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Review

Regimental and Diet-o-therapy during pregnancy and their effects

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Abstract

Prevention of health in the antenatal stage is essential for future generations' growth and development before entering this world. Care during pregnancy is called Tadbeer-e-Hamla from Unani perspective. According to the Tibb-e-Unani and ayurvedic medicine system, health restoration and maintenance in different conditions, even diseased or healthy, is achieved by managing lifestyle factors. This management is based on which type of condition you suffer and the signs and symptoms that diagnose this condition. Then this diagnosis is also confirmed by the Unani tools that are Pulse (Nabz), Urine (Baul), and Stool (Baraz). After securing the state of the body, treatment starts with four basic principles of management (Usool-e-Ilaj). These principles of management are regimental therapy (Ilaj-bil-tadbeer), Diet therapy (Ilaj-bil-ghiza), Pharmacotherapy (Ilaj-bil-dawa), and Surgery (Jarahat). In this paper, regimental treatments and diet therapy are described in detail during pregnancy.



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Introduction:

Pregnancy itself is not a disease; it is a normal physiological condition that females suffer at a specific time of life. The health practitioner provides antenatal care to ensure the health of the mother and baby and prevent pregnancy complications.

Pregnancy:

It is a physiological state in which maternal systems are altered to permit the intrauterine growth that starts life with the fusion of sperm and ovum. The duration of pregnancy is nine months, divided into three trimesters, and each trimester is three months. Missed period., moodiness., swollen breast, nausea with or without vomiting, increased urination, fatigue, light spotting., constipation, food aversions, morning sickness.[1]

Developing fetus:

Fetus development according to the trimester are given in detail in tables 1, 2 and 3.

Timely detection and management of complications.

Overall-reduced the risk of pregnancy-related disease.

Ensure the birth of a healthy child.

Ensure the health of a mother.

To educate mothers on self-care in pregnancy.

To educate the mother about the care of the baby and maintain the baby's hygiene. [2]

Principles of management (USOOL-E-ILAJ)

In the Unani system, there are four modes of treatment.

- Regimental therapy (Ilaj-bil-tadbeer) is a non-medical technique used to restore or maintain health in various body states.
- Diet therapy (Ilaj-bil-ghiza), treatment by specific diets according to the states of the individual to balance qualitatively and quantitatively.
- Pharmacotherapy (Ilaj-bil-dawa), treatment by various herbal drugs.
- Surgery (Jarahaat), in Tibb this technique is to treat a disease is used when the above are fail to restore or maintain health.

During pregnancy, a regimental therapy and diet therapy is the best way to keep the healthy state, while the pharmacotherapy is used when above two therapies do not recover health. And the surgery is restricted in pregnancy.

Regimental therapies and pregnancy:

Regimental therapies are a physical mode of treatment. Improvement in body constitution is achieved by removing morbid material or waste products from the body. It improves the quality of health by improving the body's defense mechanism (physis) and reducing the risk of disease or complications.[9] Pregnancy is not a disease, but it is a health risk in which a female's normal functions are altered, and these alterations may lead to ailments like morning sickness, heartburn, constipation, etc. To prevent these ailments, it is vital to routine care termed Antenatal care. It is a necessary time to consider all your lifestyle factors. [3]

Regimental therapies that allowed in pregnancy:

Exercise, massage, fomentation, bath, mild laxatives, irrigation, acupuncture.

Regimental therapies that contraindicated in pregnancy:

Venesection, cupping, emesis, diaphoresis, enemas, strong purgatives, diuresis, leeching therapy.

Exercise: It is the voluntary movement of the body to promote health and evacuate the mal humor from the body.

"It makes sense—with exercise, there is increased blood flow, and with increased blood flow, the tissue is healthier, the placenta gets more blood to deliver to the baby, and the pelvic floor muscles are more toned yet relaxed."

