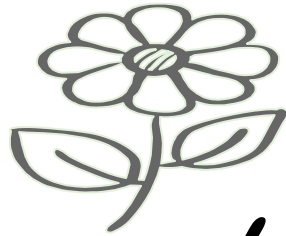


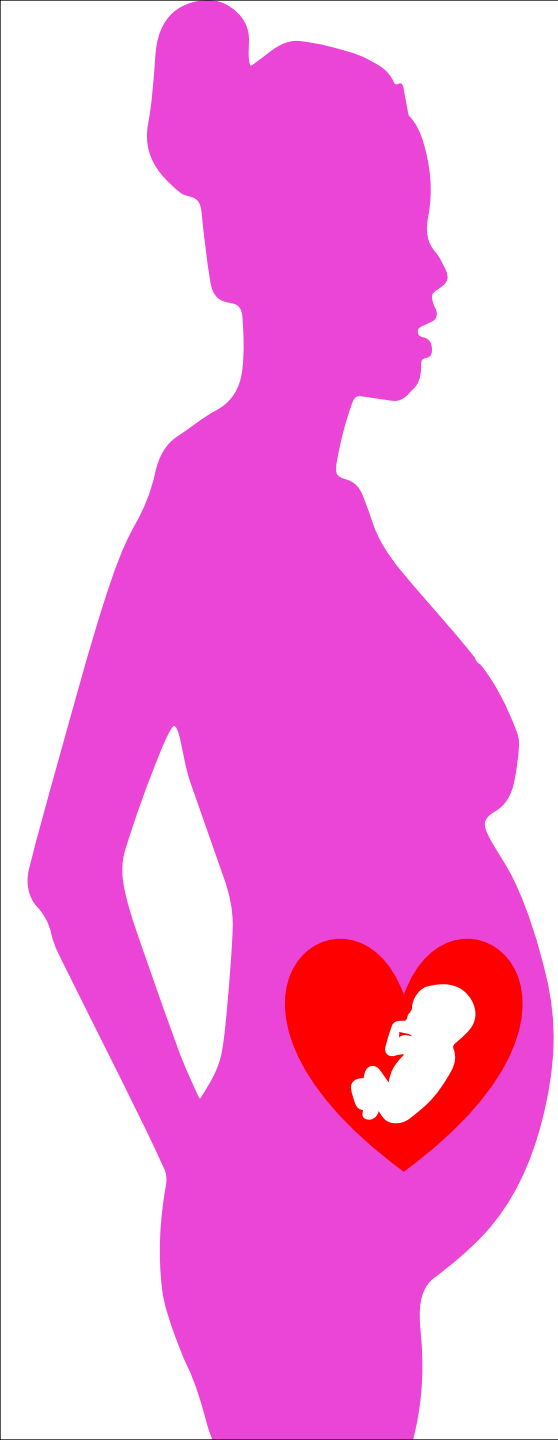
Complementary Therapy Strategies in Indonesia to Maternal Health Increasing in the New Era Normal

Dr. Melyana Nurul Widyawati, S.SiT, M.Kes

Presented in the International Conference of the D3 Midwifery Study Program in Purwokerto July 24, 2020



