors do surgery for any silly things, which they do not like. Hence, they preferred to deliver at home with the help of doctors.

It is observed from the present study that besides the availability of the medical facilities to the employees of MCL, they have their own customs, believes, faiths and values, which affects the health care of the pregnant women and lactating mothers. The improvement of maternal education is prime importance to improve the existing knowledge of care.

KEY WORDS Care. Pregnancy. Lactation. Brajrajnagar.

ABSTRACT Mahanadi Coal fields limited embraces few mines in Jharsuguda district of Orissa. It provides all sorts of medical facilities to its employees. The employees work here are from different parts of India having their own customs, believes faiths and values. They take proper care of their health in their own way. The present study was undertaken to find out the care during pregnancy and lactation in Brajrajnagar mining area of Jharsuguda district Orissa. A total of 221 samples have been collected among pregnant (90 women) and lactating mothers (131 mother) from this area. The women are non vegetarian in food habits (80.52%). 40% of women starts antenatal checkup after a missing period and got confirmed being pregnant and check up their health regularly during pregnancy (74.44%). Maximum numbers (16.66%) of women have been checked up for 5 times during their pregnancy. However, they checkup their health during emergency only.

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