

# Case Study: Supporting a Pregnant Mother and Her Child

**Name:** Vasthika

**Location:** Ayaalpatti village, M.N. Nallur block, Sankarankovil taluk, Tirunelveli district

Vasthika-Murugesh couples from Ayaalpatti village were expecting their second child. They already have a daughter who was 2 years old then. However, when she was 8 months pregnant, Vasthika developed unusual conditions.

*"I was suffering from mouth ulcer and was unable to eat properly,"* said Vasthika. It was during that time, as part of Health interventions, SIVA Trust was supporting ANC/ PNC mothers in her village. When Ms.Murugewari, Health Worker from SIVA Trust conducted meeting for the mothers in the village, Vasthika also attended. She mentioned about her mouth ulcer and Murugeswari suggested he not to take hot and spicy items. Trained on health care treatments, Murugeswari also deduced that the mouth ulcer is due to ailing gastrointestinal problem and suggested easily accessible home remedies.

She suggested Vasthika to consume tender coconut water or fenugreek seeds soaked in water or prepared as porridge, for curing the ulcer. Accordingly Vasthika took to those advices and as a result her mouth ulcer got cured. Besides this, Vasthika was also enrolled in the Health intervention program for mothers implemented by SIVA Trust and she receives regular advises to take nutritious food like greens, fresh vegetables, soap etc. during the stage of pregnancy.

*"She (Murugewari) continues to visit me and advise me on pregnancy period health maintenance,"* said Vasthika now mother to her new both child. Thanks to SIVA Trust's immediate intervention, both mother and child are healthy and happy.