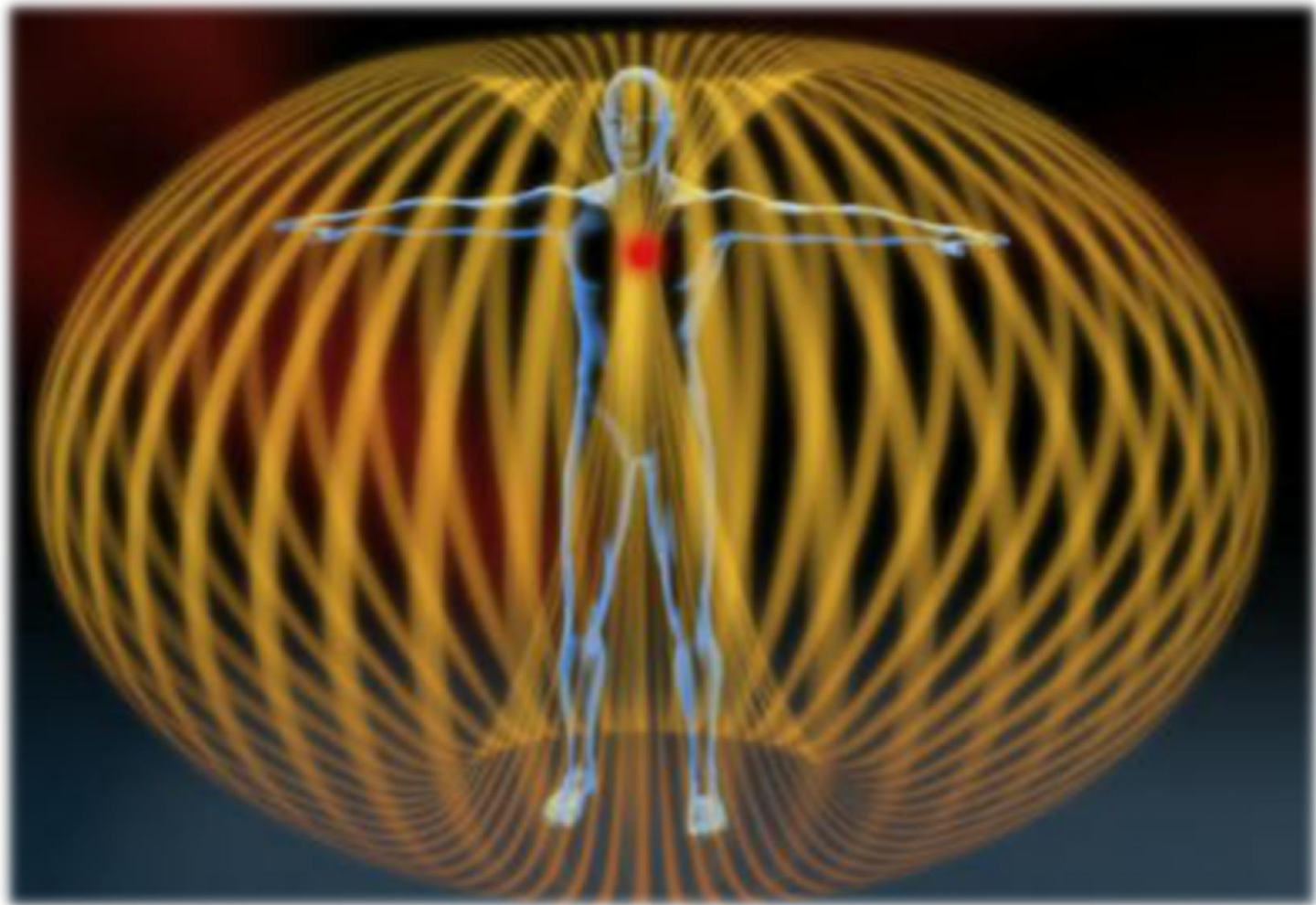
*Traditional / holistic /
complementary health care /
CAM is a system of care / care
based on the philosophy and basic
concepts of the whole person, so
that patients / clients are
holistically, culturally related and
become more human*



The government is determined to develop traditional health services as recommended by the world health organization (WHO) in Traditional / Complementary Medicine for 2014-2023 to be integrated into health services in a national health system. Thus the traditional health service system is part of the national health system



VIBRATION



**OUR THOUGHTS & EMOTIONS ARE WE SMART IN VOCATIONAL
VIBRATIONS
(Vibration) ELECTROMAGNETIC**

Homeostasis is the balance or stability that the body strive to achieve among these aspects of a person's life by continuous adaptation

Dr. Ali D. Abbas/ Instructuor, fundamental of nursing department, college of nursing, university of Baghdad

