

CONCLUSIONS

The present study conducted in Vadodara District, India, concluded that 86.04% of women recruited for the study, with a population median age 29 (IQR 20 – 48), were using traditional herbal products during gestation. 92.51% of women were found to have a positive attitude toward herbal drugs. Further, 84.08% of parturients were found to use herbal medicines for more than one pregnancy period, and their crucial source of information was family members about herbal practices.

A vast majority of the herbal drug users were found to be very satisfied with the herbal practices (83.18%), with a cautious 3.6% of respondents who presented side effects. Predicted factors for herbal drug usage were birthplace, religion, family size, education, income, diet, and attitude. Mothers had reported 62 plant species with at least 10 having RFC of 0.5 or above, which indicates good knowledge of the plants for therapeutic purposes in the study participants.

Methi-laddu and Batrisu vasanu were two common practices of total 24 reported during the study. These two practices were tested further in new mothers and rat model. Women consuming methi-laddu and batrisu vasanu had better weight and growth velocity in their children. Also, these two practices improved milk colostrum and bladder, bowel movement in mothers. Child health was also found to be better (76.5% normal) in exposed group 2 than

(57.1% normal) in the unexposed group. It suggests a better nutraceutical effect on the mother and child in the postpartum period.

Batrisu vasanu dosing in nulliparous female rats showed decreased body weight, increased fecal weight, and decreased food efficiency ratio. It suggests that though food consumption was regular, body weight decreased due to a reduced food efficiency ratio. Increased WBC in hematological studies suggests increased phytochemical effects. Decreased triglycerides, total cholesterol, and increased HDL suggest lowered adiposity as well as physical activity. However, unchanged Liver function, kidney function, reproductive hormones, thyroid function, and calcium suggest its safety for the women at the concentration tested. It can be construed from the current study that batrisu vasanu can be considered a safe and healthy nutraceutical candidate for women postpartum.