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## **Prevalence of anemia and physiological symptoms of pregnancy during first trimester**

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**Objectives:** To determine the frequency of anemia and frequency of physiological symptoms of pregnancy in the first trimester.

**Method:** A cross-sectional study was conducted in a rural health center from January 2021 to November 2021. Sample size of 801 patients was taken. Mean age of women were  $27.2 \pm 4.6$  years. Demographical data, hemoglobin levels and symptoms which occurred during pregnancy in first trimester were taken. Mean Hb levels were  $9.82 \pm 0.66$  g/dl. Urinalysis reports were obtained from the hospital's laboratory. Data was analyzed and results were generated using SPSS.

**Results:** The frequency of anemia among pregnant women in sample size was 96.5%. Most of the women were mildly anemic (71.5%), 5.9% were moderately anemic, 0.3% were severely anemic and only 2.8% were non-anemic. Collectively, among anemic and non-anemic women, nausea and vomiting were the most common symptom reported in 190 (23.7%), heart burn in 117 (14.6%), UTI in 97 (12.1%), constipation in 39 (4.9%), backache in 33 (4.1%) and 28 (3.5%) women reported pelvic pain in the first trimester.

**Conclusion:** There was anemia in high prevalence among pregnant women in the first trimester which calls for awareness and education of the community. Some of the results regarding various common symptoms of pregnancy found in our study were present in nearly similar and a few were in dissimilar proportions as compared to other studies.

**Keywords:** Anemia of Pregnancy, Nausea and vomiting, Prevalence.