

## Original Research Article

# A Study of Diet for Toxemia during Pregnancy

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## ABSTRACT

### Keywords

Toxemia, PIH,  
Hypertension

Pregnancy is a physiological event for utmost women. Almost 20-30% of the adult population and more than 5-8% of all pregnancies in the world suffered from hypertension (HTN) and 5-22% of all pregnancies have developed some kind of medical problem due to hypertension. To study the prevalence of PIH (Pregnancy Induced Hypertension) and to find out the association of PIH with perinatal and maternal outcome.

## Introduction

Preeclampsia and eclampsia (PE) are major pregnancy related syndromes. PE is gestational hypertensive disorders develop after 22 week of pregnancy in which there is an increase of blood pressure and proteinuria. Preeclampsia causes abortion, prematurity birth, intrauterine growth retardation and still birth. It is believed to be of multifactorial origin, proper antenatal care remains the important part of prevention (1-3). The identification of the role of the nutrition during pregnancy will help in reducing morbidity and mortality.

## 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 his 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 three of the three hospitals.

## Tools and techniques

a. purposive method, b. dietary information, c. hospital records, d. interview and questionnaire.

**Results and Discussion**

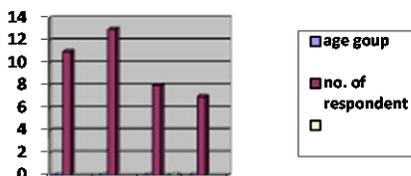
The total number of PIH patient was among 216 respondents. Most of the referred cases was from RIMS, Ranchi. These all were referred cases from adjoining areas of Ranchi as because this is a very complicated disease due to high blood pressure in second and third trimester of pregnancy. In some cases,

PIH occurred hormonal changes. Some PIH patients suffered due to faulty food habits because of overweight, having salty and too much of fried food. Most of the respondents suffering from PIH were between the age group of 26-30 years and the least were between the age group of 36-40 years. The percentage of PIH patients were 18.05 (Table 1).

**Table.1** Number 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

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



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.

**Suggestions**

This disease is totally based on the diet as during pregnancy medicines are not preferred. The diet should be according to PIH. Most of the calories should be met by carbohydrates. Fats and oils should not be exceeded from 25 gram a day. Eat plenty of fruits, vegetables, whole grains, healthy fats(unsaturated fatty acid) and lean proteins, plenty of water.

In conclusion, higher calorie intake and less protein intake during pregnancy were associated with development of preeclampsia and fruit, iron and calcium intake were not associated with development of preeclampsia and eclampsia.

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