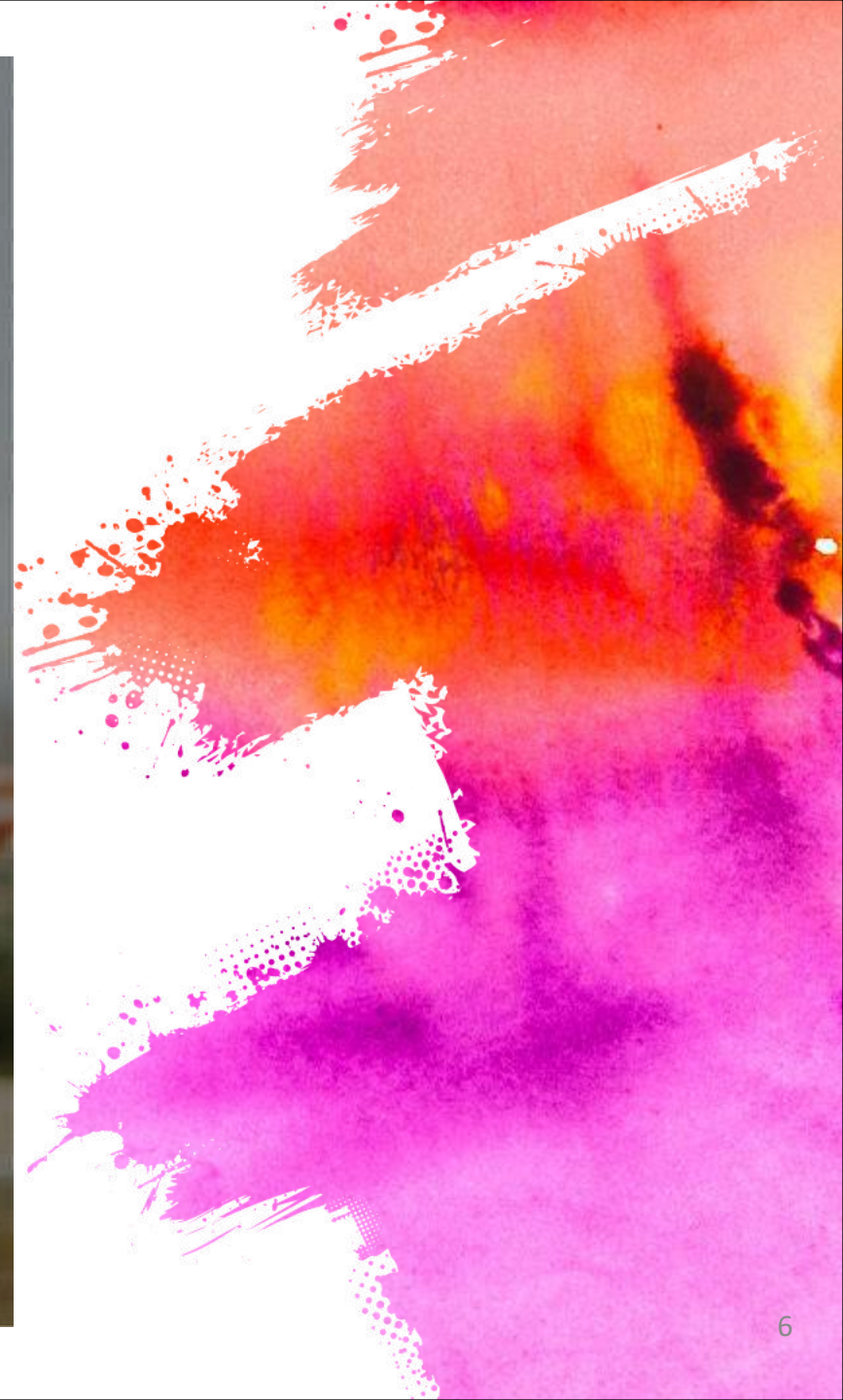


• HEALING •

WHY HOLISTIC MEDICINE IS CRUCIAL TO HEALTH

*Medicine That Heals
the Whole Person*

JOYFUL HOMESTEADING



HEALTH SERVICES (WHO)

MODERN MEDICINE

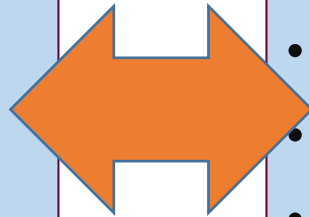
Called also:

- Allopathic
- Conventional
- Biomedicine
- Scientific medicine
- Western medicine