Tips For Exercising Safely During Pregnancy:[4]

Please always consult with your health care provider for personalized recommendations."

a. Should exercise with your pre-pregnancy rules and don't over do it.

- b. The key is to make sure that you do not push yourself to the point where you feel lightheaded, short of breath, or nauseous.
- c. Avoid compressing the belly.
- d. Avoid exercising so strenuously that you feel lingering fatigue.

Types of exercise that were taking during pregnancy:

The best exercise during pregnancy is hip and pelvic opening, either in sitting or in standing position. Examples would include a bound angle sitting pose and open legs forward bend postures that promote flexibility and strength of the spine are also good. Yoga not only helps pregnant women exercise but teaches them how to relax into discomfort. Prenatal yoga empowers a woman as she prepares for childbirth.

Safe Activities During Pregnancy: [5]

- Brisk Walking.,
- Kegel exercise.
- Spinning.
- Aqua fitness (swimming).
- Prenatal Yoga.
- Indoor stationary cycling low impact aerobics
- Special exercises to prepare for labor and delivery.

Kegel Exercise:

Named after gynecologist Arnold Kegel, these exercises engage and strengthen your pelvic floor. The goal of a Kegel is to contract and then relax the pelvic floor muscles for short periods. It's best to aim for several short sets a few times a day. The exercise is fast and free, and you can do them just about anywhere — when you're stuck at a red light, waiting in line, or watching TV.

Procedure:

Breath in = Contract your pelvic floor muscle.

Breath out = Relax your pelvic floor muscle.

Duration= For five to ten minutes.

Benefits: To boost your sexual health and pleasure and help you reach orgasm more easily. Strengthen the muscle during and after the delivery. Hold internal organs in their position. It can help decrease incontinence and other pelvic floor issues. Prevent leakage of urine. [6]

Stretching Sequence:

These are some sequences to stretch the body to make it flexible and balanced and prepare for labor. These stretching sequences make the body relaxed, relieve joint pain, and strengthen the muscles. [7]

The Effect of Exercise on your pregnancy in the first trimester

Physical activity has many benefits on the body in pregnancy, such as:

Regular exercise

- Increase the utilization of oxygen and improve the circulatory system.
- It helps to decrease discomforts such as nausea and muscle cramps.
- Maintains body weight.
- Prevent gestational diabetes.
- To release stress.

The Effect of Exercise on Your Pregnancy in the second trimester [8]

In this trimester, you feel better than in the first trimester because symptoms are relieved.

Exercising throughout this trimester can:

- Decrease perceived discomfort.
- Keep weight gain at recommended levels.
- Decrease the risk of gestational diabetes.
- Decrease constipation.
- Reduce the risk of muscle cramps.
- Help you prepare for labor and delivery.
- Improve your psychological outlook and self-esteem.
- Help you feel better about the tremendous changes.

The Effects of Exercise on Your Pregnancy in the third trimester

The exercise you have done throughout your pregnancy offers benefits during labor and delivery. It can lead to:

- Prepare for the birth of a baby.
- Increased pain tolerance.
- Shorter labor with less intervention.
- Decreased incidence of vaginal tearing.
- Decreased chance of needing a C-section.
- Decreased chance of needing a forceps delivery.

Precautions:

- During the 2nd and 3rd trimesters, do not put pressure on the abdomen.

- Avoid extreme backbends.
- Drink plenty of water before, during, and after your workout.
- Avoid becoming overheated, especially in the first trimester.
- Exercise in a temperature-controlled room.

Massage:

Rubbing the body surface with hands and tools is called a Massage.[8] The Massage in pregnancy is called prenatal Massage, and it is beneficial in many ways. Prenatal Massage has both physical, mental, physiological, and spiritual benefits. It helps to relax the body and mind of a woman. Pregnant women suffering from stiffness and lethargy can use gentle massage techniques (Table 5)

Different types of oils are used for massage during pregnancy(Table 6)

Massage is restricted in the first trimester concerned by some physicians because there is an increased risk of miscarriage in this trimester, and Massage may induce labor contractions.[9]

Fomentation:

In pregnancy a female suffers from various pains such as muscle cramps and joint pain, which discomforts the female. Heating pads can relieve pain as long as they do not raise the body temperature too much. In this type of treatment, a specific bag is used to stimulate the body.

