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The study of diet for pregnant women in the city of Arak

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ABSTRACT

The life cycle begins with the pregnancy that no primary person has detailed scientific knowledge of its nature; this is why civilized people, only in the recent century, have acquired information from genetics, and there are still a lot of things they must learn. In this regard, the researcher intends to review traditional beliefs related to dietary habits of women during pregnancy and delivery in Arak, the center of Central Province, and what is attended to by the researcher in the study is what kinds of food people of this region recommend the pregnant women; what kinds of food are harmful to the pregnant women; how much is the impact of religious thoughts on nutrition, health and hygiene during pregnancy; and also what prayers people of this region recommend the pregnant women during pregnancy. In the following, customs held during pregnancy and delivery as the manifestation of thoughts of people of the region are taken into account; and in the end, what the researcher attends to is the resulting effect and changes in people's thinking in the field of the pregnant women's nutrition created due to cultural, social and economic changes as well as understanding of some applied aspects of traditional health and nutrition study and its beliefs in order to promote the level of community health which is effective in some part of community health culture and the more richness of people's culture.

1. Introduction

Birth, puberty, reproduction and death are four critical and essential steps in the evolution of the human life cycle. To complete its biological destiny, each person should pass these steps. In each culture, to pass these steps, some ceremonies and rituals are held that are called rites of passage in anthropology. Rites of passage are not ignored in any human culture, but the amount of importance to it is different in communities. Scientific study and research work in each field and subject require extensive research and documentation conducted in previous times and to take advantage and review, we have to refer to them. We can say our research has authenticity and credibility if we refer and attend to the historical past of the subject as well as the studies done in that field.

In this study, the researcher attends to superstitious and folk beliefs and eventually the researcher reached this conclusion that although jinn cannot be denied, these are more superstitious and cannot have a good place in Turkmens' religion.

An important issue in the research that the researcher has sought to make it clear is the relationships between the kind of community and disease and finally, it concluded that the disease is a biological phenomenon and social at the same time, and it has a series of special meanings socially.

In this study, the researcher looks for an answer to this research question that whether mental disorders affect mother's immune responses?

That in this relationship, racial and cultural differences are concerned by researchers; for example, the effects of depression on immunological parameters of blacks in Africa or its effects on European whites are different.

Culture, personality and social relationships of an individual are also effective in its emotions, safety system and health. In the end, the researcher concluded that depression caused impaired fetal growth and the evolution of the immune system, and in addition, the adverse impact of anorexia, malnutrition and reduction of personal care ability, such as sport, social activities and individual health of depressed mothers on the evolution of their fetal immune system should not be ignored.

In this study, the researcher follows to prove the effect of fruit and vegetable consumption during the three months before pregnancy and the second three months of pregnancy on reducing the occurrence of preeclampsia, a kind of pregnancy induced hypertension identified with urinary protein and swelling that can cause abortion. And in this paper, the researcher concluded that the consumption of more fruit and vegetable during pregnancy and three months before the second three months of pregnancy is associated with reducing the risk of preeclampsia. In addition, with the emphasis and attention of researchers, the researcher referred to the supply of vitamins and minerals from food, especially fruit and vegetable and believed that perhaps the preventive effect of fruit and vegetable on creating the disease is not just because of its existing antioxidant, and other causes may have a role in it; moreover, fresh fruit and vegetable due to having high fiber can also help to reduce digestive problems of pregnant women during pregnancy.

As it was mentioned, culture is considered as a part of the capital of a nation, and the major part of our daily life consists of our customs and habits we have inherited that their origin is not national but human. With the same description, depicting traditional culture will help more the richness of the culture of a society, and on the other hand, due to the process of development and modernity and the fading place of traditional culture and cultural identity, such research will find missing rings of wide and long chain of the culture and help to rebuild and enrich it more.

Anthropology deals with a comprehensive study of cultures and their analysis separately, also reviews their relationship with each other, and attempts to recognize the mutual relationship of human, nature and culture; in this regard, one of the most important objectives is to describe communities that have not been studied yet, and it is about to make an exact description of beliefs and values and generally the way of life of this group of people.

Identifying customs and habits of that society and changes occurred over time in health practices during pregnancy and delivery.

Identifying that in ancient times when pregnant women had no access to physicians and health centers how they passed this period and what they were recommended.

In the end, what is desired by the researcher is resulting changes and influences on people's thinking in the field of pregnant women's nutrition occurred due to cultural, social and economic changes. Identifying some applied aspects of studying traditional health, nutrition and their beliefs in order to promote the level of community health as a part of the community health culture and to enrich more the culture of people can be effective.

2. Research methodology

A fundamental discussion in anthropology is to identify culture and the key to this identification is the accuracy of its data and collection methods. Since the main source of data collection and the accuracy in this study is based on a number of the questioned's answer, therefore, in the present research, the issue is discussed using Ethnography method.

