

# Week 9 Ultrasound Pregnancy Guide

By Dr Seema Gupta, MD *Free WhatsApp Consultation: 7416000033*



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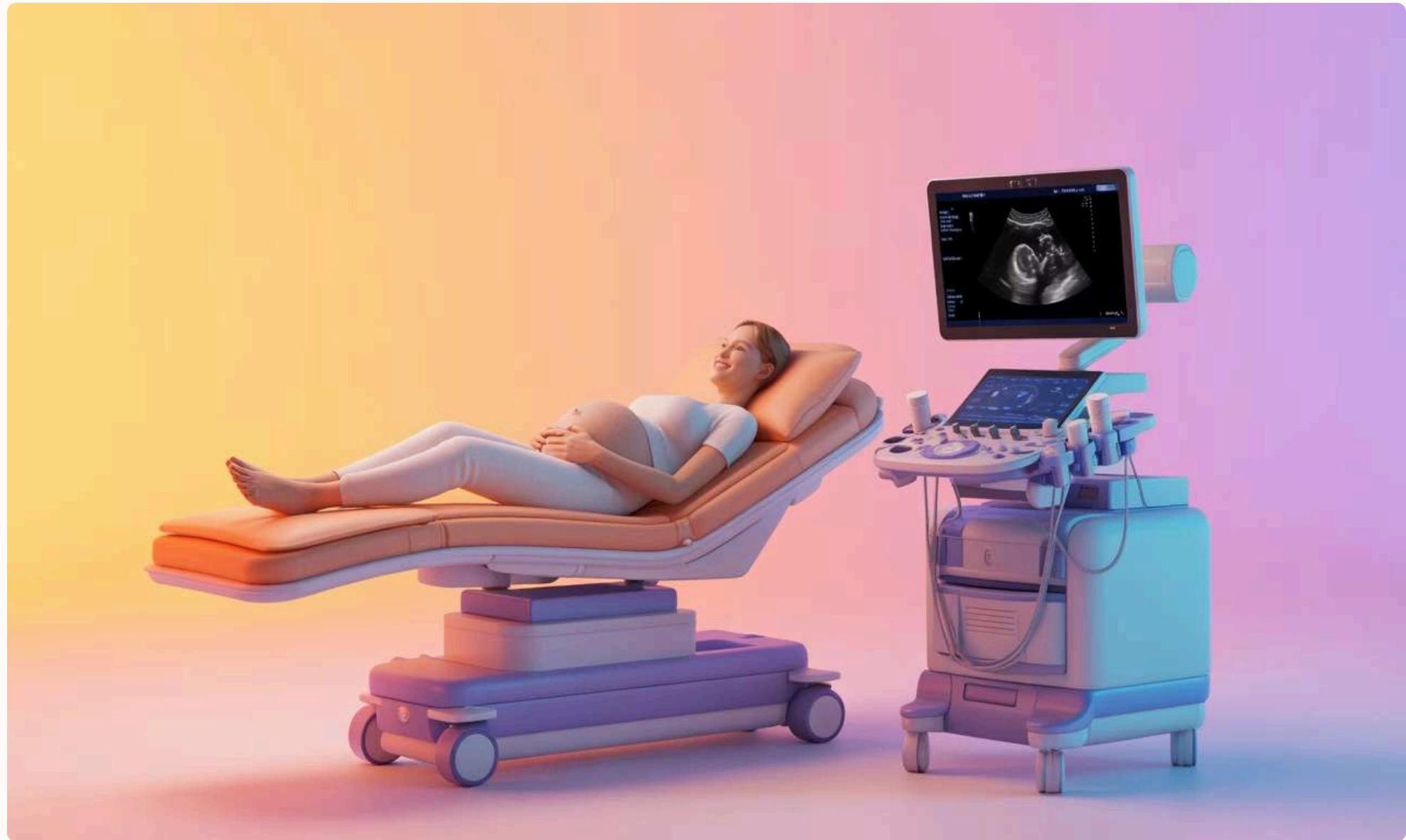
# Week 9 Ultrasound Pregnancy – Growth, Heartbeat & Your Care

## A Modern + Ayurvedic Guide

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Your complete guide to  
understanding your Week 9  
ultrasound



by Dr Seema Gupta

# What Happens at Week 9

## Key Milestones



### Baby Size

~2.3–3.0 cm (≈ grape)

[ayurvedguide.com](http://ayurvedguide.com)



### Normal Heartbeat

140-170 bpm [ayurvedguide.com](http://ayurvedguide.com)



### Visible on Ultrasound

Limb buds, head, yolk sac, gestational sac

[ayurvedguide.com](http://ayurvedguide.com)

## Why it matters

Crown-rump length (CRL) measurement gives accurate due date.

## Ultrasound types

Transvaginal or Transabdominal (15-30 min) [ayurvedguide.com](http://ayurvedguide.com)



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# Ayurvedic Perspective & Practical Care

## Balancing Pregnancy with Ayurveda

### Dosha Role at Week 9

## Vata

## nervous-system development

Pitta

## organ formation & metabolism

## Kapha

## growth & stability

[ayurvedguide.com](http://ayurvedguide.com)

## Diet & Daily Routine

- Fresh warm food: ghee, milk, almonds, whole grains [ayurvedguide.com](http://ayurvedguide.com)
- Avoid cold/raw, processed foods
- Gentle yoga, meditation, rest [ayurvedguide.com](http://ayurvedguide.com)

## Herbal Support Table

(safe ranges, + note see doctor) [ayurvedguide.com](http://ayurvedguide.com)

 **Tip:** Record your scan results + symptoms for ongoing monitoring.



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# Next Steps & When to See a Doctor

## From Week 9 to Next Milestone

Next scan: Week 12-13 (nuchal translucency) [ayurvedguide.com](https://ayurvedguide.com)

### Warning Signs (seek help if):

#### No Heartbeat

No heartbeat detected & date accurate

#### Heavy Bleeding

Heavy bleeding, severe cramp & dizziness [ayurvedguide.com](https://ayurvedguide.com)

#### One-Sided Pain

One-sided pain (possible ectopic)

### Call to Action

Talk with Dr Seema Gupta via WhatsApp for personalized support. 7416000033