Benefits:

Relieves back pain, muscle cramps. joint or hip pain but you must avoid using it on your abdomen."

Precautions:

- It ensures that water is not too much hot, which feels you a burning sensation.
- Limit the usage of the hot water bag to 20 minutes or less.
- Do not use the water bag directly on your body. Wrap it in a cloth and use
- Avoid falling asleep on the heating pad or hot water bag.

Bath:

A bath can be an excellent way for you to relax and soothe your aching body when you're pregnant. But you have to make sure the water

is at a safe temperature. Therefore, there is no harm in taking regular baths during pregnancy unless you take a bath with hot water.

Soaking in hot water or taking hot water baths tends to increase your body temperature, which can lead to several complications for you and your baby. In the same way, steam baths, sauna baths, hot tub baths, etc., should be strictly avoided during pregnancy. It may drop the blood pressure, cause weakness or dizziness and even cause congenital disabilities in babies. Lower blood pressure may lead to abortions and miscarriages during the first trimester. A lukewarm water bath is beneficial to relieve body aches.

Mild Laxatives:

It is also used to evacuate the mal-material such as fecal material from the intestines. Mild laxatives are safe during pregnancy to reduce constipation, but they must be taken under prescription—e.g., Anjeer.

Benefits:

Reduce constipation., evacuate morbid humor from the body, detoxification.

Precaution:

Not to use the long term because it can cause diarrhea that leads to dehydration that has a terrible impact on baby and mother's health. The body leads to dryness and harms the baby because the baby must need moistness to nourish.

Irrigation:

It is a procedure in which the pouring of medicated lukewarm water is done slowly over an affected part from a distance. [8] 1/2 cup of Epsom salt dissolves in warm water, and wet feet reduce the swelling and help to relieve aches. (water is not too hot).

Acupuncture:

In this therapy, thin needles are inserted in various body points to reduce the pain and restore health. In pregnancy, acupuncture eases the symptoms such as heartburns, swelling in the legs, constipation, carpal tunnel syndrome, and sciatica.

Benefits:

- Wrist acupuncture reduces morning sickness.
- Reduce pain in the lower back.
- Reduce depression.
- Reduce pregnancy-induced headaches.
- Sleep better.

Venesection:

It is also a mode of treatment in which a specific point on vessels is incised to collect waste blood or other humor from the body[8]. In pregnancy, venesection is contraindicated because pregnancy is an unusual state for your body in that you need more blood than average to nourish the baby. So, avoidance of venesection in pregnancy is beneficial for both mother and baby care.

Cupping:

It is a therapy in which the mal-humoris removed from the body by using cups attached to the skin's surface and created suction to mal humor outside the body.[8] Wet cupping is not allowed during pregnancy because this is the state where more blood is required for both mother and baby, and cupping may cause a miscarriage.[2] So cupping is contraindicated. Dry cupping is allowed after week nine on the upper part of the body (head, Neck, Shoulder) by strictly follow the precaution such as only light suction is allowed for less than 5 minutes.

Emesis:

It is a therapy in which gastric content is evacuated through the mouth when any toxic or morbid substance is present [8]. It is a common symptom of pregnancy, so emesis is contraindicated in pregnancy.[10]

Diaphoresis:

In this therapy, sweat glands are stimulated to increase to secrete sweat. [8] It is also contraindicated in pregnancy because it is also a common symptom of pregnancy. It is necessary to dehydrate yourself.

