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A study of uncommon diseases during pregnancy in reference to safe motherhood

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Abstract

The prevalence of medical problems in pregnancy is increasing because of a complex interplay between demographic and lifestyle factors, and developments in modern medicine. Women are delaying childbearing until later in life. Now a day's women are more likely to have acquired medical disorders, such as hypertension (PIH) and jaundice; they are also at higher risk of gestational diabetes (GDM), cardiac disease and anemia. Medical and surgical advances have enabled women to become pregnant despite having chronic conditions that would previously have precluded pregnancy.

Keywords: PIH (pregnancy induced hypertension), GDM (gestational diabetes)

Introduction

A significant proportion of pregnancies worldwide are affected by various medical diseases. Major of them were contraindications for pregnancy in past. Advances in modern medicine and its various branches like obstetrics, neonatology and medicine have increased positive outcome of both mother and foetus with medical conditions. The physiological changes of pregnancy are well tolerated by most of women and are reversible. Medical problems may interfere with the physiologic adaptations of pregnancy and cause poor pregnancy outcome and vice versa. The purpose of this study is to know the different medical disorders in pregnancy and their effect on maternal health and foetal wellbeing and pregnancy due under nutrition/mal nutrition.

Materials and Methods

The study was conducted in 03 hospitals in Ranchi district. The respondents (cases of pregnancies) were taken first from CCL Hospital, Kanke Road, Ranchi as this is a central Coalfield's hospital.

The second hospital was RIMS (Rajendra Institute of Medical Sciences), Ranchi. This is a super specialty hospital of Government of Jharkhand. Most of the cases were from this hospital.

Third hospital was Hill View Hospital and Research Centre, Ranchi which is basically a maternity hospital with all the necessary facilities and is also known as one of the most well equipped hospital in the region.

Total numbers of respondents were 216. The normal cases of pregnancies were included the population universe, selection was based on the cases that indicated complexities in pregnancy during the patient's period of stay in any of the three hospitals.

Tools and techniques: A purposive method, b. dietary information, c. hospital records, d. interview and questionnaire

Result: The total number of PIH patient was among 216 respondents. Most of the referred cases were from RIMS, Ranchi. These all were referred cases from adjoining areas of Ranchi as because this is a very complicated disease during pregnancy.

- 1. GDM (gestational diabetes):** This is due hormonal changes during pregnancy. After pregnancy it can disappear or may not. Sometimes it disappear safter pregnancy but can be repeated after forty years.
- 2. PIH: (Pregnancy induced hypertension):** This is due to hormonal changes, obesity. This is due to taking too much of salty, spicy, fatty food etc.
- 3. Cardiac disease:** The responded found suffering in from this disease was less.

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They were mostly from middle and higher income group with less physical activity and faulty food habit.

4. **Jaundice:** This is some time caused by malfunctioning of liver due to enlarged size of uterus. Sometimes unclean water/food consumed. Most of the respondents were suffering this disease by consuming unhealthy water.
5. **Anemia:** Can lead to still birth. Most of the cases were from low income group due to low economic condition and lack of education, awareness and unavailability of food. Then followed by high income group due lack of knowledge and having faulty food habits.

Discussion

GDM: Adhere to fixed meal times. Eat small frequent meals; The quantity of food eaten at a meal needs to be monitored. Follow a split meal pattern of eating.

Eat about every 3 hours. Do not skip or delay meals to avoid low or high blood sugars. The more you eat, the more likely you are to raise your blood sugar. Choose whole grains, fruits and vegetables each day to ensure adequate fibre intake. Include one serving of whole beans and legumes like moong, moth, chana, rajma, lobia, green peas etc. Use of ragi, jowar, bajra and other millets is more beneficial than taking only rice and rice based products. Prefer brown rice. It is caused by hormonal changes during pregnancy. Most of the respondents suffering from GDM were from middle and higher income group due to improper guidance, faulty food habits like taking too much of sugar, starchy food etc. Sweets, chocolate, sugar, honey, jaggery, jams, jelly, soft drinks, icecreams. Deep fat fried foods, chips, samosas, bajjis. Bakery items and desserts like rolls, puffs, pizzas, burgers, biscuits, cakes, pastries, cookies etc. All processed foods and maida products (vermicelli, noodles, white bread), papads, packed and tinned foods. Bananas, mangoes, sapota, custard apple and grapes. All fruit juices as well as dried fruits like dates, anjeer, raisins. Roots and tubers like potato, sweet potato, beetroot, yam, colocasia. Whole fat (full cream) milk. Ghee, vanaspathi, salad dressings, mayonnaise. Gravies made from coconut, khus khus, groundnut or kaju pastes. All red meats like mutton, beef, pork and seafood like shellfish crabs, prawns

