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PREPARATION OF BODY AND MIND BEFORE CONCEIVING

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ABSTRACT:

A newborn is like the beginning of new things, new responsibilities, new journey, new life. It comes in our life with new hope, new dreams. So, the preparation to bring this newborn into the world should also be special. A Fetus also needs a healthy environment to grow up and environment for the Fetus is his/her mother's womb, father's affections, love and care by other family members or surrounding which Fetus receives through her mother's turmoil of emotions. So, it's not only the sole responsibility of the mother to grow up and deliver a healthy child. It demands everybody's contribution. To lead a healthy pregnancy, it's important to prepare ourselves prior to conception so that it can help to grow a Fetus in a healthy manner.

INTRODUCTION –

During pregnancy, a woman's body undergoes many biological and physical changes to create a favorable environment for the child's development. Only a healthy female can bear all these changes in a suitable manner otherwise these changes may produce or precipitate a pregnancy related pathophysiology^[1]. However, the word healthy here denotes all aspects of health, it's not merely the absence of any disease.^[2] To conceive a healthy pregnancy, some preconception interventions are very important whether it may be nutrition prior to preparation of pregnancy, mental and emotional aspect of a human being prior to pregnancy. Often, we talk about a woman when it comes to pregnancy, but it's not like that. Males' health and their thought process in preconception time is equally important as that of a female for a healthy pregnancy.

NUTRITIONAL INTERVENTION IN PRECONCEPTION TIME –

The time duration three months prior to the pregnancy is defined as the preconception time^[3]. It is a very critical time to look over at our food habits because nutrition is an essential part of our life. With the dynamics of changing lifestyle, the role of nutrition becomes more valuable than ever before. Nutrition is synonymous with the existence and act of living and on the other hand it can be said that faulty nutrition can be synonymized with faulty existence^[4]. So, it is equally important to avoid faulty or bad habits like smoking, drinking alcohol, too much drugs and caffeine intake, and living a sedentary lifestyle^[5]. It can lead to poor efficiency of a person and may result in an unhealthy fetus. Healthy food habits before conception can reduce the risk of bleeding problems, gestational diabetes and hypertension during pregnancy^[6,7]. So, it is very important to take good nutrition before conception to avoid unwanted obstetric complications like Cesarean Section delivery.

Folic acid	Generally, a woman should start taking a folic acid-based diet or supplements three months before conceiving or in preconception time. Maternal folate deficiency may be a risk factor for low birth weight, miscarriage, stillbirth and neonatal death. ^[8] It also prevents neural tube defects and other congenital abnormalities in newborn babies.
Iodine	Iodine should be sufficient in the female body for good development and good IQ level of the baby ^[9] .
Vitamin D	Vitamin D deficiency occurs most often in pregnant women and vitamin D is the most essential factor for bone development in developing children. ^[10]
Caffeine	Caffeine consumption is not good in pregnancy and it can result in a low birth weight baby. ^[11] .
Smoking	As all of us know, it is a completely proven fact that smoking is injurious to everyone's health, but it also impacts the health of an unborn child in mothers' womb. In various research studies it is found that it impacts more adversely if initiated during pregnancy rather than smoking started before pregnancy. ^{[12] [13]} .
Alcohol	Maternal liquor utilization can lead to fetal alcohol spectrum disorders and it can cause physical, behavioral and learning challenges. ^[14]

IMPORTANCE OF BALANCING BODY WEIGHT PRIOR CONCEPTION:

COMPLICATION IN OBESE PERSON -women should have to lose weight prior to the conception because it is almost 10 to 12 kg that a woman gains during pregnancy if a woman is already having 100 kg weight before conceiving then it's very difficult to manage during pregnancy so obese woman should have a proper diet plan before conception to lose weight. On the other hand, overweight is related with antagonistic maternal health conditions. ^[15]

COMPLICATION IN UNDERWEIGHT PERSON - Women who were underweight before pregnancy had significantly higher rates of preterm birth and low birth weight compared to normal weight women. ^[16] However, one study shows that the low weight of the mother does not adversely affect birth-related trauma (injuries, caesarean section). ^[17]