Enemas:

It is a method to evacuate waste products from the intestines through the anal canal. [8] Administration of enemas during pregnancy,

especially in the first and third trimester, are not safe because, in the first trimester, it can cause miscarriage. In contrast, in the third trimester, it will lead to delivering a premature baby. So, avoidance of enemas is good; however, to treat constipation, you use alternative therapy such as take plenty of water and a high fiber diet. [3]

During the labor, enemas are used to empty the back passage, giving the baby a compartment easy to deliver or preventing infection.[4]

Strong Purgatives:

It evacuates the mal-humors from the body with high potency than laxatives. So, it is contraindicated in pregnancy because it stimulates the peristalsis and increases the contraction of the uterus, leading to miscarriage in early pregnancy and premature baby delivery.

Diuresis:

It is the process of increasing the flow of urine.[8] This therapy is contraindicated in pregnancy, but whenever a female suffers from eclampsia that is the condition of hypertension during pregnancy, she can use diuretics but under prescription.

Leeching Therapy:

In this therapy, leeches are used to evacuate bad humour from the body by sucking. But it is contraindicated in pregnancy. [10]

Diet therapy in pregnancy

Pregnancy is the state of increased demand for all nutrients because females carry another life in their womb, so it is necessary to fulfil the nutritional need to nourish the baby and to prevent deficiencies in the mother (Table 7)

Pregnant Plate:

It is indispensable to take food from all food groups containing all nutrients required by the body during pregnancy.

Start your day by eating eggs because they contain various nutrients required by pregnant women, such as vitamin A, vitamin D, thiamine, riboflavin, vitamin B12, iron, calcium, zinc, and choline. (Table 8).

Conclusion:

The diet-o-therapy and regimental therapies are therapies by which restore and maintain health under different conditions of the body, either diseased or healthy. There are various ways to keep them healthy during pregnancy. Still, diet-o-therapy and regimental therapy are the first choices to maintain health instead of medications because pregnancy is a very delicate period of life. Hence, in pregnancy and a balanced diet, regimental therapies are beneficial to maintain health and prevent the complications of pregnancy and diseases related to it. They also help deliver a healthy baby. But some therapies are contraindicated in pregnancy and may harm the health of both mother and baby. Sometimes beneficial therapies are also harmful when the person is not capable of that. So, it is vital to do these therapies under the physician's advice. Also, the precautions are strictly followed in each trimester.

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1 st month	My heart starts to beat.
2 nd month	Baby size is of grape, and all organs are formed, so the baby starts to move.
3 rd month	Baby grows, and this month, it is about 4 inches long and weighs about one ounce.







4 th month	Weight about 5 ounces, 6 to 7 inches long. Now baby has eyebrows and eyes lashes. The baby starts to kick and moves a lot, but you don't feel it yet.
5 th month	Weight about half to one pound, 12 inches long. Now you feel the movement of the baby.
6 th month	Weight about half to one pound, 14 inches long. The baby starts to open and close its eyes.



Third trimester:

7 th month	Weight about 3 pounds and 25 inches long, the baby also responds to touch.
8 th month	Weight about 5 to 6 pounds and 18 inches long. Organs are working well except for lungs that cannot breathe in or out, so the baby is not ready to be born.
9 th month	Weight about 6 to 9 pounds 19 to 21 inches long. Ready to come into the world any time.

Massage	Procedure	Benefits
Foot rub massage	With gentle pressure, rub the top of the foot from toes towards the ankle and make small circles around the ankle. Make small circles on soles, and the heel can move one thumb upward and the other downward.	Induce deep relaxation, improve sleep and avoid stress.
Back massage	To focus on both sides of the spines and rub the back by using the thumb and base of the hand.	Pressure in the abdomen causes lower back pain, so it relieves the pain with
Shoulder massage	Use the base of the hand and apply gentle pressure, and glide between the top of the shoulder and bottom of the head.	Relieve aches.
Scalp massage	Use both bases of hand and spread finger with gentle pressure from the bottom of the skull to the hairline.	Relax the mind and relieve anxiety and depression.
Belly massage	Don't massage on it. Only slightly rub with vitamin E oil.	For soothing effect and to prevent stretch
Body massage	Gentle Massage all over the body.	To strengthen the muscles, relieve aches, pains, and leg cramps, and improve circulation. Better

Oils	Benefits
Lavender	Encourages relaxation, especially during labor and delivery.
Rose oil	It is reducing anxiety, encouraging calm during delivery.
German chamomile oil or coconut oil.	Maintain skin elasticity and reduce stretch marks.

