



# Shodhsambhita शोधसंज्ञिता

ISSN No. 2277-7067

## CERTIFICATE OF PUBLICATION

This is to certify that

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For the paper entitled

**WOMEN HEALTH AND NUTRITION DURING PREGNANCY**

Volume- IX, Issue-IV (III), April 2022

in

**Shodhsambhita**

Impact Factor: 4.95

UGC Care Group 1 Journal

  
Editor in Chief



राष्ट्रहिताय संस्कृतम्

ISSN - 2277-7067

Peer Reviewed

**Journal of  
Fundamental &  
Comparative Research**

Volume- IX Issue-IV (III), 2022

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**WOMEN HEALTH AND NUTRITION DURING PREGNANCY**

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**Introduction:**

Developed nations on taint and Sweat of its people identically families development in physical and mental direction i through nutrition . House women nutritional knowledgeplays significant role in family nutrition. Good maternal nutritional stand helps in never coming the scourge of low birth weight babies. Pregnancy is the period in life on a women when fetus grows in her body; certain physiological changes take place in women baby along with fetus growth. The changes necessitate an increase in the nutrient requirement. The goal of pregnancy is not merely to carry on the species, but also to give birth to healthy and happy baby.

Mothers nutritional status at the onset of pregnancy is an important factor in determining the condition of infant at birth. Additional maternal requirement during pregnancy and physical exercise.

Physically and mentally fit mother can give birth to intelligent and healthy child. Child health totally depends on mothers health during pregnancy. Therefore pregnant women should keep herself physically and mentally fit physical. Fitness can be achieved through regular exercises like walking, Pranayam, Yoga. Mental fitness is responsibility of family members.

Conducted with following objectives;

- 1) To study the diet of pregnant women during pregnancy.
- 2) To study the nature of exercises performed during pregnancy.

**Hypothesis :**

- 1) Pregnant women diet is not as per Recommended dietary allowances.
- 2) Time spent on physical exercises is less than 2 hrs. perday.

**Limitations' of the Study :**

The present study is conducted in Amravati City. Pregnant women with first or second pregnancy are included in the study. Data is collected through Google questionnaire during February 2022.

**Review of Literature :**

Asha Kumari (2001) Appropriate education and counseling in health and nutrition prevents many nutritional deficiencies among pregnant women. The nutrition counseling has high significane in nutritional



knowledge and health practices during pregnancy. **Kandalkar Lina (2011)** :Normal growth of infant depends on mothers diet. Every kg of infant weight requires additional 120 Kcal per day. In addition to it protein , Fat Calcium, Iron and Vitamins are also essential for normal growth.

**Thomas Leahp (2017)** :Pregnant women blood testing for Hemoglobin and Anuphlides arenot satisfactorily increased which are essential for infant proper growth.

**UpalkarSatish(2017)** :Negligence in diet, no physical exercises, Sitting life style are the reasons for obesity Consumption of fast, junk food, fried products results in excess fat deposition. Therefore pregnant women should have diet and exercise as per weight and month of pregnancy. Minimum expected weight of pregnant women is 52-55kg.

**Methodology :-**

Study on Health and nutrition during pregnancy was conducted in Amravati City. Pregnant women under first or second pregnancy were included in the study. A sample of 50 pregnant women was selected for the study. Data on dietary intake was recorded by 3 days recall method. Physical exercises performed and daily time given in house was also recorded. Average dilatory intakewas worked out on the basis of 3 days recall method. Nature of physical exercise and time given was also recorded. Sampled pregnant women are in the age group of 25 yrs to 31 yrs with average age 27 yrs 3 months. Respondent women age educated upto graduate level. Belonging to middle class family with annual income 12 lakhs to 15 lakhs .

Data was subjected to simple tabular analysis and 'Z' test data recorded during January-February 2022.

