

# A HOSPITAL BASED STUDY OF PREGNANCY INDUCED HYPERTENSION IN RANCHI DISTRICT -JHARKHAND

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**ABSTRACT:** *PIH is a fulminating problem in third world countries. It is often ignored in the economically and medically backward state like Jharkhand. Many women experience high blood pressure before the pregnancy stage. Blood pressure that goes up during pregnancy is a sign of PIH. This type of high BP only occurs during pregnancy. PIH represent a danger to the mother as well as baby resulting in a baby with low birth weight as an pre mature delivery. In severe case of hypertension it may result in pre eclampsia, can cause damage to kidney and also causes proteinuria. When seizures occurs the condition is then called eclampsia. If untreated both pre eclampsia and eclampsia can lead to long term problem and even death both for mother and child.*

**KEYWORDS:** Pregnancy, eclampsia, pregnancy, hypertension, proteinuria, etc.

## 1. INTRODUCTION

PIH represent a danger to the mother as well as baby resulting in a baby with low birth weight as an pre mature delivery. Hypertension is most common medical problem encountered during pregnancy, complicating Symptoms of pregnancy. Danger of 2-3% of pregnancies. This paper attempts to probe the problem and solutions. 50 respondents were taken from the different hospitals of Ranchi town for this study. The aim of this paper was to probe the causes & risk factors as well as the solution of the problem. Locale and sample size of the study 50 case from Different private nursing homes and govt. hospitals of Ranchi town were undertaken for the study.

## 2. Methodology

Variable were taken by random sampling methods. Respondents were the source of primary data and different books, journals, Internet were the source of primary data and different books, journals, Inherent were the source of secondary data. Quieshnier /Schedule were prepared to collect the information which was analyzed by statistical method.

High BP during pregnancy posses various risk includes

- \* Decreased blood flow to the placenta.
- \* Placenta Abruption.
- \* Premature delivery.
- \* Future cardio vascular disease factors.

High blood pressure that develop during pregnancy are

- \* **Chronic Hypertension** - The high blood pressure develops during pregnancy before 20 weeks or last more than 12 weeks after delivery known as Chronic Hypertension.
- \* **Gestational Hypertension** - If the high BP develops after 20 weeks of pregnancy it is known as gestational hypertension. This usually goes after delivery.
- \* **Pre eclampsia** - Sometimes chronic Hypertension or Gestational Hypertension leads to per eclampsia a serious condition characterized by high blood pressure and protein in the urine after 20 weeks pregnancy.

**Risk of PIH** - PIH effects approximately one out of 14 every pregnant woman. Although PH more commonly occur during 1st pregnancy. It may occur in subsequent pregnancy. This develops during the second half of the pregnancy usually after 20th week but it can also develop at the time of delivery or right after delivery and also-

- \* **Has a previous history of PIH.**
- \* **Pregnant woman is underweight or overweight.**
- \* **Has Diabetics before becoming pregnant.**
- \* **Has a history of kidney decease.**
- \* **Has a history of alcohol, drug or tobacco use.**
- \* **Pregnant woman is expecting twins or triplets.**

### 3. Observations

Table - 1 No. of Respondents

Sl. No.	No. of Respondent	Cases founded	Presentage
1	50	10	5

Total fifty pregnant ladies were taken for the studies out of 10 cases were found of PIH.

Table-II Age of women

Sl. No.	Age Group	Cases founded	Presentage
1	Above 20 year	02	20%
	Below 29 years		
2	Above 30 years	07	10%
	Below 40 years		
3	41 years & above	01	10%

Table-III : economic condition

Sl. No	Income Group	No	Presentage
1	High	08	80%
2	Middle	2	20%

The above table shows that affluence plays a great role in PIH as 80% of total respondent were suffering from PIH who were of higher income group.

Table-IV

## Educational Qualification

Sl No.	Income Group	No	Presentage
1	Post Graduate	06	60%
2	Graduate	03	30%
3	Technical	01	10%

The pregnant lady with PIH were most of post graduate is different subject. A lady was herself a doctor.

Table-V

## Position of Pregnancy

Sl No.	Position	No	Presentage
1	1st Pregnancy	07	70%
2	2nd Pregnancy	03	30%

Table shows that 70% of the women suffering of Hypertension were in the first pregnancy.

#### 4. Conclusion & Discussion:

The study conducted among pregnant woman attending few hospital of Ranchi District of Jharkhand. The incidence of pregnancy induced hypertension (PIH) was observed. The first table shows the number of cases of PIH an out of 50, there were 10 cases found Hypertension. Age of women taken as variable is observed in Table-II> It is alarming to note that maximum case were of above thirty year of age. As far as economic condition is concern, in high income group PIH was identified as 80% of the cases. It reflect the offence i.e. high income group of society are more prove to the incidence if PIH. The educational factor plays on vital role in any disease and health problem. Here also in this work post graduate pregnant woman are the highest in number is that 6 and 60% of total variable. Here awareness is lacking among pregnant women Position of pregnancy (table-5) is observed, That 70% if the women suffering from hypertension was in 1st pregnancy. Worry regarding labour pain, tension may be the cause factor of this finding. In short, evident is that most if the pregnant woman suffering from PIH were found above 30 year of age, from higher income group and they were having pregnancy for the first time.

## 5. Suggestions

- \* Use little or no added salt in meals.
- \* Drink 6-8 glasses of water daily.
- \* Don't eat a lot of fried or junk food.
- \* Get enough rest.
- \* Do little exercises regularly like walking ?
- \* Elevate the feet several times during the day.
- \* Avoid drinking alcohol and beverages containing caffeine.
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- \* Go with the doctors suggested medicine and additional supplement.
- \* Add calcium to lower BP during pregnancy.
- \* Have fresh fruits and vegetable as they contain less amount of salt. Avoid canned boiled fruits and vegetables.
- \* Have complex carbohydrate like Oat meal. Whole grains, Brown rice.
- \* Omega fatty, 3 fatty acid decrease BP and improve vessel wall quality, which is so often compromised with high blood pressure so intake of omega and fatty acid is essential during pregnancy. These include Walnuts, olives, vegetable oils etc.
- \* Use butter instead of ghee.
- \* Eat yellow vegetables & fruits regularly.

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