

Hemoglobin Booster a Potential Health Drink for Anaemic Pregnant Womens

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Introduction:

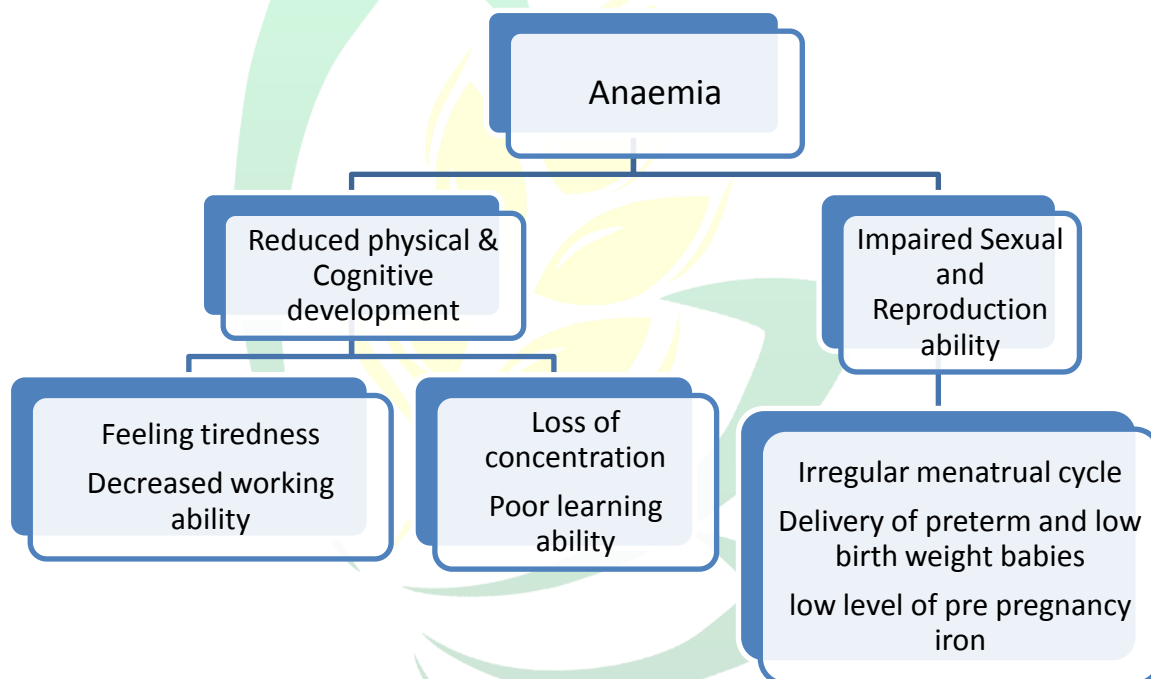
Anaemia is a condition in which the red blood cells (RBCs), and their oxygen-carrying capacity, is inadequate to meet the body's physiological needs. India is one of the developing nations with high incidence rate of pregnancy anaemia contributes about 80% of the maternal deaths to occur due to anemia. Almost 58% of pregnant ladies in India are anaemic and it is estimated that pregnancy anaemia is the most underlying reason for maternal deaths. Pregnancy anemia has a major consequence on women's health and wealth. Among the different causes, nutritional anaemia found to be the most important public health importance in India and is exceptionally due to nutrient iron diet deficiency and later by parasitic infections. In pregnancy, iron deficiency anaemia can lead to delivery of premature and low birth weight infants and it also have an adverse effects on the body's immune response. In general, the most vulnerable groups which get affected are pregnant women and preschool age children's. On the other hand, there are several medications which are available to treat pregnancy anaemia by taking oral iron supplements directly and it will lead to many side effects like nausea, vomiting, stomach upset and constipation. Therefore, the pregnant women's normally hesitate to avoid these medications and thus results in pregnancy anemia. On the contrary, supplementation of iron in their diet doesn't cause any side effects by consuming haemoglobin booster mix and this will increase the haemoglobin levels in the blood within 5 days of consumption and also help the pregnant women's keeps healthy and energetic throughout their pregnancy period.

Causes for Nutrition Deficient Pregnancy Anemia:

- Increased rate of iron requirement due to tissue, blood and energy requirements during pregnancy
- Teenage pregnancy

- Repeated pregnancies with much less than 2 years’ interval
- Insufficient intake of iron-rich diet (eg. Dates, Moringa leaves) and “iron enhancers” (eg. Citric fruits such as orange, Amla)
- low bioavailability of dietary iron (e.g., foods containing only non-haem iron)
- Excessive consumption of “iron inhibitors” in the diet, especially during mealtimes (e.g. tea, coffee and calcium-rich foods)
- Iron loss from post-partum haemorrhage
- Iron loss due to parasite load

Adverse effects of anemia



Requirement of Iron Supplement are highest during their second and third trimester of pregnancy:

Second trimester	1.9 mg/1,000 Kcal of dietary energy
Third trimester	2.7 mg/1,000 Kcal of dietary energy

Haemoglobin booster mix preparation:

Ingredients required are Grated coconut- 1 cup, Carrot -1 no's, Cardamom -1 and Little ginger grind these all ingredients add little amount of water to it for easy grinding and strain the drink. Finally add country sugar as per the requirement. It is recommended to take this haemoglobin booster thrice a week for better results

**Nutritional benefits of haemoglobin booster mix:**

Carrot: Carrots are good source of several vitamins and minerals especially, they are rich in beta carotene, which our body converts into vitamin A necessary for the synthesis of haemoglobin. This nutrient promotes good vision and is very important for growth development and immune function.



Coconut: Coconut is a fruit and is an excellent rich source of healthy omega-3 fatty acids, lot of beneficial nutrients which our body requires and antioxidants. Moreover, coconut fruit considered to be the prana power food, the coconut milk which you get its very similar to mother's milk properties.



Cardamom: Cardamom is a spice used in different sweets and dishes and it contains lot of phytochemicals which have antioxidant and antibacterial properties. It helps to regulate menstrual irregularity.



Country sugar: Nowadays, the use of white sugar has been replaced with country sugar as it helps in regulating the blood sugar levels by releasing low levels of glucose into the blood stream and contains more of iron content which prevents anemia.

Conclusion:

Consuming the haemoglobin booster mix during pregnancy period thrice a week will prevent the womens from anemia and it act as a natural organic healthy drink will keep the womens active and energetic during their pregnancy period and thus leads to happy and safe delivery.