

## **Huvalshafy**

### **Nutrition, pregnancy period**

Islam has important instructions for all human life, even before conception, and it will be guaranty of soul and sprit health, one of the most important periods is embryonic period, those human need spiritual and material foods, Islamic recommendations for pregnancy periods:

As a matter of fact all of these recommendations are taking along with health triangle observation and general strengthening and cold water diet replacement completely, that there is in the site.

#### **Summary of recommendations of the first month of pregnancy:**

Reading the Yasin and Al- safat surah, Thursdays and Fridays.

Consume some apples in the mornings.

Consume a little Lord of the Martyrs' turbid, Fridays before dawning.

Consume some pomegranate, Fridays before breakfast.

Saying the first thing prayer, recite the izan, before prayer, and second call to prayer, put hands on belly, when praying .

Read the ghadr surah on two dates and consume them, in fasting.

#### **Summary of recommendations of the second month of pregnancy:**

Reading the Molk surah and greet the God, one after the other 100 and 140 times, Thursdays and Fridays.

Consume mutton with natural caw milk and sweet potato, each week.

Reading the Tohid surah on two jujubes and consume them, in fasting.

#### **Summary of recommendations of the third month of pregnancy**

Reading Al-Imran surah and utter the formula of praise 140 times, Thursdays and Fridays.

Consume one dessertspoon of honey, every morning.

Reading Ayat – Alkorsi surah to an apple, and consume it in fasting.

Consume frankincense just a little bit every day.

### **Summary of recommendations of the fourth month of pregnancy**

Reading the Dahr surah, Thursdays and Fridays

Reading the Ghadr surah in all of prayers

Reading the Ghadr and Kosar surah and greet the God, after all prayers

Consume the honey and pomegranates and sweet apple every day

Reading the night prayer, from fourth month

Reading the Valtin surah on two figs, and consume them in fasting

The name of the baby, should be chosen before four months and ten days (Good names and good meanings especially Islamic names)

### **Summary of recommendations of the fifth month of pregnancy**

Reading the Fath surah, Thursdays and Fridays

Reading the Nasr surah, in one part of prayers

Touching the turbid of Karbala and touch the belly after prayers

Consume some dates every mornings

### **Summary of recommendations of the sixth month of pregnancy**

Reading the Vaghee surah, Thursdays and Fridays

Reading the Valtin surah in one part of prayer at nights

Touching the turbid of Karbala and touch the belly after prayers

Consume figs and olives after breakfast

Do not consume animal fat in this month

Consume one pomegranate after Fath surah, every day in fasting

### **Summary of recommendations of the seventh month of pregnancy**

Reading the Anam surah on almond and consume it mornings (40 days)

Reading the Valtin surah twice, after Morning Prayer, Sundays

Reading the Naml surah, Mondays

Reading the Ghadr and Tohid surah, in daily prayers

Reading the Yasin and Tabarak surah, Thursdays and Fridays

Reading the Noor surah in all of seventh and eighth and ninth months

Reading 140 times greet to God, every days

Consume melon after meal (if it exists) and do not drink water before and after that.

Reading the Yasin surah to one kind of fruits and consume it in fasting

### **Summary of recommendations of the eighth month of pregnancy**

Do the seventh month actions

Reading the Ghadr surah 10 times, after Morning Prayer, Saturdays

Reading the Valtin surah 2 times, after Morning Prayer, Sundays

Reading the Yasin surah, Mondays

Reading the Forghan surah, Tuesdays

Reading the Dahr surah, Wednesdays

Reading the Mohammad surah (Peace Be upon Him) Thursdays

Reading the Safat surah, Fridays

Consume sweet yogurt

Consume honey

Consume sweet pomegranates (if it exists) Fridays

### **Summary of recommendations of the ninth month of pregnancy**

Roast lamb, is the best food

Do not consume spices

Consume dates

Reading the Valasr and Zariat surah in afternoon prayers and night prayers

Reading the Haj and Fater surah, Thursdays and Fridays

Some walking, every day

Look less into mirrors and pictures

Reading the Dahr surah to dates and milk, and consume in fasting

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