

Prenatal care from the Perspective of Iranian Traditional Medicine

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Abstract:

Background and Purpose: In industrialized countries using complementary and alternative medicine is progressing, especially among women who may continue it even during pregnancy. A mother's nutrition before and during pregnancy can affect fetus maturation and his or her health from infancy to adulthood. In this article we are trying to collect prenatal care information from Iranian Traditional Medicine (ITM) books and references.

Methods and Materials: The present investigation is an overview study that has been codified by library search in ITM references. This survey was accomplished from reviewing the ITM literature, extrapolating data with a focus on prenatal care methods in current medicine.

Results: Prenatal care is divided into two main groups: general and specific. Recommendations consist of: six essential principles (air, food and drink, exercise and rest, sleep and wakefulness, mental state, retention of essential materials and depletion of wastes from the body), drug therapy, manipulation and physical therapy. These proposals are specially recommended during the initial fertilization period. Specific recommendations cover symptoms such as nausea, vomiting, pica, anorexia, palpitation, panic attacks, genitalia itching, vaginal bleeding, and feeling pain in abdomen, back or extremities and edema in limbs. Each symptom has its own specific treatment.

Conclusion: Along with modern medicine recommendations, it is hoped, that with ITM experiments more healthy pregnancy can be achieved for mothers and their babies.

Keywords: Recommendations; Pregnancy; Traditional medicine.

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