TRADITIONAL MEDICINE

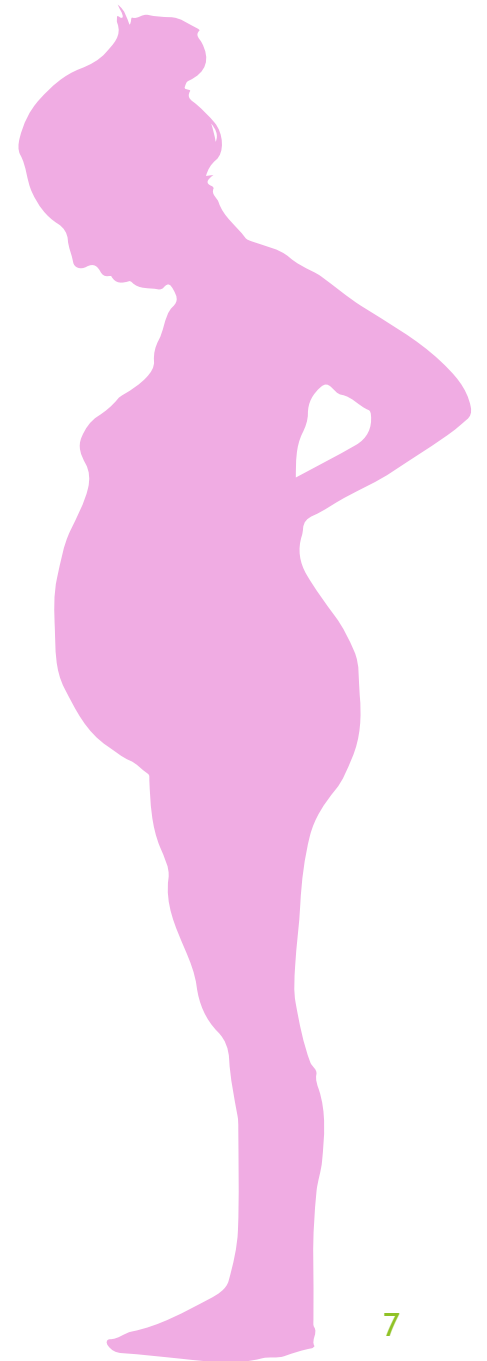
Called also:

- Complementary
- Alternative
- Non-Conventional
- Oriental Medicine
- Holistic
- Natural



Use of TM/CAM terms :

- TM (traditional Medicine : Afrika, Asia, Amerika Latin
- CAM (Complementer Alternative Medicine) : Amerika Utara, Eropa



DEFINITIONS OF HEALTH

+

“The condition of being sound in body, mind, or spirit

Merriam-Webster Online Dictionary, 2008



+

Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity

WHO,
2008



DEFINITION OF HOLISTIC

Holistic is a term derived from the Greek word "holes", meaning "whole"

Holistic health views the physical, intellectual, sociocultural, psychological dan spiritual aspects of a person's life as an integrades whole

These five aspects cannot be separated or isolated, anything that affects one aspect of a person's life also affects the other aspects



