

## Impact of Iron Supplementation on Anemia During Pregnancy

Taru Agarwal\*, G.K. Kochar\*\* and Sonali Goel\*\*\*

*Department of Home Science, Kurukshetra University, Kurukshetra, Haryana, India*

*E-mail: \*<taruagarwal2003@yahoo.com>\*\*<kochargk@yahoo.com>*

*\*\*\*<Sonaligoel22@yahoo.co.in*

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**ABSTRACT** Pregnancy is a time in which the risk for developing iron deficiency anemia is highest, due to increase of iron requirement. Maternal nutrition is often considered as an important regulator of human fetal growth. Objectives: To study the impact of iron supplementation on anemia during pregnancy. Salty rice flakes preparation was prepared. Sixty volunteered pregnant women in their III trimester of pregnancy, who were visiting L.N.J.P. hospital regularly, undergo experimental trial. Ten non anemic pregnant women were included in control group. A questionnaire regarding general information was filled up. Hb was measured by Sahli's technique. 't' test was applied to study the effect of supplementation. All the subjects were showing symptoms of anemia but signs were not same. Majority (90 %) were showing paleness of eyes. Hb values of group B and C were more than the control group A and were found significant in comparison with group A. Thus iron supplementation in both forms (Tablet as well as Food) is helpful in managing anemia during pregnancy.