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## A QUASI EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF HONEY ON CONSTIPATION AMONG ANTENATAL MOTHERS IN THIRD TRIMESTER ADMITTED IN SATHIYAMANGALAM PRIMARY HEALTH CENTER, VILLUPURAM

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### Abstract

Constipation is a common minor disorder of pregnancy. The approach to constipation in pregnancy is similar to that used for the general population, with special attention to safety of medications. Pregnancy is one of the most exciting and important events in each woman's life. During this period the pregnant women may have some minor disorders; among that constipation is a more common troublesome one. The investigator aimed to bring a cost effective home remedy for the discomfort experienced by the antenatal mothers. Quantitative approach was used this study and Quasi experimental study design the study setting is Antenatal mothers in third trimester with constipation admitted in Sathiyamangalam Primary HealthCenter. Comprised of 60 antenatal mothers in third trimester in which 30 sample in each control and experimental groups through Purposive sampling technique for experimental group 10 ml of honey in 100 ml of warm water was administered twice a day for 3 consecutive days for the subjects having constipation and for the control group routine care was given. The data were analyzed by descriptive statistical methods like mean, standard deviation, frequency percentage and

inferential statistical methods like chi square and t-test. The comparison between pre-test and post-test among experimental group, P Value =0.05. Honey administration for constipation is easy to implement, safe for pregnant women, non-invasive, and low- cost. The excavated results supported the in corporation of complementary medicine to relive constipation among antenatal mothers.

**Keywords:** Effectiveness, Honey on constipation, antenatal mothers, Trimester.

### AIM:

Effectiveness of honey on constipation among antenatal mothers in third trimester

### INTRODUCTION

Every pregnancy is unique experience for the women and each pregnancy that the women experience will be new and different. Pregnancy care is one of the wonderful and noble services imposed by nature. The objective of obstetrics is that every pregnancy should culminate in healthy baby and healthy mother. The most ambitious dream of a woman in her life is giving birth.



During pregnancy there is progressive anatomical, physiological and biochemical changes in all systems of the body. These physiological changes are the normal adaptation to accommodate as well as to promote the growth of embryo or fetus. Hormones play an important role in changing maternal physiology during pregnancy largely orchestrated by the endocrine system through the hormones; these changes arise in response to maternal adaptation to the increasing demands of the growing fetus. Anatomical and physiologic changes also take place in each organ of the gastrointestinal system. Almost many of pregnant women get constipated at some point. Progesterone and somatostatin may also inhibit the release of motilin, a peptide hormone that normally inhibits smooth muscle. Moreover, relaxing, a polypeptide that inhibits myometrial contraction during pregnancy, also appears to inhibit the smooth muscle of the gastrointestinal tract. This means that food passes through the intestines more slowly. The problem may be compounded later in pregnancy by the pressure of growing uterus on the rectum.

Honey is one such substance that exemplifies this statement. & used for centuries. A rich source of natural sugars, honey also contains a host of vitamins, minerals, and antioxidants. The substance is effective in treating variety of conditions. Used as a medical treatment and preventive, honey is considered the simplest most effective option available. Honey can effectively prevent Pregnancy Induced Hypertension, anaemia in pregnancy, pregnancy combined with hepatitis and other diseases. Honey helps in production of intestinal mucus, hydrates the colon and infuses water into dried stool. This helps to pass motion easily. Honey has Probiotics that alter the colonic flora and also can improve bowel function. Pregnant women will appear the phenomenon of constipation during pregnancy, and honey has Runchang laxative effect, so eating honey can effectively prevent constipation and hemorrhoids bleeding. Many people find a hot drink in the morning stimulates the bowels. Lemon and honey in hot water seems to stimulate mucus production in the intestine, aiding in flushing of toxins.

#### OBJECTIVES:

- To assess the level of constipation among antenatal mothers in third trimester in both control and experimental group.
- To compare the level of constipation among antenatal mothers in third trimester in pre test and post-test among experimental and control groups.
- To find the association of level of constipation with selected demographic variables among the antenatal mothers in third trimester.

#### ASSUMPTIONS:

- Women during pregnancy will experience constipation

in certain level.

- Honey regulates the normal bowel elimination pattern.
- Honey may relieve constipation during third trimester pregnancy in certain level.