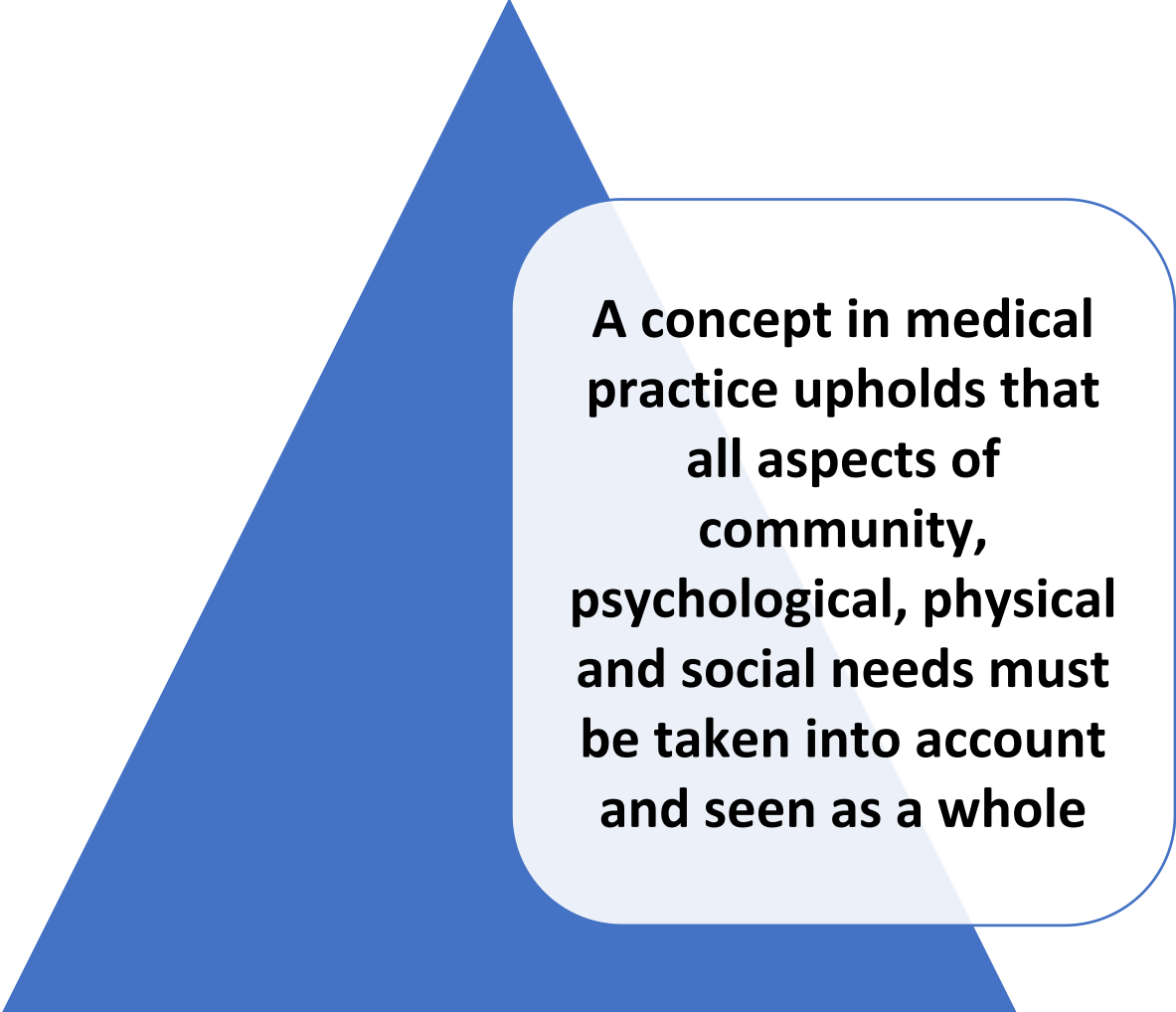
HOLISTIC HEALTH

***Wholesome
health***

***Complete
health***



HOLISTIC HEALTH



A concept in medical practice upholds that all aspects of community, psychological, physical and social needs must be taken into account and seen as a whole



8 DIMENSIONS OF WELLNESS

EMOTIONAL

Coping effectively with life and creating satisfying relationships.

FINANCIAL

Satisfaction with current and future financial situations.

SOCIAL

Developing a sense of connection, belonging, and a well-developed support system.

SPIRITUAL

Expanding our sense of purpose and meaning in life.

OCCUPATIONAL

Personal satisfaction and enrichment derived from one's work.

PHYSICAL

Recognizing the need for physical activity, diet, sleep, and nutrition.

INTELLECTUAL

Recognizing creative abilities and finding ways to expand knowledge and skills.

ENVIRONMENTAL

Good health by occupying pleasant, stimulating environments that support well-being.

Healing means to be or become whole. It is a state of **harmony** or balance in the body, mind and spirit connection. (Quinn, 2005)



Core principles of Holistic Care

Unconditional love and support are the most powerful healers.



The patient is ultimately responsible for his or her own health and well-being



Everyone has innate healing powers. The patient is a person, not a disease.



All aspects of a person's life should be addressed by using a variety of healthcare practices.



Treatment includes fixing the cause of the condition, not just alleviating the symptoms.



Healing takes a team approach involving the patient and doctor.

CHANGE PARADIGM



Traditional

Natural System

Provide a way of comprehending the interconnectedness of natural structures in the universe

The goal of health care is to decrease the many different disturbances and stressors caused by person's illness