**Result and Discussion :**

Data connected through Google questionnaire from 50 pregnant women list of pregnant women was taken from private gynecologist practicing in Amravati City. In all 83 Google forms were received. However 33 forms were not considered because of incomplete information furnished. Data on regular exercises, times diatary intake and body measurements was record.

The following table presents information on walking, yoga and pranayam

**Table No. 1**  
**Exercise details of Pregnant women**

Sr. No	Particulars	Yes	%	No	%
1	Regular Yoga	02	4	48	96
2	Pranayam	09	18	41	82
3	Morning Walk	39	78	11	22
4	10-15 minutes walk after lunch& dinner	48	96	02	04



On going through the table following observations are recorded. Yoga and pranayam are preferred by 4% and 18% pregnant women only. 78% pregnant women prefer morning walking for 40 minutes to 50 minutes. 96% pregnant women walk for 10-50 minutes after lunch and dinner. However total time for physical exercises per day is about one and half hour. Expected that pregnant women should have all above four exercises per day. Online data recorded for diet includes morning Tea ,Breakfast , Lunch, Snacks and Dinner.

The items included are normally consumed in Hindu families no special efforts are taken for food preparation. It is observed that pregnant women prefer 150ml. Milk at night

**Table NO. 2**  
**Dietary intake of Pregnant Women**

Sr. No	Particulars	Standard intake	Actual intake	Z value
1	Energy (K cal)	2200	1680 $\pm 21.42$	24.27**
2	Protein (gms)	100	110 $\pm 1.80$	5.56**
3	Fat (gms)	30	38 $\pm 0.65$	12.31**
4	Calcium (mg)	100	91.20 $\pm 3.45$	2.55**
5	Iron (mg)	40	2450 $\pm 0.48$	32.29**
6	Vitamin A (mcg)	3000	2782 $\pm 32.96$	6.61**
7	Vitamin C (mg)	40mg	23.76 $\pm 3.67$	4.42***
8	Vitamin B12 (mg)	1.	0.93 $\pm 0.14$	0.50 <sup>NS</sup>

The data collected by three days recall method was analyze for workout intake in the form of energy protein, fat calcium, Iron and vitamins. The average intake along with standard intake presented above on going through the calculated 'Z' values is observed that energy, calcium, iron, vit-A and Vit-C intake was significantly lower than recommended. On the other hand protein, fat intake was significantly higher than recommended. Vitamin B12 intake was up to recommendation.



Concluding recommended diet intake is not observed by pregnant women. The body measure means reported age presented in the following table

**Table No. 3**

**Body Measurement of Pregnant Women**

Sr. No	Pregnancy Stage Months	Arm Circumference cm.	Stomach Cir cm.	Wt. Kg.	Height cm.	BMI
1	-	-	-	-	-	-
2	2 (3)	34.00	114.30	54	152.50	23.22
3	3 (7)	34.17	123.72	55.46	152.60	23.82
4	4 (5)	34.65	127.25	57.85	155.24	24.01
5	5 (5)	35.06	129.87	58.98	154.85	24.60
6	6 (6)	35.37	130.43	59.90	154.20	25.20
7	7 (9)	35.56	131.65	60.80	154.90	25.34
8	8 (7)	35.92	136.12	61.68	156.50	25.18
9	9 (8)	37.30	146.23	62.60	154.80	26.12

Arm circumference was increased by 3.30cm. Over 7 months stomach circumference by 32cm. and B.M.I 2.90 units concluded body figures of pregnant women exhibited change of 9.71% in Arm circumference, 28% in stomach circumference and 12.49 percent in B.M.I. The Hypothesis stated are accepted.

**Conclusions :-**

- 1) Time spent for physical exercises is up to one and half hour.
- 2) Morning walk for 45-50 minutes is most preferred exercise.
- 3) Low intake of energy, calcium, iron, vit-A and vit-C
- 4) High intake of protein and fat.
- 5) Arm circumferences increased by 9.71 percent stomach circumference 28percent and B.M.I. 12.49 percent.
- 6) Two hypothesis stated are accepted.

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