2.1. Research tools – research technique

The author of this research with respect to the subject matter and research methodology, has used observation, interview, observation, case study techniques referring to key information providers and documented information.

The desired information of ethnography is acquired by dialogue, chat, discussion and observation and requires a researcher's patience and skill as well as a respondent's trust. This method can make the researcher familiar with unclear values and factors that can never be possible with a questionnaire (Roholamini, 2001, P. 107).

2.2. Properties of edibles recommended to pregnant women in arak

2.2.1. Double beet

Double beet is not made as food; it is one of the edibles of people of this region mostly produced by older people. To prepare it, the beet is baked then crushed and whey is added to it. This dessert is recommended to a pregnant woman due to the property of whey and beet.

2.2.2. Breakfasts recommended to pregnant women:

Cream is one of the most popular breakfasts and for making it, a special type of bread called "Shateh or Gerdeh" that its thickness is double or triple the typical bread is used. Local cheese and butter, and oil with sap or honey are used a lot in this region.

2.2.3. Sap and sap milk

Another material produced in this region is sap and sap milk produced from grape juice.

2.3. Tarhana

To produce Tarhana, some grape juice from which sap is made is removed and boiled separately; then starch is added to it and mixed when heating so much that it gets stiff. When this material gets a little cool, some ball shapes are removed and walnut is put in the middle of them and then they are dried. Tarhana is used more in winter.

2.3.1. Breshtook (boil cumin)

A type of dessert consumed in this region is Breshtook made more by local oil. To prepare Breshtook, local oil is melted; flour is added to it and then fried. When it became red enough, it is removed from fire, and sugar powder is added to it.

2.3.2. Condor

Condor is one of the things that the pregnant woman is recommended to eat since people believe that it is effective in baby's intelligence.

2.3.3. Sesame

Sesame is one of the things that is recommended to eat a lot, and people believe it is very good for the pregnant woman and increases baby's intelligence.

Properties: it strengthens brain and nerves, muscles; produces blood; fattens; removes mental and physical exhaustion; soothes away irritation and pain in the stomach and can be used instead of meat (Ali Asghar Mokabi, 1998, P. 151).

2.3.4. Black seed

A number of women believe that eating black seed helps baby's intelligence a lot. It heals stomach ulcers; causes disposal of gastro-intestinal parasite; and increases women's milk (Ali Asghar Mokabi, 1998, P. 114).

2.3.5. Date

Most people have opinions about date; some people say that eating date blackens kid's hair. Other people say that eating date makes the kid pious, but most believe eating date will have an effect on baby gender, and if someone wants to have a baby boy, it must eat date a lot, of course, not any kind of date, but the black one. Component materials of dates include: proteins, sugars, fats and some salts.

2.3.6. Apple

Apple is one of the fruits that its description is almost heard from all people, and its eating is recommended to pregnant women. Some believe that eating an apple a day makes a kid cute.

2.3.7. Quince

Quince is another fruit recommended to pregnant women. They say: "If a pregnant woman eats quince, her baby will become attractive." Some people also say: "If the pregnant woman sleeps under a quince tree, she can relax, and it is also good for the baby."

2.3.8. Pomegranate

Pomegranate is another fruit that I heard so much about it. "If a pregnant woman wants her baby to become white and beautiful, she should eat pomegranate."

2.3.9. Peach

Peach is one of the other fruits recommended to get a beautiful baby.

2.3.10. Banana

A group believed that banana has B6 and a pregnant woman with nausea should eat it since B6 is good for nausea; another group said other properties of it.

2.3.11. Lettuce

A number of people recommend lettuce to a pregnant woman to get a beautiful baby since lettuce digests food and is good for the pregnant woman. Lettuce has water, protein, sugar, calcium, iron, phosphorus, potassium, magnesium, vitamins C, A and B.

2.3.12. Dairy

All recommended dairy and said that it was good for baby's skeleton.

2.3.13. Grains

All recommended the pregnant woman to eat grains, but with a condition that it must be soaked in water one or two hours in order to take its flatulence; its water is emptied and poured on it again, then it is baked.

2.3.14. Ginger

Some recommended ginger for depraved appetite of a pregnant woman in order to pour a very low amount of it "tip of teaspoon" in tea and eat. Some also said "since ginger is hot, it is good to get a baby boy".

2.3.15. Dried fruits

Eating almond, walnut and oleaster is recommended by all. Older people said: "In winter instead of fruit, they had almond, walnut, oleaster, and raisin." Of course, roasted pea and almond are recommended to the pregnant women to eat for their tasty milk.

2.3.16. Chicory extract

Chicory extract is recommended to a pregnant woman if she wants to get a baby. In addition, it increases woman's milk.

2.3.17. Saffron

It is recommended to get a beautiful baby. Of course, it is emphasized that saffron should not be overused.

