



Pemba And Its Effects On Pregnant Women

25. Mwanza Sec

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Introduction:

Pemba is the one of the type of soil which are commonly used by the people especially pregnant women. And in this project we have tried to find facts which led pregnant women to prefer pemba and its side effects. We have searched various information from various places and asked various experts like medical doctors on the potential side effects to pregnant women. The information obtained are arranged to illustrate the meaning and all about pemba in terms of its usefulness or its side effects to the users.

Pemba is a chalk like structure which is manufactured from soil like clay soil and which are mostly used by the people especially pregnant women. Pemba are largely sold everywhere, but the soil which are used in making pemba are specifically found in the following places: Kigoma (Kasulu), Musoma. These soil for making pemba are found at the upper part on the hills and being extracted ready for transportation in different places for the purposes of making pemba.



Method:Red Pemba

This is a type of pemba which as sour taste and which are made by using soil obtained from Kigoma Region at Kasulu district. Red pemba have larger costs than white pemba due to its sourness taste which is mostly preferred by the users.

Material Used in Production of Pemba

The materials used in the production of pemba depend on the procedures used in making pemba. These procedures for making pemba are as follows:-

- Firstly; Wet soil or moisture which are in form of large crystals.
- Secondly; Grinding the already wetted crystals into small sizes.
- Thirdly; Dry for at least a half day if there is a sufficient sun light.
- Fourthly; Grinding by using motor and pestles into powder form.
- Fifthly; The powder is then filtered to obtain fine particles (powder form)
- Sixthly; They are soaked into water ready for making pemba.
- Seventhly; Strengthen by using hands into chalk like structure.

Results: Reasons for Pregnant Women to Prefer Pemba

Most of the pregnant women in Tanzania are usually eat pemba though they never lack food but their condition of pregnancy led them to do so. The followings are the reasons which led pregnant women to prefer pemba.

It increase appetite of eating food for the pregnant women.

They lack some mineral like iron

They help them to prevent nausea.

There is some sort of taste which pregnant women like to use (sweet or sour taste).



Positive and Negative Effects of Using Pemba to the Pregnant Women

A. Positive Effects

The major positive effects of using pemba for pregnant women is:

It adds some minerals required by the pregnant women. As it has been revealed in chapter six (6) the mineral contents of pemba are iron (Fe), calcium (ca), magnesium and sodium (Na) of which the pregnant women acquire from pemba.

The pregnant women lack minerals like iron, calcium, magnesium and sodium which can led them to suffer from feeling nausea, lack of appetite, and general body weakness.

B: Negative Effects

Although most of the pregnant women in Tanzania prefer much to use pemba, but it has been recommended by various health institutions that it is not advisable for pregnant women to use pemba because of the following problems associated with pemba.

It led swelling of the appendix. This is because during eating pemba a pregnant women can acquire some tiny particles which cannot be digested and absorbed by the body cells, so they go directly to fill the appendix which is more dangerous for better health.

It cause dangerous worms in human body whereby in pregnant women these worms can also affect the new in born child (foetus).

It lead to inadequate of blood for pregnant women which can evenly cause death for pregnant women.

Conclusions:Vision on the Effects of Using Pemba

Since pemba have been seen to cause a lot of problems to the users, we would like to advise the community to neglect the use of pemba. The health institutions with the help of the community itself should take part to make sure that pregnant women should stop the use of pemba by advising them to use other nutritious food instead of pemba, whereby the mineral required by the body of the pregnant women in pemba may be also obtained from fruits examples pawpaw, mangoes, pineapples and lemons. Also it may be advised for the pregnant women to use a lot of vegetables examples carrots, spinach and other local vegetables.

Also the government should prepare the experts to provide education to the most of the pregnant women from different part of Tanzania especially in villages where the pregnant women they are not aware on the negative impacts associated with the use of pemba.

Not only that but also the government should provide conducive environment to enable pregnant women to acquire some money which could help them to buy some nutritious food because some of pregnant women prefer to use pemba due to inability to afford to buy the nutritious food caused by the poor condition of their family.

Finally, education should be also provided to the men in order to make them aware with the negative effects of pemba, so that they can cooperate with their wives to discourage the use of pemba.

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