

# On belly wrapping the old way

... from ayurveda doula guru

Ysha Oakes [www.sacredwindow.com](http://www.sacredwindow.com)



"I suggest mothers find either new or old, about 5 yards of lightest weight muslin or an old cotton dhoti, or take a worn out cotton lightweight sari and make about 5 strips lengthwise. A little hemming makes much nicer washes, of course, and prettier fabric can be worn on outside of clothing if Mom wishes, I've seen them advertised/sold that way even with hooks for closure (much less fabric).

In any case, if the Mom is involved in the wrapping demo, encourage her to wrap by what feels good. Fairly snug, and wrap a little diagonal for a couple rounds to take in opposite upper and lower hip area as well as directly across lower and mid belly. Feels wonderful. I just tuck, some like a pin, or the fasteners if you can bother with it!

Dr. Sarita Shrestha's grandmother wore this all her life, had superb posture and digestion and elimination all her life, all the way to her passing in 90s. I found it particularly comforting in part of my menopausal time.

Oh yes, so that's about 12 inches wide. One or two to be in the wash with the other oily linens from self or doula administered ayurvedic warm oil abhyanga, one to wear, one to loose track of (forgetfulness being such a common vata postpartum symptom especially) and one or two to give a friend!

Wear ideally most of the day and night for a few weeks. Supports the body's organs to find their place and reestablish proper connective tissues, digest or eliminate better, and for tummy to regain shape faster. Wrap after massage before resting in bed, with hot water bottle or some such. Adding the powders at that time would be lovely - she bathes after that."

Namaste!

Ysha

## Why Wrap?

In a nutshell, childbirth leaves an excess of space between a mama's organs. Excess space, especially in the pelvic bowl is ungrounding to the nervous system. Why should you belly wrap for at least the first few weeks postpartum?

- **improves digestion and elimination**
- **calms the nervous system**
- **feels comforting and nourishing**
- **aids body in reestablishing connective tissue**
- **supports organs in realignment**
- **helps tummy regain shape**
- **decreases bloating**

the new wraps are convenient. The wrap effect is built into tank tops, or join bamboo cloth with velcro.



Cate's advice: if you're more of a hippy you'll like the muslim. If you're more of a yuppie (yuppie-hippy) you'll like the tank or wrap. An extra wide ace-bandage also does the trick!



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