2.3.18. Egg

The pregnant woman is recommended to consume local egg, but it should not be consumed too much because it makes the pregnant woman swollen and her delivery becomes hard.

2.3.19. Four seeds

A number of people said if from four to nine months once every three days, four seeds were mixed with local oil and eaten by the pregnant woman, her delivery would be more comfortable.

3. Spinach

Its leaves contain vitamin and iron. The iron of spinach is so rich that helps to digest food. Its chemical compositions contain vitamin A, B1, B2, PP, C, D, calcium, phosphorus, protein, etc.

4. Grape

Grape like mother's milk and in fact is vegetable milk. Water in milk is %87 and in grape %83. A kilo of grapes produces 900 calories.

5. Manna of salix fragilis (bidkhest)

It is a sweet material, has a softening property and used instead of milk.

6. Tea

One of the properties of tea is to balance or reduce actions of the organism, and its calorie is 25 times more than wheat bread that depends on the amount of protein in the tea. Since ancient times the effect of tea on psychiatry was known.

7. Lentil

Lentil makes flatulence; digests late, and its overuse thickens blood and slows down blood flow in narrow veins (Ali Asghar Mokabi, 1998, P. 132).

8. Honey

Honey is a food that includes all things the human body needs. It is a quite tonic food for brain. Scientists have proven that most microbes can't grow in honey. In honey, different organic acids, aromatic substances, and minerals such as: calcium, sodium, potassium, copper, cobalt, manganese, iron and phosphorus are enough. It includes vitamins B1, B2, PP, and C.

9. Walnut

Walnut is a medicinal plant. Dried walnut has less water and sugar than fresh walnut, and it includes vitamins, minerals and fats. Oils and proteins can be extracted from it. It contains vitamins A and D, calcium, iron, phosphorus and copper. Calcium in Walnut is combined with phosphorus. Phosphorus is effective in growth and life activities. In addition to these, walnut has minerals such as potassium, magnesium and iron. Fat and nitrogen materials that meat and egg provide for us, the walnut alone gives us. Walnut includes vitamins A, B1, B2, B6, PP, and C that each plays an effective role in the body health (Ali Asghar Mokabi, 1998, P. 215).

10. Conclusion

The culture in line with environment and in harmony with it controls behaviors, actions, and beliefs.

We usually think about pregnancy period and its stages as an issue that is only related to the body's natural state. The pregnant woman has different modes in this period and how can this condition have a relationship with more inclusive impacts of social influences? In fact, social factors have a profound impact on experiences during pregnancy and also on how the pregnant woman reacts to this period.

In this study, which is formulated as "beliefs related to food habits during pregnancy among women in Arak", the researcher reviews traditional beliefs and dietary habits of pregnant women during pregnancy or what kinds of foods people of this region recommend the pregnant women during pregnancy or delivery, or what foods they know harmful to them. In addition, the researcher has dealt with the amount of effects of religious thoughts on nutrition, health and hygiene during pregnancy and in the relationship, he has also considered the changes of people's thinking in the field of the pregnant women's nutrition due to cultural, social and economic changes.

The aim of this research is to know long health traditions in traditional society of Iran because such traditions as part of our cultural identity can act beside new health practices during pregnancy as cultural tranquilizers. Meanwhile, one of the other goals of this research is to portray the traditional and indigenous culture in order to represent part of the culture of our country for its greater richness since our cultural identity is in these traditions.

Given that folk beliefs are largely rooted in the natural and cultural environment, so, cultural environment theory of Julian Stewart has been seen consistently with this research. Julian Stewart poses the reciprocal relationship of specific cultures with their environment.

A variety of foods and vegetables, including double beet, baked grass, pumpkin, honey, dairy, cream with local bread called Shateh, local oil and butter, Tarhana, grape, Breshtook, condor, sesame, black seed, date, apple, pomegranate, peach, banana, dried fruits, including walnut, and almond, chicory extract, little amount of saffron, local egg, and four seeds with local oils are foods and edibles used by the pregnant women or recommended to them in this region.

But in the case of prayers, it should be said people of the region are very bound to the religion and act everything they hear from someone about the prayer or read it in the prayer book. A remarkable thing is that in this region, a great number of young and educated girls attend Quranic meetings and read the Holy Quran.

According to the question analysis of the study, the researcher concluded that the pregnancy and delivery period has some specific meanings, relationships, values, thoughts, behavior, actions, and beliefs

that allow members of a group from a culture to attend to recommendations in relation to this period and deal with problems of the period in its cultural framework.

The most important point in this study is that research on such traditional beliefs can identify a society and the type of people's thinking since these beliefs as a part of a whole called culture is related with other components of society culture such as livelihood, traditions, customs, values, etc. And what is more important is that how through a phenomenon like traditional recommendations of the public to a pregnant woman and changes occur in its relationships, beliefs, practices, techniques, over time, the economic, social and cultural changes of the society can be taken into account.

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