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Pivotal review of dietetic and hygiene during gestation

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Abstract

High food quality, combined with adequate macro- and micronutrient intake during pregnancy, is critical for the mother's and child's health. Hygiene is essential for all humans. It has a direct impact on a person's health. In that case, one should be aware of the significance of hygiene during pregnancy. Pregnant women should take good care of their health because it not only keeps them fit but also keeps their babies healthy. From eating healthy to keeping herself clean. She must take good care of everything. It's not just the food that has an impact on the baby in the womb. The baby is also affected by the mother's excess fluid. Also, pregnant women should avoid depression because it negatively affects the child's physical and mental development. To have a healthy baby, women should eat healthy foods and overcome the depression that occurs during pregnancy. Personal hygiene is essential for a healthy pregnancy.

Keywords: Hygiene, diet, pregnancy, care, micronutrients

Introduction

Good nutrition is essential for pregnant women, and they should consume a variety of foods. Pregnant women must eat well, which means eating a variety of foods. So she can get all of the necessary nutrients. Women should take care of their health and the health of their babies both before and after giving birth. They should also be aware of proper nutrition and hygiene. Women should practise personal cleanliness and hygiene at all times, especially during pregnancy. Any infection a pregnant woman may contract may have a direct impact on her baby in the womb. During pregnancy, hygiene must be of the utmost importance because it is not only about her health but also about her unborn baby. Infections transmitted to the baby by the mother can be caused by poor hygiene^[1].

Tadabeer Haamla refers to the supervision and care of a pregnant woman in the Unani System of Medicine (Ante Natal Care). Tadbeer-i Hawamil's main goal is to ensure good health and a normal pregnancy, with the delivery of a healthy baby at term and without complications, by preventing and treating pregnancy-related ailments. Unani physicians have discussed in detail the diet for pregnant women and the management of pregnancy-related issues that women must follow at various stages of pregnancy^[2].

Objective of ante-natal care

- To promote and maintain the health of both the mother and the foetus.
- To educate her on proper nutrition and cleanliness, among other things.
- To reduce maternal morbidity and mortality through proper care.
- Disease screening, such as for sexually transmitted diseases, AIDS, and so on.
- Ensure a healthy pregnancy and full term.
- To teach the mother about baby care and to keep the baby clean^[3, 4].

Recommended diet during pregnancy

- Calorie requirements increase during pregnancy compared to non-pregnant state for better growth of foetus, maternal tissues, and increased metabolic rate. As a result, the diet should be proper, high calorie diet in terms of quantity and quality, light and easily digestible, Jayyed al Kaimoos (good chime producing diet) rich in protein, minerals, and vitamins such as chicken, white meat, roasted gramme, apple, grapes, Guava, and so on^[5, 6].
- To avoid indigestion and gastric discomfort, small and frequent meals are recommended.

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- Razi, citing Hippocrates, stated that Sattu (roasted barley flour mixed with water) is recommended.
- Fruits to avoid during pregnancy include apple, guava, behi (quince), grapes, pears and pomegranate.
- Proper rest and sleep in the left lateral position is recommended. Sleep 8 hours at night and 2 hours during the day.
- Mild exercises, proper breast care, and other hygiene measures are advised. Avoid being exposed to extreme cold and heat, as well as dust and smoke.
- A slow walk is recommended.
- In cases of severe constipation, mild laxatives such as Gulqand and Sheer Khisht can be used.
- Loose fitting dresses are recommended [7, 8].

Recommendations on Nutrition of Pregnant Women

Unless pre-pregnancy nutrition was inadequate, the macronutrient balance in the diet does not need to be altered during pregnancy. Pregnancy energy requirements differ little from pre-pregnancy energy requirements. Rather than eating more, the emphasis should be on eating a healthy diet rich in essential nutrients. For women with a normal BMI (25 kg/m²), an increase in energy intake is required only later in pregnancy to meet the metabolic demands of the mother as well as the growing foetus's energy requirements. According to international recommendations, women should increase their energy intake by 85 kcal per day during the first trimester, 285 kcal per day during the second trimester, and 475 kcal per day during the third trimester. However, especially in the third trimester, physical activity levels tend to be reduced, so dietary intake usually does not need to increase by more than 10% at the end of pregnancy, in comparison to pre-pregnancy needs [9]. Adolescent pregnancy (when the mother's own growth places a demand on available nutrients), hard physical labor/high physical activity, multiple pregnancy, and infections or malabsorption disorders, which may decrease nutrient absorption and utilisation, are all factors that may indicate a higher energy requirement. More research on energy metabolism and optimal energy intakes during pregnancy in relation to long-term maternal and offspring health outcomes is needed [10].