Jaundice: It is very important to stay hydrated when have jaundice. To flush out the excess bilirubin, water and fluids are highly essential. It is recommended that a person with the illness should try to drink a minimum of four litres of water every day. Other fluids like buttermilk, clear juices, dal water, coconut water, and chicken broths will also help the body. A clear liquid diet every two hours is what one should start with when diagnosed with jaundice. Coffee, when consumed in small quantities, is known to reduce liver cirrhosis and help a person recuperate. The level of enzymes that are detrimental to the liver can also be controlled through the consumption of tea or coffee. Herbal teas are also known to reduce inflammation of the liver through their antioxidant properties. Proteins help in the body's recovery process because they aid in the repair and regeneration of the damaged cells. Increasing your protein intake when you have jaundice will improve the production of enzymes which in turn aid in boosting hormone production in the body. Lean meats and plant proteins like legumes will help when the liver needs to recover. Vitamins play a significant role in helping jaundice patients recover faster. Vitamin B helps absorb and breakdown the fat in the body. Vitamins A, D, E, and C are important to strengthen the recovering liver. Their antioxidant

properties promote bile level increase and help a person recover faster. Carbohydrates that have a low GI are important to provide energy to the body. If a food has complex sugars and starch, it becomes difficult for the body to break down. Foods like yam, sweet potato, porridges, and rice should be eaten. Citrus fruits have electrolytes that keep the body charged. They are also high in water which is essential for the body during the recovery process. Fruits like papaya, berries, avocado, melons, and grapefruit are beneficial to a person suffering from jaundice because of their rich enzymes, micro-nutrients, and cellular regeneration capabilities. Digestive enzymes like papain and bromelain found in fruits like papaya and pineapple are important to breakdown proteins in food. This can help the liver and the damaged cells to recovery faster. Avoid fatty foods, too much of sal and iron, sea foods Refined sugars like white bread, maids, pasta etc. should be avoided while recovering from jaundice as they cause fat build-up in the liver.

Cardiac diet: Diet and exercise still remain the most important factors in taking control of your heart health. Most women need to increase their calorie intake during pregnancy, but ideally this should be done in a nutritious way.

Look for foods that are high in fiber, omega-3 fatty acids and vitamins. Nuts, berries, oatmeal and beans are all good options. One type of diet to consider is Mediterranean, which includes many high-fiber nuts and whole grains.

In general, pregnant women should avoid foods high in sugar and fat because it can have negative short- and long-term effects. Limit salty foods, which can increase blood pressure, and caffeine, which can trigger irregular heartbeats. Some foods that are normally considered heart-healthy, like sprouts or store-made salads, should be avoided because they pose risks to the pregnancy. Looking long-term, Australian researchers at the University of Adelaide found that children whose mothers ate junk food during pregnancy were more likely to crave a high-fat, high-sugar diet.

PIH: can be caused by hormonal disorder occurred during pregnancy. This can also be caused by faulty food habits as taking more amounts of salt can give adverse to the pregnant women. Too much of oily and fried food is also a major cause of PIH. These items should be reduces to avoid severe condition of this disease.

Anemia: Eat iron-rich foods such as meat, chicken, fish, eggs, dried beans and fortified grains. The form of iron in meat products, called heme, is more easily absorbed than the iron in vegetables. If you are anemic and you ordinarily eat meat, increasing the amount of meat you consume is the easiest way to increase the iron your body receives. Eat foods high in folic acid, such as dried beans, dark green leafy vegetables, wheat germ and orange juice. Eat foods high in vitamin C, such as citrus fruits and fresh, raw vegetables. Cooking with cast iron pots can add up to 80 percent more iron to your food. Take your prenatal multivitamin and mineral pill which contains extra folate.

Suggestions: These diseases are totally based on the diet as during pregnancy medicines are not preferred. The diet should be according to these diseases. Most of the calories should be met by carbohydrates. Fats and oils should not be exceeded from 25 gram a day. In Jaudice, It must be 5-6%. Eat plenty of fruits, vegetables, whole grains, healthy fats(unsaturated fatty acid) and lean proteins, plenty of water.

