

Report on competition organised by National Institute of Naturopathy, Pune

National Institute of Naturopathy, Pune organised an essay writing (Role of Naturopathy in Addressing Adolescent Health Issues) and poster presentation (Relevance of Naturopathy in Maternal Care) competition. The competition was conducted on 7th March. Dr. Vijayaraghavan, Dr. Ramya, Dr. Preethi, Dr. Tharima participated in the competition. The results were declared on 8th March. Dr. Tharima (Topic: Role of Naturopathy in addressing adolescent health issues- females) received 1st prize (Cash Prize Rs. 5000) and Dr. Ramya and Dr. Preethi received 3rd prize (Topic: Role of Arogya Raksha Panchtantra in addressing adolescent health issues- females) (Cash Prize Rs. 2000) for essay writing competition. Dr. Ramya and Dr. Preethi (Topic: Role of raw fruit and vegetable diet in breastfeeding mothers) received 2nd prize (Cash Prize Rs. 2000) for poster presentation.

ROLE OF RAW FRUIT AND VEGETABLE DIET IN BREASTFEEDING MOTHERS
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Introduction	Methods	Results	Conclusions
Some of the colonic gastrointestinal problems faced by breastfeeding mothers are constipation, haemorrhoids ¹ anal fissures, flatulence. 50% of lactating women undergo postpartum blues. Naturopathy emphasises on the importance of raw fruit and vegetable intake. This study focuses on the impact of inclusion of a fibre and micronutrient rich raw diet in a lactating women's diet.	A small survey of 10 sample size was done at the Institute. Key words: "constipation in lactating women", "post-partum blues", "challenges faced during lactation", "raw fruit and vegetable intake effects". Filters applied: Peer full text, Books and Documents, Clinical Trial, Randomized Controlled Trial, Review; in the last 5 years - 2,663 No. of papers selected: 12	The problems are caused by high progesterone levels during pregnancy, perineal stress, laceration in the vagina, any acute injury causing spasm of the internal anal sphincter ² and intake of galactagogue supplements during lactation. Fermentable fibre supports colonic probiotic activity, propionate production ³ . Vitamin B & C, Calcium, Magnesium, Zinc for optimal cognitive and emotional functioning ⁴ by regularising neurotransmitter synthesis and neuronal receptor modification.	Rather than opting a conventional methods, it is better to focus on lifestyle modification especially in the diet part. Intake of raw fruit and vegetable at least as a single meal in a day by breastfeeding mothers can make betterment in the quality of life by improving colonic gastrointestinal and mental health. Bibliography 1. Thomas M, Shinde A, Dhillon KJ. <i>Intestinal gas: pathogenesis and management</i> . <i>Ind J Physiol Occup Physiol</i> . 2011; 45(4): 205-210. 2. Schickler M, Singh A, Singh A, Singh A, Singh A. <i>Int J Physiol Occup Physiol</i> . 2011; 45(4): 205-210. 3. Thomas M, Shinde A, Dhillon KJ. <i>Intestinal gas: pathogenesis and management</i> . <i>Ind J Physiol Occup Physiol</i> . 2011; 45(4): 205-210. 4. Thomas M, Shinde A, Dhillon KJ. <i>Intestinal gas: pathogenesis and management</i> . <i>Ind J Physiol Occup Physiol</i> . 2011; 45(4): 205-210.

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