

## Cultural beliefs associated with pregnancy and child birth among aimol tribe of Manipur

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■ **ABSTRACT** : Pregnancy and childbirth are important in the stages of life as they are associated with maternal and infant mortality and morbidity. Culture has a profound influence on beliefs and practices of pregnancy and child care. The present study aims at exploring the cultural beliefs of Aimol ethnic women of Manipur regarding pregnancy and child birth practices. Purposive sampling method was used to collect 128 women in the age group of 18 to 40 years. In-depth interview and focus group discussion methods were used to collect the data. Results showed that majority knew the positive impact of antenatal care and delivering at health facilities however, only 77 per cent had minimum recommended antenatal care while 27 per cent had below minimum recommended antenatal care. Majority had home deliveries and institutional deliveries were more for the first child birth than for the subsequent deliveries. A modern health care system was preferred over traditional healer however they also seek health care from traditional healer care called "maipa". Rearing of local chicken and drying of smoke fish for post delivery consumption were common practices on the other hand vegetables and pulses foods which are rich in proteins and vitamins were avoided for nearly one to three months due to food taboos.

■ **KEY WORDS**: Practices, Pregnancy, Childbirth, Aimol, Antenatal care

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