



IMPACT OF A STRUCTURED NUTRITIONAL DIET PLAN ON ANEMIA, JOINT PAIN, MENSTRUAL HEALTH, AND SLEEP CYCLE AMONG WOMEN: A COMMUNITY-BASED STUDY

Dr. A. K. Dwivedi

Director & Chief Executive Officer (CEO) Advanced Homoeo Health Center & Homoeopathic Medical Research Pvt. Ltd. Indore, Madhya Pradesh, India.

ABSTRACT

Anaemia and nutritional deficiencies remain major health concerns among women in India, often leading to fatigue, joint pain, irregular menstrual cycles, and poor sleep quality. This study was conducted on 300 women to evaluate the impact of a structured, affordable, and culturally acceptable dietary plan on improving haemoglobin levels and overall health. The results demonstrated significant improvement in anaemia, reduction in joint pain, better menstrual regularity, and improved sleep patterns.

KEYWORDS : Nutritional Diet, Anemia, Joint Pain, Menstrual Health, And Sleep Cycle, Homeopathy, Etc....

INTRODUCTION

Women across different age groups frequently suffer from iron deficiency anaemia due to inadequate dietary intake and lifestyle factors. Along with anaemia, issues like joint pain, irregular menstruation, and disturbed sleep are commonly observed.

The menstrual cycle is a composite activity regulated by hormones, predominantly estragon and progesterone. It characteristically lasts between 26 to 30 days and is divided into four phases: the menstrual phase, the follicular phase, the ovulatory phase, and the luteal phase. Each phase has distinct hormonal changes that can be influenced by nutritional intake.

Diet plays a crucial role not only in improving haemoglobin levels but also in restoring overall physiological balance. Traditional Indian foods, rich in iron, vitamins, and essential nutrients, can provide an effective and sustainable solution.

Objectives of the Study

- To assess the effect of a structured dietary plan on haemoglobin levels
- To evaluate its impact on anaemia and associated symptoms
- To observe changes in joint pain, menstrual cycle, and sleep quality
- To promote affordable and practical dietary habits among women

Methodology

- Study Population: 300 women of different age groups
- Study Design: Community-based interventional study
- Duration: Regular follow-up over a defined period
- Intervention: Implementation of a structured daily dietary chart

Assessment Parameters:

- Haemoglobin levels
- Physical symptoms (fatigue, joint pain)
- Menstrual regularity
- Sleep quality

Participants were guided to follow a fixed daily diet schedule consisting of nutrient-rich traditional foods easily available at home.

Foods to Avoid:

- Excessive caffeine intake
- High sugar intake
- Foods high in salt and unhealthy fats

Dietary Intervention Plan

The following foods were included in the daily diet plan:

Protein and Iron-Rich Foods

- Roasted gram with jaggery

- Roasted soybeans
- Almonds (roasted)
- Sattu (roasted gram and barley) with jaggery
- Wheat porridge (daliya) with milk and jaggery

Vitamin and Mineral-Rich Foods

- Spinach (green leafy vegetables)
- Carrot and beetroot
- Amla (Indian gooseberry) – candy or marmalade

Fruits for Natural Nutrition

- Papaya
- Apple
- Pomegranate
- Sapodilla (chikoo)

Dry Fruits

- Dates (fresh and dry)
- Raisins
- Munakka
- Figs

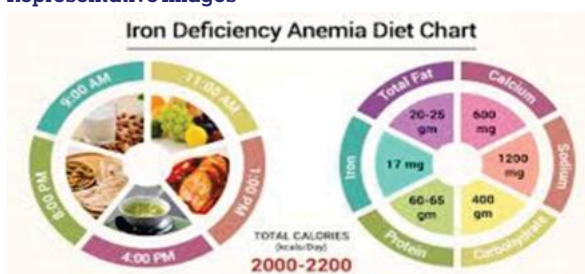
Additional Nutritional Support

- Warm milk with turmeric
- Egg/Fish (where acceptable)

Representative Images

खाद्य पदार्थ	खाद्य पदार्थ
भुना घना (देशी) + गुड़ Roasted gram + Jaggery	गाजर Carrot
गरम दूध (हल्दी के साथ) Warm milk with turmeric	चीकू Sapodilla
बादाम (Almond) भुनी हुई (Rosted) (भिगोकर नहीं)	चुकन्दर Sugar beets
सोयाबीन (भुना हुआ) Roasted Soybean	सेब Apple
पालक Spinach	अनार Pomogranate
पपीता Papaya	किशमिश Raisins
पिण्ड खजूर Dates	छुहाड़ा Dry Dates
सत्तू (चना+जी) + गुड़ के साथ Gram parched & ground with jaggery	मुनक्का Crown
रोहू का दलिया + गुड़ + दूध Frumenty + Jaggery + milk	अंजीर / Fig
आंवला का मुरब्बा / आंवला कैण्डी Amla marmalade / amla candy	मछली / अण्डा Fish/ Egg

Representative Images



RESULTS AND OBSERVATIONS

Improvement in Haemoglobin Levels

- A significant increase in haemoglobin levels was observed in the majority of participants
- Reduction in symptoms of anaemia such as fatigue, कमजोरी, and dizziness

Reduction in Joint Pain

- Participants reported noticeable relief in joint pain
- Improved mobility and reduced body weakness

Improvement in Menstrual Cycle

- Irregular menstrual cycles became more regular
- Reduction in menstrual discomfort and associated weakness

Better Sleep Cycle

- Participants experienced deeper and more restful sleep
- Reduction in stress and mental fatigue

DISCUSSION

The results clearly indicate that a balanced diet rich in iron, protein, vitamins, and antioxidants can significantly improve women's health. The inclusion of jaggery, green vegetables, dry fruits, and traditional foods played a crucial role in enhancing iron absorption and overall nourishment.

This study highlights those simple dietary modifications, without expensive supplements, can effectively address multiple health issues simultaneously.

CONCLUSION

The study concludes that:

- Regular adherence to a structured, nutritious diet significantly increases haemoglobin levels
- Anaemia can be effectively managed through natural dietary practices
- Joint pain and physical weakness are reduced
- Menstrual health improves with better hormonal balance
- Sleep quality and mental well-being show marked improvement

✧ A well-planned, traditional Indian diet can serve as a powerful, low-cost intervention for improving women's health holistically.

Recommendations

- Promote dietary awareness programs among women
- Encourage the use of locally available nutritious foods
- Integrate such diet plans into community health initiatives
- Combine diet with lifestyle modifications for better outcomes

Biography:

Dr. A. K. Dwivedi, BHMS (Gold Medallist), MD, MBA, Ph.D. has been a Registered Homeopaths for over 25 years. He is a Professor & HOD: Department of Physiology S.K.R.P Gujarati Homoeopathic Medical College, Indore. He is a Member of Executive Council, Devi Ahilya Vishwavidyalaya Indore, MP, INDIA, he is also a Member Scientific Advisory Board (CCRH) Ministry of Ayush, Govt of India. Member, Scientific Advisory Committee (NEAH) Shilong Meghalaya, Ministry of Ayush, Govt. of India, Member Academic Board Madhya Pradesh Medical Science University, Jabalpur MP (India). DIRECTOR, & CEO Advanced Homeo Health Centre & Homeopathic Medical Research Pvt.Ltd. Indore, Madhya Pradesh, India, EDITOR, "SEHAT EVAM SURAT" (Hindi Monthly Medical Magazine).

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