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RESEARCH ARTICLE

KNOWLEDGE ATTITUDES AND PRACTICES OF FASTING IN PREGNANCY

Dr. Vaishnavi Wadafale¹ and Dr. Sonali Ingole²

1. PG Student, Obstetrics and Gynaecology, Smt.
2. Professor Obstetrics & Gynaecology, Smt. KashibaiNavale Medical College and General Hospital, Pune.

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Abstract

Introduction: Fasting during pregnancy has always considered a debatable condition. During pregnancy, adequate nutrition is essential to support fetal Growth and Development. Fasting which involves prolonged periods of reduced or no food intake has been practice for various reasons, including religious observances and weight management. The physiological metabolic changes that occur during fasting may potentially affect the well being of both the mother and the developing fetus. This paper explores the existing literature to evaluate Knowledge and Attitude about fasting practices among pregnant women

Materials and Method: It is a cross sectional study, conducted at Kashibai Navale Medical and General Hospital. Total 300 Pregnant women attending ANC OPD were invited to join study and if agreed, signed written informed consent. The Question related to knowledge, attitude and practices were asked to pregnant women who are interested. Data collection done using self administered Questionnaire

Discussion: According to Saro s Thai Muslim study 87.1% fast during pregnancy. In our study 24% pregnant women fast during pregnancy. - While study in Pakistan show -43% women observe fasting for 21-30 days, whereas in our study 25% observe fast once in a week. -In Saro s Thai Muslim study- 49.6% pregnant women think that fasting should not be practiced during pregnancy, while in our study 74% pregnant women think fasting should not be practiced during pregnancy. -Study in Pakistan -41% pregnant women think that fasting might harm their fetus, while in our study 65% pregnant women think that fasting might harm their fetus. -In other study 16% pregnant women think fasting during pregnancy causes adverse outcome, in our study 70% pregnant women think pregnancy will cause adverse outcome. -Pregnant women with age more than 35, uneducated women tend to fast more which is similar in our study.

Conclusion: In this study, it shows that lesser proportion of pregnant women observe fast during pregnancy and most pregnant women are aware about the adverse outcomes of fasting during pregnancy. This study shows that majority of pregnant women fast due to religious belief. However, the study on health effects of fasting in pregnancy outcome are still unclear, it is important for health care providers to be aware of potential risk that may be associated with fasting during pregnancy.

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Corresponding Author:- Dr. Vaishnavi Wadafale

Address:- PG Student, Obstetrics and Gynaecology, Smt.

Introduction:-

Fasting during pregnancy is a topic that requires careful consideration, as it involves the health and well-being of both the mother and the developing fetus.

Cultural and Religious Practices:

Fasting during pregnancy is often influenced by cultural and religious beliefs. Some cultures or religions may encourage or require fasting during specific periods, while others may have exemptions or modifications for pregnant women.

Types of Fasting:

Fasting practices can vary widely. Some involve abstaining from food and drink for a set period, while others may permit certain types of foods or limited intake during fasting periods.

Potential Risks:

Prolonged fasting without proper nutrition during pregnancy can lead to nutrient deficiencies, which may negatively impact fetal development.

Dehydration is a concern during fasting, and pregnant women are often advised to stay well-hydrated to prevent complications.

Individual Variations:

Each pregnancy is unique, and factors such as the mother's health, pre-existing conditions, and the specific needs of the fetus should be considered. Individualized medical advice is crucial in determining the appropriateness of fasting during pregnancy.

Medical Guidance:

Healthcare professionals typically advise against strict fasting during pregnancy, especially for extended periods. This is because the developing fetus requires essential nutrients for proper growth and development.

Pregnant women may be encouraged to maintain a balanced and nutritious diet to ensure they receive adequate vitamins, minerals, and calories necessary for a healthy pregnancy.

Education and Awareness:

Knowledge about the potential risks and benefits of fasting during pregnancy is essential. Healthcare providers may play a crucial role in educating pregnant individuals about making informed decisions that prioritize the health of both the mother and the baby.

Although the health effect of fasting during pregnancy outcome are still unclear it is important for healthcare provider to be aware of potential risk that may be associated with fasting during pregnancy.

This study aimed to assess knowledge about fasting during pregnancy, attitudes and practices of fasting among pregnant women based on prevalences in relation to factor such as maternal age, education occupation. It also analysed the characteristic fasting behaviour, factors that influence the decision of fasting and adversities of fasting on maternal health.

Aims and Objectives:-

To study the basic knowledge, attitudes and practices of fasting during pregnancy in Indian women.

Inclusion Criteria:

All ANC women attending ANC OPD at kashibaiNavale Medical college Pune

Exclusion Criteria:

Pregnant women who had history of any illness or medical problem or drug consumption during their pregnancies.

Material and Methodology:-

Study population-

This is a cross sectional study conducted at KashibaiNavale medical college and general hospital (Tertiary care centre)

All pregnant women attending ANC OPD were invited to join study and if agreed signed written informed consent. The study ethically Approved by the ethical committee SKNMC & GH PUNE.

Data Collection-

Data collection done using a daily self-administered questionnaire.

During ANC visit women were provided with a Questionnaire, they were being asked to fill the questionnaire at the time visit and submit to us.