Holistic care

Bio-Psycho-Social-Spiritual Model

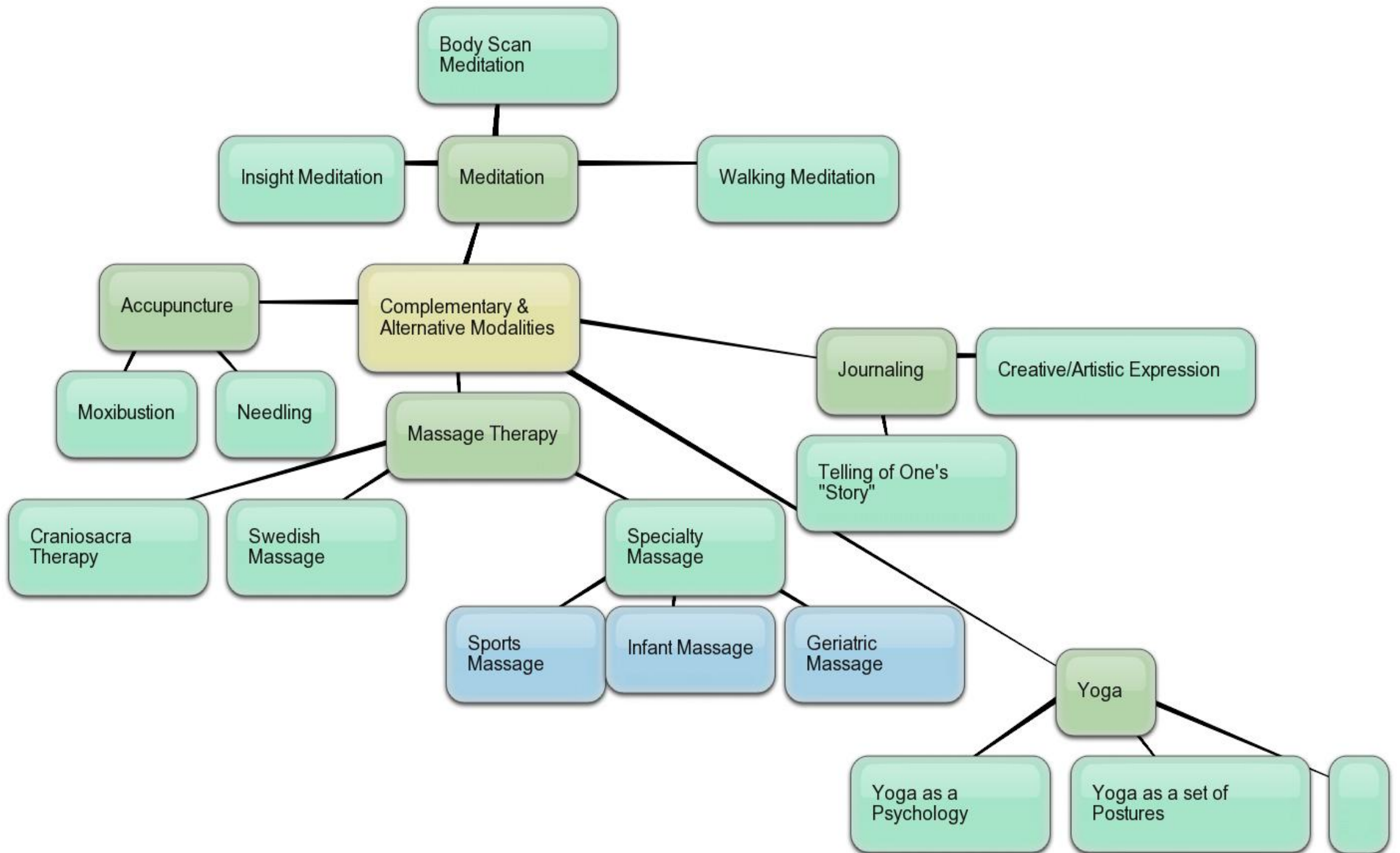
This model, all disease has a psychosomatic component, and spiritual factors always contribute to patient's symptoms, disease or illness


Each component is interdependent and interrelated

It is necessary to address all these components to achieve optimal therapeutic results

Therapies

| | | | |
|---------------------------------|-----------------------------|--|-------------------------------|
| <i>Acupuncture</i> | <i>Energy balancing</i> | <i>Naturopathy</i> | <i>Therapeutic touch</i> |
| <i>Applied Kinesiology</i> | <i>Exercise</i> | <i>Psychotherapy</i> | <i>Colour therapy</i> |
| <i>Aromatherapy</i> | <i>Guided imagery</i> | <i>Reflexology</i> | <i>Hydrotherapy</i> |
| <i>Chiropractic</i> | <i>Homeopathy</i> | <i>Reiki</i> | <i>Journaling</i> |
| <i>Craniosacral therapy</i> | <i>Hypnotherapy</i> | <i>Relationship and spiritual counseling</i> | <i>Humor and laughter</i> |
| <i>Food Therapy</i> | <i>Massage therapy</i> | <i>Yoga</i> | <i>Play Therapy</i> |



An illustration of a pregnant woman with dark hair, wearing a purple dress with a red floral pattern, leaning over a white toilet. She has her hand to her face, suggesting she is feeling nauseous or about to vomit. The background is a simple blue wall with a red vase on a shelf.

Complaints that we often encounter in pregnant women is the problem of nausea, vomiting, especially in the first trimester. Nearly 50% of pregnant women experience nausea and this nausea usually begins early in pregnancy

One form of complementary therapy in reducing the occurrence of nausea is the administration of aromatherapy

The mechanism of action of aromatherapy in the human body is as follows: plant oils which are the source of aromatherapy can enter the body in 2 ways, which are absorbed by the skin and inhalation, giving aromatherapy can be done by inhalation, topical or applied, massage, and spray for the room





Research related to giving aromatherapy to pregnant women says that giving inhaled peppermint aromatherapy to first trimester pregnant women is effective in reducing nausea and vomiting, and according to Tillett (2010) in Systematic Review Smith (2011) there is **no** research or concrete evidence that giving Aromatherapy in the mother adversely affects the mother and fetus

BLENDING AROMATHERAPY OIL



THE TOP 9 ESSENTIAL OILS FOR PREGNANCY



LAVENDER

Due to its versatility, lavender is often considered the best oil to use during pregnancy. If you suffer from pregnancy headaches or migraines, you can use lavender essential oil to relieve tension and pain.

