

Life Nurturing Series In Traditional Chinese Medicine (TCM):
Why should lady take one month with good care right after baby delivery?

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According to Traditional Chinese Medicine (TCM), the main reason is that this is one of the best chances to improve the body constitution. Westerner might have seen and puzzled why Chinese ladies would take one month with good care right after the baby delivery. This will allow the body to recover the energy (i.e. source Qi/yuan Qi and blood), which is heavily consumed during the pregnancy and the delivery. Furthermore, if their innate constitution is relatively weak, it will also be improved as well. For example, a lady might often feel cold hands, cold feet and/or painful menstruation before the pregnancy. Therefore, this is one of the important subjects for female to be aware in life nurturing.

There are at least three chances, in TCM theory, for female to improve body constitution. Namely, they are the time of the 1st menstruation, right after baby delivery and the menopause. During pregnancy, the mother needs to provide sufficient nutrient to the baby. And mother's uterus will also be blown up when baby grows. This will lead to the relocation and deformation of Zang-Fu organs.

During the delivery, it will consume tremendous energy and bleeding out. Therefore, TCM emphasizes to tonify Qi and blood as the top priority after delivery. This will nourish and rebalance the functions of Zang-Fu organs. If care is not well taken, it may lead to the deficiency of Qi and blood or even Zang-Fu organs prolapsed. In Western Medicine might describe as endocrine and/or hormone imbalance, etc. The medical complications can be, such as, postpartum weakness, lower back pain, dizziness, flabby and ageing in skin, losing hair and/or weaker in the immune system (i.e. defensive Qi). It may develop further into chronic disorders in middle age later on earlier, such as, knee joint pain, heel pain or frozen shoulders.

Cold wind should avoid in this month. It may result in certain symptoms like headache or painful joints. For those who often have headache before, TCM even suggests not washing the hair during this month. In case of catching the cold wind, it may exaggerate the stagnation of the blood residue in the uterus. It is more difficult to discharge it out after the delivery. So, ladies, in Taiwan, often will shorten their hair before the delivery for hygienic purposes, in particular, the delivery date is expected in summer season.

Cold food, icy drink, ice cream and/or raw salads should avoid as well. Otherwise, it might cause the abdominal uncomfortable or pain. Cold food and fruit are, such as, Chinese cool, cucumber, melon, orange, tomato, grape fruit and kiwit.

Chinese herbal medicine (CHM) can be a good choice to tonify Qi and blood. Since food and herbs have the same sources of natural properties. For example, CHM classical pattern formulae of Ba Zhen Tang (Angel Eight form) can reinforce Qi and nourish blood. Shi Quan Da Bu Tang (Ten Complete form) can warm the body, in particular with yang deficiency, and reinforce Qi and blood.