Statistical analysis

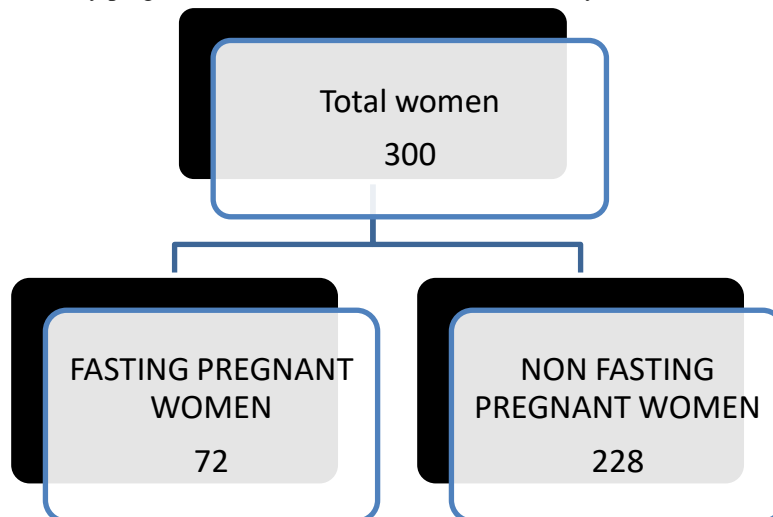
A total of 300 patients healthy pregnant women pregnancy attending ANC OPD at kashibaiNavale Hospital.

Conflict of interest:

Nil.

Results:-

A total 300 eligible healthy pregnant women were enrolled into this study.



Baseline Characteristic Of Participants And Their Relationship With Fasting

BASELINE CHARACTERISTIC		IN FASTING	IN NON FASTING
AGE	<35	28	206
	>35	44	22
EDUCATION	NO EDUCATION	36	48
	PRIMARY EDUCATION	24	134
	HIGHER EDUCATION	12	46
OCCUPATION	HOUSEWIFE	18	74
	EMPLOYED	44	106
	PROFESSIONAL	12	48

Knowledge -

Whether Fasting Can Be Practice During Pregnancy?

	FASTING THINK	WOMEN	NON WOMEN	FASTING THINK
CAN BE	14(20%)		17(8%)	
CANNOT BE	50(69%)		174(76%)	
NOT SURE	8(11%)		37(16%)	

Attitude -Whether Fasting During Pregnancy Will Have Adversities?

	FASTING WOMEN THINK	NON THINK	FASTING WOMEN	THINK
WILL HAVE ADVERSITIES	18 (25%)		156 (68%)	
WILL NOT HAVE ADVERSITIES	40 (56%)		42 (19%)	
NOT SURE	14(19%)		30 (13%)	

Attitude -wether fasting during pregnancy will cause fetal low birth weight ?

	FASTING WOMEN	NON WOMEN	FASTING
WILL CAUSE	25 (35%)	170(74%)	
WILL NOT CAUSE	34 (47%)	22(10%)	
NOT KNOW	13(18%)	36(16%)	

Practices

Among Pregnant Women During Fasting

Characteristics of fasting –

Frequency

(Total fasting pregnant women- 72)

1. Once in a month-18
2. Twice in a month-5
3. Once in a week-25
4. Shravan somwar-6
5. Ramzan -12
6. Navratri-6

Resons of fasting-

1. Spiritual reasons- 7
2. Cultural reasons-16
3. Religious duty-40
4. Others-7

Discussion:-

OTHER STUDIES	OUR STUDY
(Saro S et al) Muslim Thai women study -87.1% fast during pregnancy	24% fast during pregnancy
(study in pakistan)-43% fast for 21-30 days	Majority i.e 25% observe fast once in a week
(Saro S et al) Muslim Thai women -49.6% pregnant women think that fasting should not be practiced during pregnancy	74% pregnant women think fasting should be not practiced during pregnancy
(study in Pakistan)-41% pregnant women think that fasting might harm their fetus	65% pregnant women think that fasting might harm their fetus
16% pregnant women think fasting during pregnancy causes adversities	70 % pregnant women think pregnancy will cause adversities
Pregnant women with age >35, uneducated women tend to fast more	Similar finding in this study

-According to Saro s Thai Muslim study 87.1% fast during pregnancy. In our study 24% pregnant women fast during pregnancy.

-While study in Pakistan show -43% women observe fasting for 21-30 days, whereas in our study 25% observe fast once in a week.

-In Saro s Thai Muslim study- 49.6% pregnant women think that fasting should not be practiced during pregnancy, while in our study 74% pregnant women think fasting should not be practiced during pregnancy.

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-In other study 16% pregnant women think fasting during pregnancy causes adverse outcome, in our study 70% pregnant women think pregnancy will cause adverse outcome.

-Pregnant women with age more than 35 , uneducated women tend to fast more which is similar in our study.

Conclusion:-

In this study, it shows that lesser proportion of pregnant women observe fast during pregnancy and most pregnant women are aware about the adverse outcomes of fasting during pregnancy.

This study shows that majority of pregnant women fast due to religious belief.

However, the study on health effects of fasting in pregnancy outcome are still unclear, it is important for health care providers to be aware of potential risk that may be associated with fasting during pregnancy.

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