YLANG YLANG

Ylang ylang essential oils' benefits include increasing relaxation, and an ability to improve hormonal mood swings. With ylang ylang, pregnancy mood swings can be controlled as the oil helps to improve feelings of anxiety and irritability.

ORANGE

Orange essential oil can be used by pregnant women to overcome feelings of anxiety or stress and improving negative moods.

EUCALYPTUS

Current data suggests that this oil can be used safely during pregnancy. Eucalyptus essential oil can be used to treat congestion, clear the sinuses and provide pain relief.

BERGAMOT

Bergamot essential oil provides a fresh and citrusy scent that is known to elevate moods and combat depression, making it a great choice for pregnant women.

GINGER

One of the best essential oils for nausea during pregnancy, ginger has been used since ancient times to help relieve an upset stomach. A 2012 study discovered that ginger essential oil can lessen the frequency and severity of nausea through inhalation.

LEMON

Lemon essential oil can be used to reduce nausea and stress levels. A recent study found that pregnant women who inhaled lemon essential oil reported a reduction in nausea and vomiting.

CHAMOMILE

Known for being a natural sleep aid, chamomile essential oil can be used during pregnancy. It can help relieve bloating and gas, improve the appearance of skin, and improve sleep quality.



1. CLARY SAGE

Clary sage has natural chemical components which work to stimulate hormones, and progress labor. In a study which followed 8058 women who used aromatherapy during labor, 80% of women chose clary sage essential oil to induce labor.



2. LAVENDER

Lavender essential oil has been known to promote relaxation, which can decrease labor times and promote a fast delivery. A 2016 study found that applying lavender essential oil in the form of a massage, decreased stress levels and pain during first-time labor.



3. ROSE

Using rose essential oil to induce labor has been noted to speed up contractions and decrease the length of labor.



THE TOP 5 ESSENTIAL OILS FOR LABOR



4. JASMINE

In a study which focused on primigravida women, (women who are pregnant for the first time), researchers found that using jasmine essential oils during labor decreased pain levels in the first stages.



5. FRANKINCENSE

In a 2011 study, frankincense essential oil was applied to pregnant women who started to dilate. Results showed that the frankincense essential oil massage during labor could potentially decrease pain and anxiety levels in mothers.





In the Guidelines for Pregnant Women, Postpartum Maternity and Newborn Babies in the Pandemic Era COVID-19 published by the Ministry of Health of the Republic of Indonesia 2020, pregnant women are expected to always maintain health by consuming balanced nutritious food, maintaining personal hygiene and still practicing activities in the form of gymnastics for pregnant women, yoga / pilates / aerobic stretching independently at home so that mothers stay fit and healthy

Yoga is one part of complementary therapy. Yoga which is commonly applied to pregnant women is called prenatal yoga. Prenatal yoga is a type of yoga specifically designed for pregnant women in preparing for a comfortable delivery





The Benefits of Prenatal Yoga

1. Maintain hormonal balance
2. Reduce morning sickness
3. Reduce constipation complaints
4. Improve the immune system
5. Prevent pain during pregnancy
6. Improve blood circulation
7. Rejuvenate leg muscles
8. Strengthen knees, ankles and thighs
9. Relieve Symptoms of hip sciatica
commonly felt by pregnant women
are caused by baby pressure

The contraindications of prenatal yoga are preeclampsia, placenta previa, incompetent cervix, hypertension and a history of recurrent bleeding / miscarriage in previous pregnancies



MUSIC THERAPY

It is an interpersonal process in which trained personnel use music to help improve and maintain the health of patients financially, emotionally, intellectually, socially and spiritually

Aims to develop communication, cognitive, motor, emotional and social abilities by listening, imagining and singing songs, playing musical instruments, moving to the beat

