

Week 9 Ultrasound Pregnancy Guide

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



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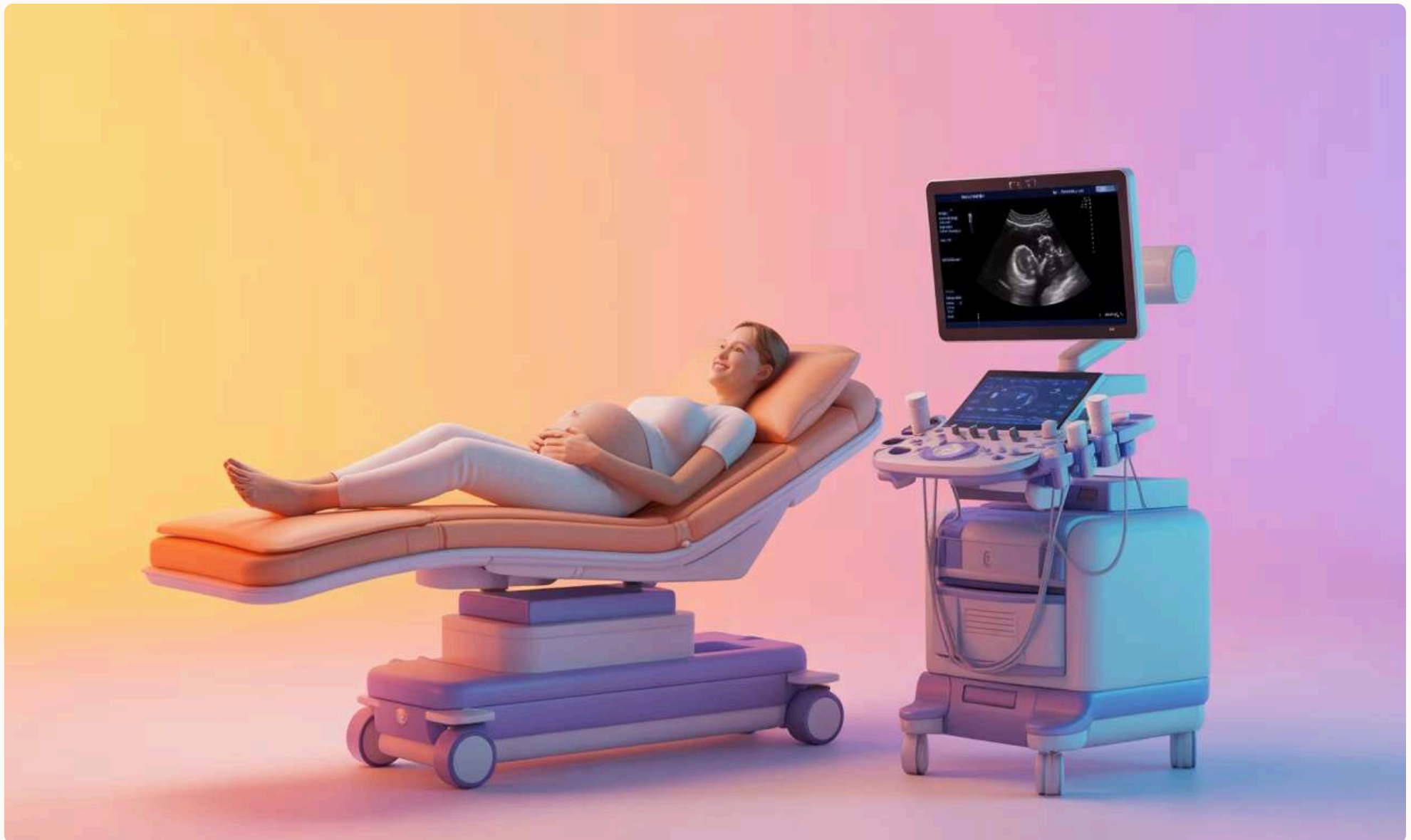
Week 9 Ultrasound Pregnancy – Growth, Heartbeat & Your Care

A Modern + Ayurvedic Guide

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Your complete guide to understanding your Week 9 ultrasound



What Happens at Week 9

Key Milestones



Baby Size

~2.3–3.0 cm (≈ grape)

ayurvedguide.com



Normal Heartbeat

140–170 bpm ayurvedguide.com



Visible on Ultrasound

Limb buds, head, yolk sac,
gestational sac

ayurvedguide.com

Why it matters

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

Ultrasound types

Transvaginal or Transabdominal (15–30 min) 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

Diet & Daily Routine

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

Herbal Support Table

(safe ranges, † note see doctor) ayurvedguide.com

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



Next Steps & When to See a Doctor

From Week 9 to Next Milestone

Next scan: Week 12-13 (nuchal translucency) ayurvedguide.com

Warning Signs (seek help if):

No Heartbeat

No heartbeat detected & date accurate

Heavy Bleeding

Heavy bleeding, severe cramp & dizziness ayurvedguide.com

One-Sided Pain

One-sided pain (possible ectopic)

Call to Action

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