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Assessment of practices of Pica among pregnant women from Marathwada Region

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Abstract

This study assessed the practice of pica from Marathwada region. Adequate intake of nutrition is key component comp for an individual's health and well-being, particularly during pregnancy. Generally, pica is defined as the repeated indigestion of non-food items which is normally insatiable and leads to compulsive consumption. Pica is an eating disorder characterized by persistent consumption of non-nutritional substance. A pilot study was carried out on 25 pregnant women for testing frame work of questionnaire. Purposive sampling technique was used to selection of pregnant women 1-to-9-month gestation. Total projected member of sample was 480 respondents from urban and rural area of Parbhani and Latur district from Marathwada region.

The percentage of pica habit in urban and rural pregnant women were found to be 27.5 and 47.5 from both the district respectively. The result indicates that eating clay, charcoal and Ashwa's the most common form of pica among the pregnant women from both the district. Healthcare professional, especially mid wives must intensity health education on the effect of pica among pregnant in all trimesters of pregnancy.

Keywords: Eating disorder, pica, pregnancy

Introduction

Pica is an eat eating disorder characterized by persistent consumptions of non-nutritional substance. This may include all forms of excessive and persistent consumption & both nutritional and non-nutritional objects without the intent of deriving nutritional benefits pica craving for unusual often bizarre foods is were reported to be prevalent among pregnant women worldwide including India like ash from cooking stove (chulah), charcoal, mud, clay, stone, soil of house wall, baking soda, cornstarch laundry starch, baby powder, clay or dirt.

Pica seems to occur more characteristically among pregnant women. But the clay has a high calcium content and the intake of clay may lead to anaemia because it was considered to inhibit absorption iron.

Methods

A pilot survey was carried out on 25 pregnant women for testing efficiency with the help of formed questionnaire. "Purposing sampling technique was used to selection of pregnant women 1-to-9-month gestation. The total projected number of samples was 480 respondents from urban and rural region. The pregnant women selected from urban area were those who were attending civil hospital / private nursing home where as the pregnant women of rural area were those who were attending antenatal clinic either in primary health centre or nearest rural cottage hospital.

Result and Discussion

The result indicates that the selected pregnant women area who were from urban and rural belonging to families of low-income group were 22.08 and 60.41 respectively. The family's high-income group were 46.25 and 15.83 percent.

From the collected date it was found that the percentage of the selected pregnant women having, primary, secondary and graduate level education were 18.33, 37.5 and 36.66 percent

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respectively from urban areas. Whereas from rural areas 45.83, 20.83, and 15.25 percent. Pica is an eating disorders in which non nutritional object are frequently eaten, has negative health implication. Despite this pica is less studied in many African communities where it is believed to be highly prevalent.

This study therefore sought to determine the prevalence of pica and its various forms among pregnant women in Kumari, Ghangand effect of education and place of residence (rural and urban) on pica practice.

A random sample of pregnant women (n=480) in rural and urban areas of Parbhani and Latur district of Maharashtra were interviewed using a questionnaire.

There were report of carving for clay, charcoal, brick etc. in pregnant women from different parts of India. The carving for unusual substance that have no nutritional value often referred as pica. Pica seems to occur more characteristically among pregnant women. But the clay has a high calcium content and

the intake of clay may and the intake of clay may lead to anaemia because it was considered to inhibit absorption of iron.

Prevailing pica habit among the selected pregnant women from urban & rural area of Latur & Parbhani district has been given in table 1.

The percentage of pica habit in urban & rural pregnant women were to be 27.5 and 47.5 from both districts respectively. It was evident from the result that the percentage of pregnant women having craze for coal/ash from urban and rural areas was 7.91 and 26.66 respectively. The pica habit of chalk or pencil was found to be 5.83 and 9.16 percent, whereas the percentage of clay eating was observed 13.75 and 11.66 Percent in urban and rural area respectively. The result indicate that the habit of eating clay, charcoal and ash was the most common from form of pica among the pregnant women from both the district.

Table 1: Pica habits of selected pregnant women from urban and rural area of Latur and Parbhani districts

Sr. No.	Particulars	Latur				Parbhani				Total			
		Urban		Rural		Urban		Rural		Urban		Rural	
		No.	Percent	No.	Percent	No.	Percent	No.	Percent	No.	Percent	No.	Percent
1	Pica habit	35	29.16	67	55.83	31	25.83	47	39.16	66	27.5	114	47.5
2	Coal/ash	15	12.50	38	31.66	4	3.33	26	10.83	19	7.91	64	26.66
3	Chalk & pencil	7	5.83	16	13.33	7	5.83	6	5.00	14	5.83	22	9.16
4	Clay	13	10.83	13	10.83	20	16.66	15	12.50	33	13.75	28	11.66

Conclusion

Health education, a nutrition awareness effect on pica among pregnant women especially in all trimester pregnancy. While it is useful in preventing nausea and vomiting during pregnancy. Antenatal care education is also providing the knowledge of eating proper nutrition and addition of alternative in their diet like dry bread, biscuits, sweets, fruit juice & vegetable Soups. It is also important that Health worker should intensify health education on pica and its negative impact on the health of the mother and the foetus.

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