During pregnancy, women should be given lateef kaseer ut taghziya ghiza, which is easily digestible with high nutrition and has a haar rataab nature, as this meets the nutritional needs of both the mother and the foetus. In addition to these blood-forming medicinal foods, dates, jaggery, pomegranate, and food cooked in iron vessels should be included in the diet. USM and Tibbi nabawi recommend using the dietary supplement Talbina (made from dates and jau) to meet the calcium and iron requirements. To control digestion problems and vomiting, Jwarish Anarain and Jawarish Tamarhind can be given. Pregnancy constipation should be treated with safe laxatives such as mawaiz munaqqa, ispagol husk, or rogan badam shreen in milk. Physicians recommend using ghee and butter in the last trimester to meet the fetus's subcutaneous fat formation needs while also aiding in the smoothing of the birth passage. Cough and cold can also be easily treated with decoctions made from herbs such as ginger, tulsi, podina, laung, unnab, and sapistaan. Herbal plants have been used as domestic medicine for childbirth for decades and have been known since ancient times, and are now used as medicinal plants [11]. Medicines having emmenagogue/

oxytocics property are usually helpful in inducing and augmenting the labour process, which helps in the expulsion of fetus and placenta e.g., sudaab, sheetraj hindi, chirchita, darchini, taj, juntiana, behroza e khush musaffi, ispanid, bekhe kapas, ferfyun and borax are good medicine for easing labor mentioned in classical Unani texts [12, 13]. Nursing mothers should engage in moderate exercise and eat nutritious foods on a daily basis. During the nursing period, she should avoid sexual activity because it will activate the menstrual flow and cause the milk to be foul and deficient [14]. Mother should avoid Onion, Garlic, Rai, Hing, and hot spices. Sleep should be encouraged in order to aid digestion [15].

Importance of hygiene during pregnancy

Pregnant women should practise good personal hygiene. Due to hormonal changes, pregnant women sweat more and have more vaginal discharge than non-pregnant women. They may be more vulnerable to infection from germs in the environment. Infections and illnesses caused by poor hygiene can be passed on to their baby. Pregnant women should follow some important steps to avoid infection and have a happy pregnancy [1].

Hand wash

A variety of viruses can infect pregnant women's bodies. The cytomegalovirus (MV) is more dangerous because it spreads through the pregnant body and can affect the baby's cognitive health, hearing, and vision. Pregnant women are advised to wash their hands with warm water and soap for at least 20 seconds after using the toilet, cooking, cleaning, and gardening.

Hair and skin hygiene

A lot of nutrients are taken from your body to help the child grow, which has a variety of effects on your skin. Furthermore, the secretion of oil within the glands of the hair increases, making oily hair a common problem in most pregnant women. As a result, shampooing your hair on a regular basis is essential for removing excess oil and maintaining hair texture. Avoid spending long periods of time in bathtubs or other bodies of water because the skin can react quickly to any extremity. A shower is preferable. Treat yourself to soaps and shampoos made from natural oils and substances because they are safer and gentler on your skin. Bathing, on the other hand, is the simplest and most secure method for the maintenance of hygiene [16].

Maintaining breast hygiene

During the prenatal period, it is critical to begin preparing the breast for breastfeeding.

- 1) At all times, a well-fitting support bra should be worn. This will provide adequate support for the growing breasts. As the breasts expand, a larger bra and cup size should be worn.
- 2) Pads can be worn inside bra cups to absorb colostrum leakage from the nipples. If the pads become wet due to leakage, they should be replaced. When the newborn infant begins nursing, prolonged moisture against the nipples may cause tenderness and cracking.
- 3) To remove dried colostrum and prevent nipple irritation, the breasts should be washed daily (without soap). Lanolin can be applied to the nipples to prevent perspiration evaporation and soften the skin. Wet tea

bags can be placed on the nipples to toughen the skin because the tea releases tannic acid. After washing, the nipples should be air dried or blow dried to help toughen them, especially if the patient intends to breastfeed^[17].

Maintaining vaginal hygiene

Pregnant women have increased vaginal discharge, which can sometimes promote bacterial growth. It can cause 'bacterial vaginosis,' which can cause complications for the mother and be passed on to the infant during delivery if left untreated. Wearing only pure cotton undergarments and avoiding very tight jeans or pants to maintain air circulation between your clothing and skin is a simple solution to maintaining your personal hygiene. This will keep your vagina dry and limit the growth of bacteria. Change your underwear as often as you like because staying dry should be your top priority. If episodes of urine leak occur during the last few months, with the enlarged uterus pressing down on the bladder, use a panty liner that you can change every two to three hours. Also, wash yourself thoroughly with plain water and avoid using any unnecessary products on your vagina, such as harsh soaps, because they can disrupt the pH balance, which is critical for good vaginal health. Trimming pubic hair is preferred over waxing or using epilator creams to reduce the risk of injury or allergic reactions.

Experts advise against using any OTC lactic acid or lactoserum-based vaginal washes. Douching (the practise of aggressively cleaning the vagina with specialised products) is strictly prohibited because any change in the delicate chemical balance of the vagina and vaginal flora can cause more harm than good. It is best to consult your gynaecologist if you notice an odour or unpleasantness^[18].

Conclusion

Good nutrition is an important component of a healthy a pregnant woman and a healthy baby. To avoid the infections, women should intake healthy foods and she should be hygiene to give birth a healthy child. Personal Hygiene is more essential for a pregnant women because at the point in time is not for the health of women but for the urban baby too. Improper hygiene can lead to infections which the baby can acquire through mother. The relationship between the mother and her child would be strong enough if she is healthy and take healthy diet.

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