



The Effect Of Islamic Fasting On Mother And Fetus

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ISLAMIC FASTING ON
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► Fasting And Amniotic Fluid ◀

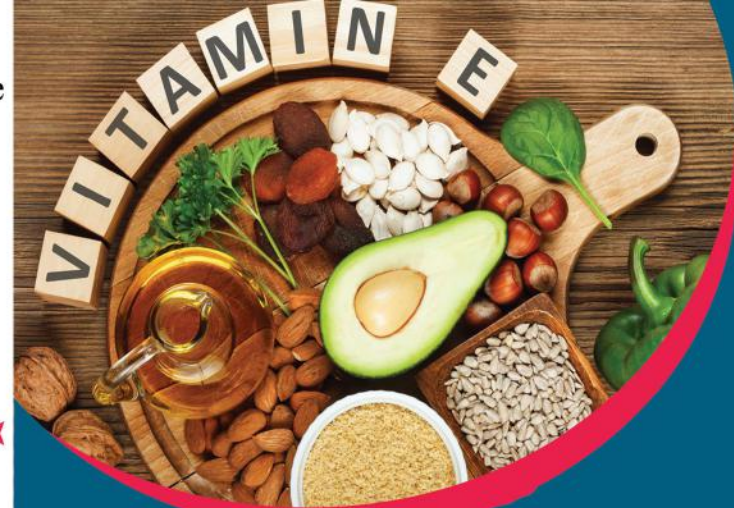
Measurement of amniotic fluid Ultrasound is one of the indicators of pregnancy health. In this regard, the results of one study indicate that fasting does not affect the amount of amniotic fluid, but the results of another study indicate a decrease in amniotic fluid with fasting in pregnancy.

► Fasting In Pregnancy And Fetal Development And Its Consequences In Adulthood ◀

Measuring the fetal head circumference, femur, and diameter between the two parietal bones is one of the criteria for determining the weight and gestational age of pills using ultrasound. Decreases in the above sizes have been reported in fasting mothers. Studies have shown a significant difference between fasting during pregnancy and neonatal IQ with the control group.

► Fasting In Pregnancy And Fetal Biophysical Characteristics And Fetal Movements ◀

Fasting of pregnant mothers reduces fetal movements. Decreased fetal biophysical index scores along with decreased fetal respiratory movements have also been reported in pregnant mothers who have fasted compared to mothers who have not fasted. The biophysical index test examines five characteristics of heart rate, fetal respiration status, fetal movement, fetal muscle tone, and amniotic fluid levels. If all 5 of the above are normal, there is no need to worry and the pregnancy will go through its normal process, but if one or more of the above factors are encountered, it indicates a disorder in the health of the fetus.




Fasting pregnant women are also more likely to develop insulin.

► Fasting During Pregnancy And Its Effect On Maternal Weight ◀

The study of weight loss in fasting women during pregnancy with an increase in HDL and triglycerides, as well as a decrease in the intake of minerals and vitamins other than vitamins E and C in pregnant women, reminds fasting women.

► Conclusion ◀

Fasting in pregnant mothers can reduce amniotic fluid, reduce fetal motility, reduce the placental size and weight. Changes in glucose levels in one-hour glucose levels of pregnant women who have fasted have not been desirable, and kidney damage is possible. If early pregnancy coincides with the month of Ramadan, fasting should be done with more caution. The results of studies on the effect of fasting on preterm labor have shown that fasting for 12 hours does not increase preterm labor, but fasting for longer than 12 hours should be done with extreme caution.



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► Fasting And ◀ Preterm Delivery

Starvation for more than 12 hours a day can increase the risk of preterm birth by increasing corticotropin levels.



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Restricting feeding for a month or less during Ramadan during pregnancy has had conflicting results on the fetal and maternal-fetal outcomes. Adverse effects on maternal outcomes such as preterm delivery and neonatal outcomes such as low birth weight and hospitalization in neonatal intensive care units have also been observed in pregnant women who have fasted.

► Islamic Fasting In Normal ◀ Pregnancy

The results of most studies indicate that Islamic fasting, considering the limited duration of 12 hours of fasting in a normal pregnancy, does not have adverse effects on maternal and fetal indicators studies in this study.



However, studies have shown that fasting in healthy pregnant women does not increase the risk of preterm delivery compared to non-fasting pregnant women.

► Fasting And Low Birth Weight ◀ Babies

Studies have shown that fasting in the first months of pregnancy can not only lead to weight loss at birth but also increase the rate of future mental disabilities among infants. Fasting Muslim women after the twentieth week of pregnancy will not cause weight loss at birth if the mother is in good health.

► Fasting And Placenta Size ◀

The results of studies show a decrease in the size of placenta in mothers who fasted during pregnancy. However, the results of another study reported increased placental weight in fasting pregnant women.