



Minor Health Concerns of Pregnancy

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ABSTRACT

The maternal death is one of the concern area and more than 500,000 women die each year due to pregnancy and childbirth related complications and that could be avoided by enhancing maternal health related services. The WHO has published a new series of recommendations to improve the quality of antenatal care and by thus reducing the risk like stillbirths and pregnancy complications and provide pregnant women with a positive pregnancy experience. Antenatal care is a critical opportunity for healthcare providers to assist pregnant women with care, support, and information. The relevant information related to pregnancies will help the women to enjoy the minor ailments with remedies which are available domestically. The focus of this article is to produce a content based on different research article on pregnancy-related health issues and how to manage them with ease of domestic & professional help. The method of search was applied based on population, Intervention, Comparator, Outcomes and Study Designs (PICOS) framework, descriptive studies illustrating health issues in pregnancy and its management were carefully selected from a range of data sources (EBSCO Host with links to Health Research databases, PubMed, and grey literature). Teaching women about pregnancy's minor ailments and also how to manage them at home.

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INTRODUCTION

According to WHO Pregnancy is the term used to describe the period in which a fetus develops inside a woman's womb or uterus.¹WHO estimates that 130 million of the more than 200 million women who become pregnant give birth to children. The WHO projected that 500,000 women died from pregnancy and delivery problems, and many more have pain and disability as a result. In India, one in four maternal deaths happens. Pregnancy is a thrilling time, however it may additionally bring about strain and worry of the unknown. Whether it's a first timer being pregnant or had experienced before. A Woman's frame is going thru lots all through being pregnant, and even as the lady frame is constructed to address this type of astonishing event, it's miles never a cushy enjoy to move thru. Even healthful ladies can enjoy issues all through being pregnant [1]. It is simply something that happens. While maximum being pregnant issues are not unusual and skilled via way of means of expectant mothers, it's miles continually first-class to preserve the health care personnel to be updated on adjustments that one may be experiencing. Numerous physiological and psychological symptoms, including nausea, vomiting, backaches, heartburn, anxiety, etc., are experienced by women. These are referred to as pregnancy's mild illnesses or discomforts.²The good news is that many of them can be alleviated with some simple treatments and the right explanations. The good news is that most of these symptoms go away as the pregnancy progresses. Also, if a woman has been pregnant before, some women may not feel uncomfortable at all, but they may feel different this time. And knowledge of how to treat it is essential.

COMMON HEALTH CONCERNS OF PREGNANCIES

Minor ailments can occur due to hormonal changes, metabolic changes, and postural changes. The physiology of human system is affected by pregnancy. Women who become pregnant for the first time face symptoms that would be considered abnormal in the non-pregnant state. These ailments are fairly specific to each trimester of pregnancy, including nausea and vomiting, constipation, heartburn, and urination. Often these small discomforts that accompany pregnancy can cause discomfort. These ailments can be overcome with minor lifestyle adjustments to ensure a healthy and comfortable pregnancy. According to the WHO, 585,000 women die each year from pregnancy-related causes, 99% of them from developing countries. Nausea and vomiting during pregnancy affects about 75% of pregnancies. Constipation and heartburn are common gastrointestinal upsets during pregnancy. Constipation occurs in 11-38% of

pregnant women [2]. Pregnancy is considered a normal physiological process during reproductive age, but it is responsible for maternal and fetal morbidity and mortality if not properly managed during pregnancy. Minor disorders include the pregnancy-related discomforts such leg cramps, varicose veins, heartburn, nausea, vomiting, back pain, and so on.

NAUSEA AND VOMITING

Morning sickness, often known as pregnant nausea and vomiting, is a common ailment. It normally begins about week six of pregnancy and lasts for several weeks or months, occurring in around 70% of pregnancies. Severe nausea and vomiting can occur in roughly 3% of people [3]. Hyperemesis gravidarum, or extreme pregnancy vomiting, is a term supported by few studies (HG). It is a condition that causes extreme nausea and vomiting throughout the course of pregnancy, which results in fluid, electrolyte, and acid-base imbalances, a lack of nutrients, and weight loss [4].

HEARTBURN

Heartburn is thought to happen in 30 to 50 percent of pregnancies, with other populations experiencing a frequency as high as 80 percent [5].

Major heartburn affects more than half of expectant mothers, especially in the second and third trimesters. Acid indigestion, also known as heartburn, is an esophageal irritation or burning [6].

CONSTIPATION

After pregnancy, constipation ranks as the second-most prevalent GI complaint. According to earlier research, approximately 40% of pregnant women experience constipation [7].

REPEATED URINATION

Most pregnant women struggle with frequent urination. Frequently, it begins in the first few weeks of pregnancy, slightly subsides in the second trimester, and then picks back up in the third and fourth trimesters. A 24-hour period is often characterized by six to seven urinations. (However, normal might also fall between 4 and 10). Between 80 and 95 percent of pregnant women experience frequent urination—going more than seven times each day [8].

GAINING WEIGHT

For a good pregnancy and the long-term wellbeing of the child, it's crucial to maintain a healthy weight gain. Only approximately a third (32%) of women acquired the necessary amount of weight during pregnancy, according to a few earlier studies, while the majority of women gained weight outside of the suggested range (21 percent too little, 48 percent too much)[9].

BACK PAIN

According to estimates, between 50 and 80 percent of pregnant women have back pain. It might range from minor discomfort brought on by particular activities to severe discomfort that persists over time. According to studies, lower back discomfort can start as early as eight to twelve weeks into a pregnancy, although it often starts between the fifth and seventh month [10].