According to WHO, the body mass index is 18.5-24.9 kg/m² as a normal or healthy weight. A drop below 18.5 kg/m² is classified as underweight and an increase from 25.0-29.9 kg/m² as overweight or pre-obesity. So, it is very important to maintain a balanced weight during pregnancy as both the extremes of either obesity or underweight can lead to a high-risk pregnancy. ^[18]

IMPORTANCE OF YOGA AND EXERCISE IN PRECONCEPTION TIME –

Maintaining an active lifestyle and exercise is a part of preconception intervention. It did not hamper with the conception. Yoga and meditation is the best way to keep us calm and spiritually healthy. One of the study's findings suggests that prenatal yoga can help reduce pelvic pain. It can also improve mental conditions such as stress, depression, anxiety and prenatal outcomes such as birth complications, labor time. ^{[19] [20]}

Discipline is the most evident and a very important key to maintain a healthy lifestyle, healthy food habit and healthy mind so discipline should never be overlooked during this critical time.

MENTAL AND EMOTIONAL HEALTH PRIOR CONCEPTION

Emotional preparation is also an essential step in Planning pregnancy along with nutritional and dietary preparation. Planning for conceiving is the mutual decision of both the partners so both should be ready for this, for the highs and lows in upcoming life so that after conceiving they can enjoy the pregnancy time peacefully. Responsibilities always require preparation and devotion. So economic stability is another chief component that matters a lot before planning pregnancy for mental peace. ^[21] The husband's economic capacity is more important as compared to the mother because ultimately the mother has to take rest for some time from work to take care of the child. Ultimately, what matters is the mental peace and happiness of both the partners before and after conceiving in every circumstance for a healthy outcome. A population-based study showed that poor preconception mental wellbeing may be a potential risk factor for lifeless birth, and a strong determinant of LBW baby. Women who present with poor mental health before pregnancy were 40% more probable to have a pregnancy complication, almost 50% more possibilities to have a stillbirth. ^{[22] [23]}

MENTAL FACTORS WHICH PREVENT CONCEPTION - ^[23]

There are many mental factors which can prevent conceptions in younger generations –

1. Many individuals think that pregnancy and childbirth are an awfully troublesome and excruciatingly painful procedure.
2. Many people, especially the younger generation, think very complexly and feel it as a heavy sense of responsibility.
3. The more youthful era think that they would select marriage or pregnancy as a choice rather than as an obligation, commitment, or responsibility with a firm preference for an independent or free life.
4. Some people think that after conceiving and childbirth, there will be irreversible changes in their life and body.

These notions about pregnancy and childbirth overwhelmed the younger generation. This concept of family turns aside them from choosing to have children. They prioritized their own happiness and feel that conceiving can hamper their personal life. The value of family over the value of happiness is getting blurred day by day in this generation. This type of thought process also impacts mental health.

CONCLUSION –

Basically preconception health refers to the health across the entire lifespan of any man or woman prior to potential pregnancy. ^[23] This includes the health of both the person, both the partners.

While going through most of the studies, it was found that in most studies, only a woman's health is focused while it comes to preconception time. However, the preconception health of a man is as important as that of women. Mental and physical health of a man may result in a genetically less efficient formation of genes, the outcome of which can impact in further healthy conceiving and result in an unhealthy baby which is less efficient to reach its genetic potential. so, more research studies should be needed in this field especially on preconception health of male people especially in India. What is the effect of man's health, his mental and emotional state, his physical health over the pregnancy, what is the younger generation thought regarding conceiving and pregnancy. These are a few queries which are still in question, and which have to be answered seriously. However, in India there is still a lack of awareness regarding preconception health especially in rural areas. So,

this concern should be taken seriously as it can affect the forthcoming generation which is the future of our country.

Inspite of the fact that pregnancy is an individual choice, it is additionally impacted by family and socio-cultural norms and standards. Marriage ought to be a process of life and parents should be devoted to their children recognizing pregnancy as a noble aspect and it must be seen as a festival of celebration of new life.^[23] when a woman gets pregnant it's not only that woman but both the parents got pregnant if we see it from a different vision. Both the partners are equally responsible for the future. So, it is the prime responsibility of both the partners that they should take care of themselves and should have positive and healthy thoughts in their preconceived time. This thing can greatly change the global scenario and can result in a positive outcome which will bring happiness with that new journey of post conceiving time.

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