Conclusion: Pregnancy is basically based totally on diet. Medicines are avoided. So, diet prescribed in these diseases can lead to speedy recovery.

Table 1: No. of GDM patients among 216 respondents

Age group	20 -25	26 – 30	31 -35	36 – 40	Total	%
No. of respondent	06	24	10	02	42	19. 44

Most of them were in between the age of 31-30 year.

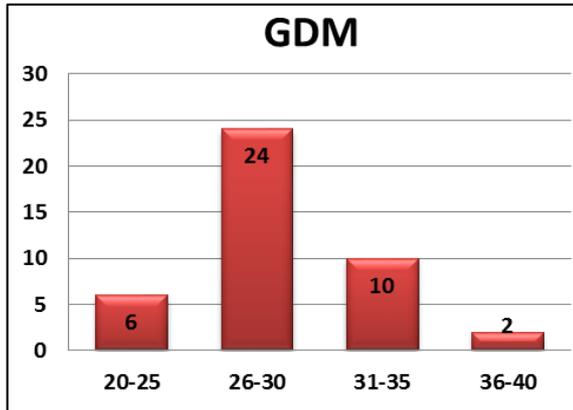


Fig 1: No. of GDM patients among 216 respondents

Table 2: No. of Jaundice patients among 216 respondents

Age group	20 -25	26 – 30	31 -35	36 – 40	Total	%
No. of respondent	02	04	03	00	09	4. 16

Most of them were in between the age of 26-30 year.

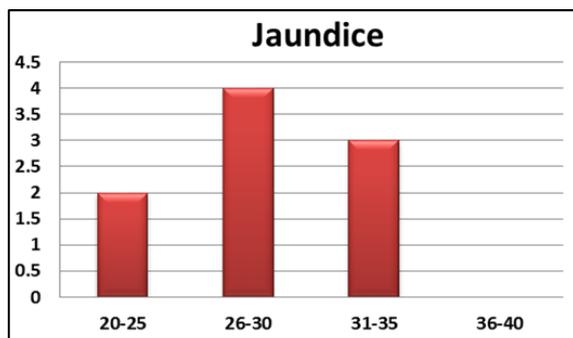


Fig 2: No. of Jaundice patients among 216 respondents

Table 3: No. of Cardiac patients among 216 respondents

Age group	20 -25	26 – 30	31 -35	36 – 40	Total	%
No. of respondent	02	02	03	02	09	4. 16

Most of them were in between the age of 36-40 year.

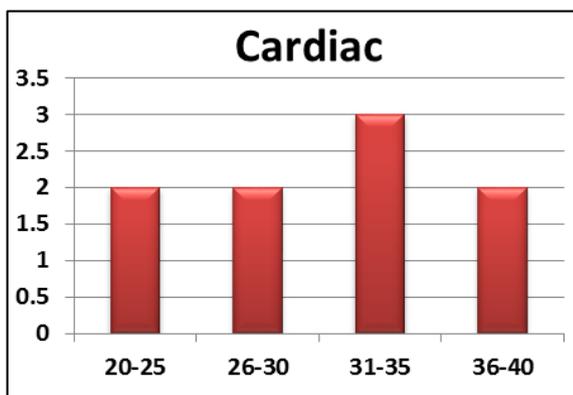


Fig 3: No. of Cardiac patients among 216 respondents

Table 4: No. of PIH patients among 216 respondents

Age group	20 -25	26 – 30	31 -35	36 – 40	Total	%
No. of Respondent	11	13	08	07	39	18. 05

Table 5: No. of Anemia patients among 216 respondents

Age group	20 -25	26 – 30	31 -35	36 – 40	Total	%
No. of respondent	24	10	07	03	44	18. 05

Most of them were in between the age of 26-30 year.

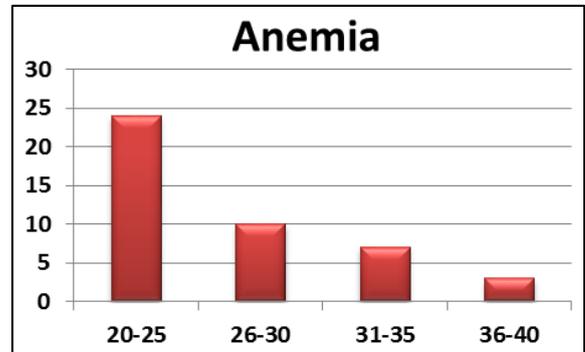


Fig 4: No. of Anemia patients among 216 respondents

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