

TITLE :- IMPORTANCE OF MILLET IN OBSTETRICS AND GYNECOLOGY

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Objective :- Millet is a great source of nutrition and higher in fiber , rich vitamins , minerals and proteins which protects us from number of diseases by inducing our immunity .

The health of women and girl is a particular concern because later on she has to give birth to a child due to which major changes occur in the body. Good nutrition helps her to fulfil extra demand of body as her pregnancy progresses. The goal is to balance the nutritional demand by getting enough nutrients to support the growth of fetus and maintaining good health.

Symptoms that should be reported to a doctor if they occur during pregnancy includes persistent headache, nausea, disturbance of eyesight, vaginal bleeding, seizures, cramps in lower abdomen.

Methods :- Ayurveda classic text , Samhita's , online data , journals , supportive texts and contemporary science will be referred.

Conclusion & Result :- Complications of pregnancy include physical and mental condition that affect the health of pregnant or postpartum person , their baby or on both physical and mental conditions that can lead to complications may start before during or after pregnancy. It's important for anyone who may become pregnant to get health care during and after pregnancy to lower the risk of pregnancy complication. Incorporating millets into the pregnant diet can provide numerous health benefits for both mother and fetus.

Keywords :- Minerals, vitamins, fibers, proteins.

Introduction :- Almost every woman will suffer from a gynecological problem at some point in her life. It may be painful, and the pain may be brushed off as normal because it may be experienced during the menstrual cycle.

Pregnancy is a critical stage in a woman's life, where she needs to take special care of her diet to ensure the healthy growth and development of her unborn child. One such food that can provide immense benefits during pregnancy is millets. Millets are a group of small-seeded grasses that are grown throughout the world. They have been consumed as a staple food for centuries and are gaining popularity due to their high nutritional content.

Objective:-

Primary objective:- The health of woman remains good and delivers healthy child having good energy, strength, and voice by using millet in diet.

Secondary objective:- Millet is one of the nutrient rich grains fights against many issue addressed in women due to lack of essential component like protein ,vitamins, fibre etc . Millets is rich in iron, protein, antioxidants, dietary fiber, calcium, magnesium, potassium and folate - all those nutrients required for live healthy life.

A] To study about the different millet.

B] To study different health issue in women due to deficiency.

Methods:- To study or give information about millets in different books, Ayurved Samhita, journals, papers and internet etc.

Discussion:- Millet is a highly nutritious grain that has numerous benefits for pregnant women. It is a good source of folic acid, which is essential for the development of the neural tube. Millet also contains high levels of magnesium, which is important for proper muscle and nerve function. Additionally, millet is a good source of iron and B vitamins, which are important for energy production and red blood cell formation.

Conclusion:- To conclude, millet during pregnancy is an extremely nutritious whole grain that can be a great addition to the diet of pregnant women. Its high fiber content and abundance of nutrients make it an excellent choice for promoting digestive health, supporting fetal development, and helping to prevent certain pregnancy-related complications.

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