Table 6 : Exercises during pregnancy		
Neck and Upper-Back Stretch	Grasp your hand in a standing position and to the arms in front of the chest.	
Shoulder/ Chest Stretch	Place your arm and forearm against the body until you feel a gentle stretch in your chest and shoulder.	
Thigh Stretch	Hold the chair's back for balance and to up your thigh behind you, then grasp the ankle until you feel a gentle stretch in your body.	
Hamstring Stretch	Using a chair for balance, keep your leg straight and bent forward until you feel a gentle stretch in the back of your leg and buttocks.	
Calf Stretch	Using a chair or the wall for support, extend one leg out behind, keeping both feet flat on the floor with toes pointing forward.	
Iliotibial Band Stretch	While you stand, cross your left leg in front of your right until you feel gentle stretch in your hip and legs. The same is for the right leg.	

<p>Inner Thigh Stretch</p>	<p>In a sitting position, your hands lie on the surface for support, join your soles, and ensure the lower knee joint is towards the surface.</p>	
<p>Gluteal Stretch</p>	<p>Lying on your back with one knee bent, the other crossed over with ankle against the knee upper thigh, reach and pull your bent knee towards you. The position is like you are sitting in a chair with one leg crossed over the other</p>	

Nutrients	Functions	Sources
Protein	Growth of baby.	Cereals, dairy foods such as milk, yogurt, cheese, meat, fish, poultry, nuts, seeds, eggs, peas, beans, and pulses.
Fiber	Prevent constipation.	Wholemeal bread, wholegrain breakfast cereals, peas, beans, lentils, vegetables, fresh and dried fruit, and seeds.
Carbohydrate	Provide energy.	Bread, pasta, rice, starchy vegetables.
Fat	Provide energy.	Olive oil, avocado.
Vitamin A	For eye health and to support the immune system. (too much from the animal is harmful)	Animal sources: butter, cheese. Non-animal sources: apricot, broccoli, cabbage, carrot, mango, orange, peach, spinach, tomatoes.
Vitamin B2	Release energy from foods and good for eye and heart health	Animal sources: cheese, egg, milk, yogurt. Non-animal sources: Almonds, fortified breakfast cereals, spinach, soya beans, mushrooms.
Folic acid	Prevent anemia and neural tube defects.	Green leafy salad, melons, oranges, cauliflower, peanuts, potatoes, tomatoes.
Calcium	Essential for bone health.	Mostly dairy sources: cheese, milk, egg yolk, yogurt.
Iron	Production of RBCs. Supplies oxygen to the	Red meat, fish, beans, leafy vegetables.
Iodine	Regulate thyroid	Fish.
Zinc	Plays a vital role in insulin production.	Meat, nuts, egg, cereals food.
Omega 3 fatty acid	For baby's brain development.	Oil-rich fish, nuts, pulses.
Vitamin B1	Necessary for the development of a baby's nervous system.	Chicken, cereals, potatoes, eggs.
Vitamin C	For healing wounds and helps in baby's bones and teeth development.	Orange, grapefruits, broccoli.

Fruits and vegetables	4-5 portions of the daily diet.
Bread, potatoes, and other starchy food	6-11 portions of the daily diet.
Milk and dairy foods	Three servings daily.
Meat, fish, egg, beans, and other non-dairy sources of proteins	Three serving daily.
Food and drinks with low fat	Moderate amount.