

## Postnatal Blues

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### ABSTRACT

Postnatal period is the time which can be depressive for the woman. This is the time which is crucial for the mother as well as baby. During this time the mother feels sad and depressive as she is busy doing care of her baby and this is the reason she may experience the bipolar mood disorders. So, during this period the mother should be taken care in a good way to get rid of further problems of depression.

**Key Words:** Postnatal period, Postnatal blues, Pregnancy, Delivery.

### INTRODUCTION

“Pregnancy and delivery are the events in a life of every women, it is a blessing and joyful experience if it’s a normal situation it’s a joyful and blessing, however the opposite can happen due to the fact that childbirth could associated with psychological problems lead to Postpartum Depression.” [1]

The postnatal period starts after the birth of a child which extends for six weeks. This period is also known as puerperium or puerperal period. As described by the World Health Organization (WHO) that the postnatal phase is the crucial phase for the life of a woman and baby, as mostly this period is neglected by the mother herself even as she is busy doing care of the baby and getting back to the previous routine. [2]

It is the time when the body of a woman and hormones are reverting back to the non-pregnant state. The lochia is also a part of this phase in which there is a vaginal discharge which contains the blood, mucus, and the uterine tissues. Once a woman gives the birth to a baby she gets discharged once she is stabled medically as in normal

delivery it is 1-2 days and in cesarean section it is 3-4 days minimum. [3]

During this period, the mothers as well as baby are monitored, as mother is monitored for bleeding, bowel and bladder habits and baby is there for the general assessment and if there is any deviation in the health status of the baby. [4]

Postpartum psychosis is an emergency of the psychiatric disorder which has the sudden symptoms of elation, depression, severe confusion, hallucinations and delusions which occurs after the childbirth within first two weeks. These symptoms may vary and can change quickly. The recovery of these symptoms may take time of around 6 months to a year sometimes. [5]

This problem after the delivery is not considered as a normal as it is a different from the postpartum depression and baby blues as it is bit common or can say a form of bipolar disorders. [6] As after the expulsion of placenta the woman may suffer from the withdrawal symptoms which were present during the time of pregnancy which are estrogen, progesterone and endorphins

which leads to the physical mental and emotional exhaustion and also leads to the sleep deprivation along serotonin and thyroid dysfunction which ultimately contributes to the postpartum psychosis. [7,8]

**Clinical features:**

The symptoms may develop at around 2-3 days to 2 weeks after the birth of the baby. The symptoms may change very quickly:

1. Delusions (misinterpretation)
2. Hallucination (false belief)
3. Rapid and extreme mood swings
4. Poor concentration
5. Poor decision maker
6. Restlessness and insomnia
7. Weak bonding with the baby
8. Anxiety
9. Hypersensitive to criticisms
10. Manic behaviour.
11. Not recognising family and friends most of the times.
12. Difficulty in focusing leading to inability in completing a task
13. Inability to sleep.
14. Hyperactive behaviour.
15. Excessive irritability.

**Incidence:**

The postpartum depression is not considered as a formal diagnosis but it is the condition that occurs in about 1 in a 1000 pregnancy. [9] It is the condition which is different from the postpartum depression and also from the maternity blues and also considered in the form of bipolar disorders. [10]

**Risk factors:**

Many of the women who experience this problem have no risk factors but still some of the risk factors are associated with if the women have the prior history of any mental illness. [11] Some of the risk factors are below:

1. Low socio- economic status.
2. Elderly primipara 35-40 years of age.
3. Early primipara.
4. Delayed initiation of breast feeding.
5. Mothers who don't breast feed the babies.
6. Domestic abuse in the family.

7. History of psychiatric illness.
8. Hormonal imbalance like thyroid dysfunction and serotonin disturbance. [7,8]
9. Inadequate postnatal care.
10. Those who gave birth to the female baby. [12]
11. Physical changes
12. Stress

**Treatment of postnatal blues:**

- Creating a secure attachment with your baby may help you to release the endorphins which will make you happy and cope up with the puerperal blues.
- If you are worried try to get support and lean on to others and make your relationship stronger and closer. [13]
- Start shares your feelings to others by not keeping it to yourself.
- Meet new moms to discuss the first experience will help you to relieve the stress regarding the puerperal changes.
- You are the first priority for you and for your little one so taking care of yourself is the important way to get rid of puerperal blues. [14]
- Spare time for yourself leaving housework at the least priority by doing some meditation and exercises.
- Carve out couple time, not by putting any pressure of romance or physical involvement but spending 15-20 mins together and focused on each other can make a big difference of closeness will help to stay away from the puerperal blues. [15]
- Be communicative to the partner in a very positive manner to make sure that the whole work is not only your business now as you are going to be busy with the newborn. [16]
- Last but not the least make sure you are eating a well-balanced diet, taking proper rest and sleep and make sure you are not going to exhaust yourself with the work which can affect your system. [17]

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