#### RESEARCH HYPOTHESES:

H1: There may be significant difference in level of constipation among experimental and control group.

H2: There may be significant association between the level of constipation and the selected demographic variables.

#### INCLUSION CRITERIA:

- Antenatal mother in third trimester with constipation.
- Antenatal mothers of all age group.
- Both primi and multigravida mothers.
- Who are willing to participate in the study.

#### EXCLUSION CRITERIA:

- Antenatal mothers who have not given consent for the study.
- Antenatal mothers who are having other associated problem with constipation.
- Antenatal mother with other systemic illness, eclampsia, severe Pregnancy-induced hypertension and Gestational diabetes mellitus
- Antenatal mothers with hypothyroidism, chronic constipation, habitual constipation

#### REVIEW OF RELATED LITERATURE:

**Section A:** Review related to constipation.

**Section B:** Review related constipation in pregnancy.

**Section C:** Review related to honey on treatment of constipation.

**Section D:** Review related to honey and its effects other than constipation.

#### DEVELOPMENT AND DESCRIPTION OF THE TOOL:

**Section-A** comprised of demographic variables like age, educational status, occupation, monthly income, religion, residence, type of family.

**Section-B** Gravida, Gestational age, consumption of iron tablets during pregnancy.

**Section-C** Bowel habits, Fluid intake per day, dietary pattern, Daily activities, Regular walking, Knowledge about health benefits of honey, Relieving measures.

**Section-D** comprised of clinical variables which are given in the constipation assessment scale for pregnancy. It is an adaptation of the Constipation Assessment Scale of McMillan and Williams (Broussard, 1998). It includes the signs and symptoms of constipation such as, abdominal distension or bloating, change in amount of gas passed rectally, less frequent bowel movements, oozing liquid stool, rectal fullness or pressure, rectal pain with bowel



movement, small volume of stool, unable to pass stool. It was used to assess the level of constipation.

**Table 1: Intervention protocol:**

Experimental group	Control group	
Place	Antenatal ward	Antenatal ward
Dose	Honey 10 ml added in 100 ml of warm water.	Routine care
Duration	3 days	3 days
Frequency	Twice a day	-
Time	7.30 am & 9.00pm	-
Administered by	Morning dose by the investigator and evening dose by the client itself.	-
Recipient	Antenatal mothers in thirdtrimester with constipation	Antenatal mothers in third trimester with constipation

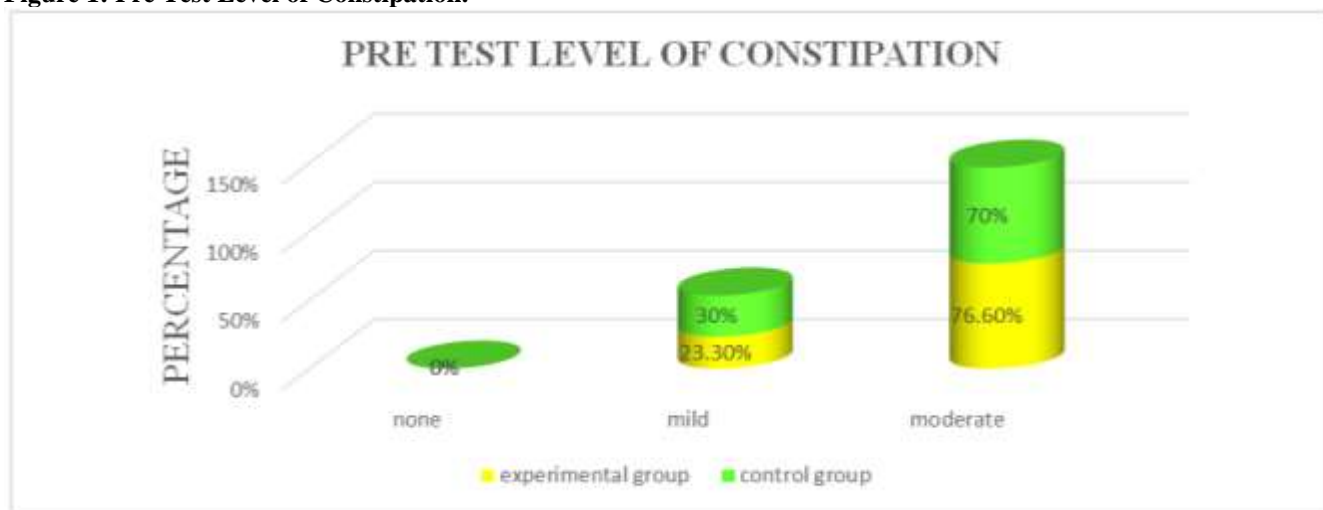
**Table 2: pre – test level of constipation in relation to constipation score. (n=60)**

