

The Effect of Consumption of Ajwa Dates on the Amniotic Fluid Index (AFI) in the Third Trimester Pregnant Women

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Abstract. Adequate amniotic fluid volume is a prerequisite for good intrauterine fetal development and neonatal outcome. Ajwa dates contain minerals, especially sodium and contain amino acids in the form of arginine which can affect the volume of amniotic fluid. Purpose: The purpose of this study was to determine the effect of consumption of Ajwa dates on the amniotic fluid index in third trimester pregnant women. Method: This research uses aquasi experimental method. This research was conducted in Juni 2021 – September 2021 at RSIA Sitti Khadijah 1 Muhammadiyah. Results: The decrease in AFI in the intervention group was 3.02 ± 3.47 and the decrease in AFI in the control group was 3.64 ± 3.19 with a p-value of 0.560. Conclusion: Amniotic Fluid Index intervention group was better than the control group.

Keyword: ajwa dates, amniotic fluid index, third trimester pregnancy.