MOZART EFFECT

PROVEN: UNBORN BABIES RESPOND
BEST TO CLASSICAL MUSIC WHEN
COMPARED TO OTHER MUSIC GENRE

***RESEARCH IN MARQUES INSTITUTE IN
300 FETUS AGE OF PREGNANCY 18 -
38 WEEKS (Dr. López-Teijón)***

84%

**Fetuses
respond
by moving
their
mouths**

35%

**Fetuses
respond by
sticking out
their
tongues**

91%

**The fetus responds
to mozzart music
rather than other
types of music**

HUMAN BEINGS CAN NOT SURVIVE WITHOUT TOUCH

Ashley Montagu

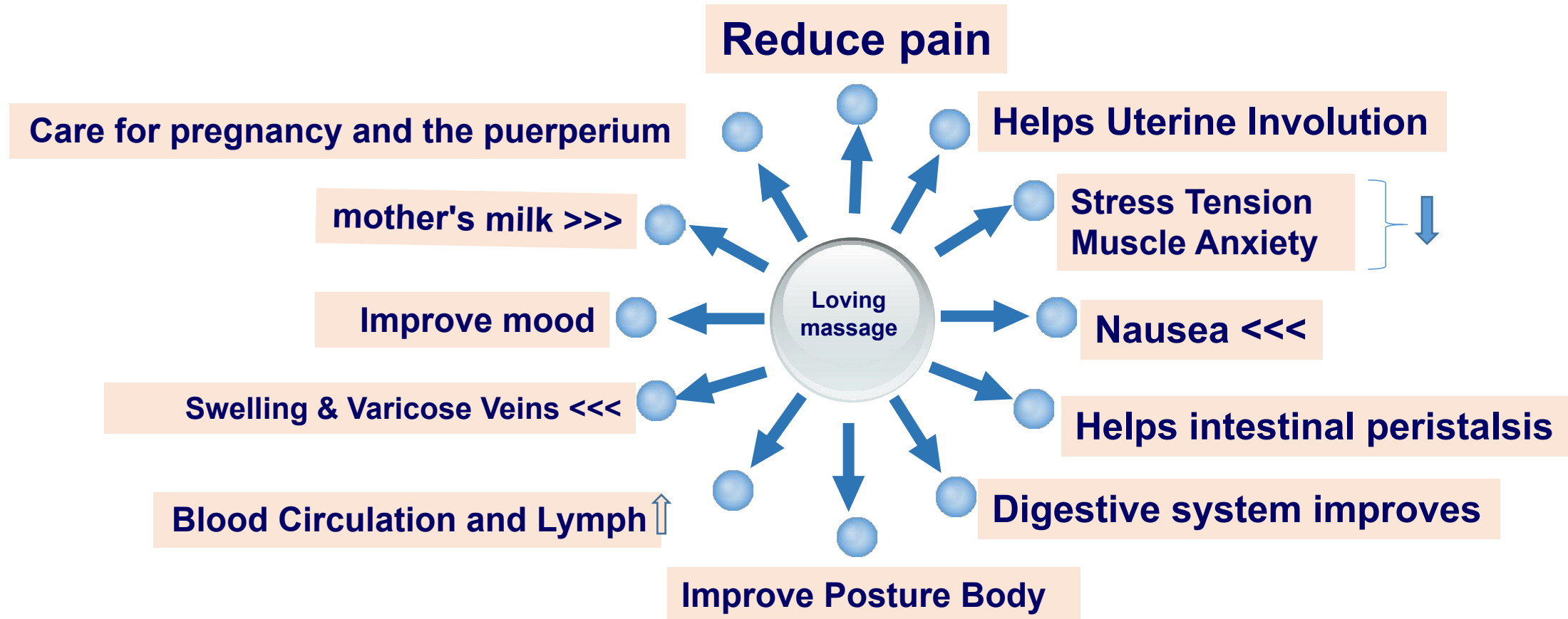


PRE - POSTNATAL **LOVING MASSAGE**



Holistic therapy that begins with breathing relaxation, emotional cleansing, then praying to Allah SWT for the well-being of the body, mind and spirit, is followed by a sincere care, loving and loving massage for the mother

BENEFITS OF LOVING MASSAGE IN PREGNANT AND PUERPERAL MOTHER



Contraindications Loving Pregnancy Massage

Massage Area Contraindications

1. Abdominal Massage
2. Leg Massage

Contraindications Massage conditions

1. Bleeding
2. Fever
3. Nausea
4. Diarrhea
5. Acute vascular inflammation such as phlebitis
6. High blood pressure
7. Acute pneumonia
8. Infectious diseases
9. Diabetes with complications such as kidney disorders
10. Cancer



I AM SORRY

THANK YOU

I LOVE YOU