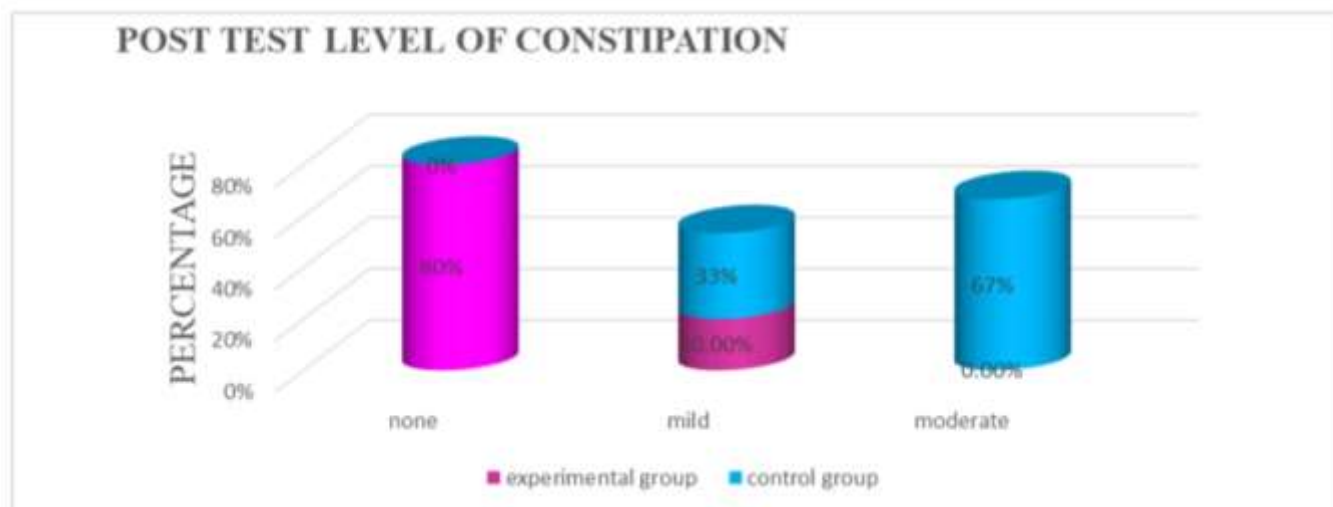
Level of constipation	Experimental group		Control group		Chi square test $X^2=50.5$ $P=0.05$ DF=2
	Frequency	%	Frequency	%	
None	0	0	0	0	
Mild	7	23.3	9	30	
Moderate	23	76.6	21	70	
Total	30	100	30	100	

**Table 3: post – test level of constipation in relation to constipation score. (n=60)**

Level of constipation	Experimental group		Control group		Chi square test $X^2=39.9$ $P=0.05$ DF=2
	Frequency	%	Frequency	%	
None	24	80	0	0	
Mild	6	20	10	33.3	
Moderate	0	0	20	66.6	
Total	30	100	30	100	

**Figure 1: Pre Test Level of Constipation.**





**Figure 2: Post Test Level of Constipation**

### RESULTS AND DISCUSSION:

In pre- test, among experimental group, None score 0.0%, Mild 23.3%, Moderate to severe score 76.6%. Control group, Mild score 0.0%, moderate score 30%, severe 70%. In post test among experimental group 80% of antenatal mothers were in none score, 20% of them were mild score. In post test among control group 33.3% of antenatal mothers were in mild score, 66.6% of them were moderate.

### CONCLUSION:

Honey administration for constipation is easy to implement, safe for pregnant women, non-invasive, and low- cost. The excavated results supported the in

corporation of complementary medicine to relieve constipation among antenatal mothers.

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