VARICOSE VEIN

In roughly 40% of pregnant women, varicose veins are present. Although varicose veins may develop during pregnancy, it is possible that they will disappear after delivery.

GRAEVIDARUM STRIAE

Stretch marks, or striae gravidarum, can develop in between 50 and 90 percent of pregnant women due to the separation of underlying connective tissue as the uterus grows inside the abdominal cavity. Early stretch marks develop as a result of dermal collagen damage and blood vessel enlargement, and they are reddish-purple in color [11].

LEG TWITCHES

A typical pregnancy symptom that typically manifests in the second and third trimesters is leg cramps. Leg cramps can occur in up to 30% of pregnant women. It has been proposed that variations in calcium content may be the source of these cramps. (Larsson, Hammer)

MANAGEMENT OF PREGNANCY-RELATED HEALTH CONCERNS

NAUSEA AND DIARRHEA

Pick the foods wisely. Avoid oily, spicy, and fatty foods and opt instead for foods that are high in protein, low in fat, and simple to digest, Snack often. In the morning, consume a couple soda crackers or some dry toast before getting out of bed, Drink a lot of water. Drink some water or ginger tea. Drink six to eight cups of non-caffeinated liquids each day as a goal. Pay attention to the factors of nausea. Eat or avoid smelling things that tend to make feel sicker. Inhale some clean air. If the weather permits, open the windows of the house or place of work. Go for a daily stroll outside. Use prenatal vitamins with caution. Prenatal vitamins can cause nausea, so take them with a food or right before bed if you experience this. Once vomited, rinse the mouth as teeth's enamel may be harmed by the acid in the stomach [12].

HEARTBURN

Instead of three substantial meals, spread the meals out throughout the day. Consume liquids in between meals but not while eating. Stay clear of fried, hot, or greasy foods. Don't consume citrus fruits or juice. Limit the caffeine intake. Avoid alcohol and don't smoke [13-15]. Medication: It's safe to take over-the-counter antacids throughout pregnancy, including Tums, Mylanta, Roloids, and Maalox [16].

CONSTIPATION

Lemon: Lemon aids in digestion and helps in the removal of toxins and other partially digested foods, Water: It's advised to drink about 10 glasses every day, Oranges are an example of a citrus fruit that is rich in dietary fiber and vitamin C. Lack of dietary fibre in your daily routine is a key contributor to constipation, Flaxseed is full of dietary fibre, adding much-needed roughage in daily diet, and it also contains omega-3 fatty acids.

REPEATED URINATION

To fully empty the bladder, lean forward as you urinate, Try not to consume too much water right before bed to reduce nighttime urination, Avoid caffeine-containing foods and beverages because they may increase the frequency of urination.

BACK PAIN

Maintain your current momentum while stretching and strengthening your muscles, especially the abdominals, which support the back. Having both strength and flexibility may prevent you from getting pain. Observe proper posture using flexible bands, straps, or tape to maintain the spine straight. Keep a Healthy Weight Losing weight eases the strain on the lower back, Quit smoking because nicotine weakens the spine's bones and depletes the spongy discs that cushion joints' joints of essential nutrients. When you are disturbed by swelling or irritation, try using hot or cold applications. To ease tense or stiff muscles, an OTC heating pad could be preferable. Medicines like over-the-counter painkillers can ease stiffness and muscle aches. Acetaminophen and nonsteroidal anti-inflammatory medications (NSAIDs) are the two main categories of over-the-counter remedies. Aspirin, ibuprofen, and naproxen are NSAIDs. When the back is tight, sore, and tense, applying medicated treatments such skin creams, salves, ointments, or patches may be helpful. Many of these products have substances like menthol, camphor, or lidocaine that can chill, heat up, or numb the area that is affected [17].

LEG TWITCHES

Stretch muscles. Stretching before bed may help avoid leg cramps during pregnancy, though there isn't enough research to support this, Remain active, Leg cramps during pregnancy may be prevented by regular exercise, use a magnesium dietary supplement, Stay hydrated, consume enough calcium, and wear appropriate footwear.

GRAEVIDARUM STRIAE

Argan oil with added vitamin E Since argan oil makes the skin more elastic, using it to stretch marks may help the damaged tissues gradually heal, causing the markings to gradually disappear, Lemon juice: Lemon juice has a reputation for being a natural bleach. To notice results, apply a sliced lemon wedge on your marks or use fresh lemon juice every day, Egg white is a superfood for the skin since it is rich in proteins and amino acids. The egg white will aid to lighten stretch marks while also tightening the skin when applied to stretch marks, Castor oil should be directly applied to the stretch marks and massaged for 15 to 20 minutes in a circular motion. After massage, use a heating pad to administer heat to the area and cover it with a thin cotton cloth [18].

CONCLUSION

The period during which a foetus develops inside a woman's womb or uterus is known as a pregnancy. When counting from the last menstrual cycle through delivery, a pregnancy typically lasts about 40 weeks, or just over 9 months.¹⁹ Minor disorders include the pregnancy-related discomforts such leg cramps, varicose veins, heartburn, nausea, vomiting, back pain, and so on (pinto, Dilshad, et.al 2015). Mothers who are better informed about pregnancy's minor ailments and how to treat them at home are better able to handle those disorders on their own and experience a more comfortable and secure pregnancy. ²⁰A pregnant women's minor ailments that interferes with her daily life puts a heavy burden on her pregnancy. Evidence-based management guidelines and health promotion strategies are needed to control and prevent these conditions to ensure comprehensive, high-quality maternal services.

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