

Chewing Betel Nut During Pregnancy

Possible Reasons



Prevention of **morning sickness**.



Stress **relief** and **relaxation**.



Reduction of **tiredness**.



Prevention of a **smelly mouth**.

Possible Side Effects

The arecoline compound of betel nut may stimulate the central nervous system and reduce the blood flow to the baby, **impacting the fetal birth weight**.



Prolonged betel nut chewing in pregnancy may adversely affect hemoglobin levels and lead to **maternal anemia**.



Maternal betel nut consumption may cause **withdrawal symptoms** in the baby due to the compound arecoline.



Arecoline may also cause placental damage and lead to adverse pregnancy outcomes such as low **birthweight and prematurity**.



References

1. Betel Use in Pregnancy; University of Washington
2. Association between betel nut consumption and folate deficiency among pregnant women in rural Bangladesh; International Journal of Medicine and Public Health
3. Determining effects of areca (betel) nut chewing in a prospective cohort of pregnant women in Madang Province, Papua New Guinea; BMC Pregnancy and Childbirth
4. Betel nut chewing during pregnancy, Madang province, Papua New Guinea; ResearchGate
5. Consumption of areca nut during pregnancy and its effects on newborns; ResearchGate