

Natural Child Birth

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Summary

The term “Natural Birth” has been historically used to describe childbirth without any pharmaceutical remedies. In some cases this does not elucidate about using any analgesics during labour but having other medical interventions without analgesics. Women are made to rely on relaxation techniques and controlled breathing to help alleviate pain. While this type of birth sounds like it would take place in a birthing centre with a midwife or a doula, it can also take place in a hospital.

Key words: Natural child birth, Relaxation technique, Midwife

Although we think giving birth without medicine sounds impossible, there is option too. Many women choose “natural” delivery because they want more control over the labour process, including their pain management as they may feel that forgoing medication will help them come closer to the birthing experience and remember it more clearly.

1. Without relief from discomfort you can feel your reflexes seriously empowering you to push more. This can decrease the time you are in the process of giving birth.
2. Many mothers accept that the recuperation time after birth is diminished with relief from discomfort. Many feel they can eat just after birth, which thus can assist you with feeling far improved.
3. Torment during work fills a need, it helps guide the mother into the right situations for birth.
4. In reality you are not joined to an IV or a screen; moving around is a lot more straightforward. In some cases taking a short walk can help.
5. You lose no sensation or sharpness during the birth and this can help the entire process along and get the birth over rapidly.
6. Numerous ladies have serious areas of strength in the wake of finishing a characteristic birth and many happen to having another normal birth while having their next kid.
7. Try not to have a caesarean segment. Ladies who go into a characteristic birth are bound to try not to have caesarean; this implies no scar and less torment after birth. Measurements show 50 to 75 percent who have a prompted work need a caesarean segment.

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Natural Child Birth: Indian Scenario

As with a wide range of labour cases, “regular” birth allows some margin for everybody. Without clinical mediation, your cervix will expand normally, and you won’t be surrendered to speed work, so it can take longer. On the other side, clinical intercessions, for example, epidurals can likewise lead to sluggish work. Further, transportation frequently takes more time for first-time mothers to report at delivery facility. The torment level of conveyance is additionally unique for everybody. There is an assortment of normal relief from discomfort techniques you might use during conveyance

In Indian scenario Natural child can be enhanced by:

- (a) Breathing technique (breath normally throughout labour)
- (b) Massage
- (c) Warm shower or bath
- (d) Finding the most comfortable position
- (e) Mind deviation therapy
- (f) Birthing Ball
- (g) Acupressure
- (h) Emotional support.

Review of Literature

Estele Mwanza et al (2019) undertook an investigative quantitative examination, with an intention to evaluate the information on non-pharmacological strategies for torment the board among enrolled general medical caretakers at Bindura Hospital. This is on the grounds that most medical caretakers in this condition wait for pharmacological torment than non-pharmacological treatments which are given less consideration. This investigation utilised a clear report plan,

which is a non-exploratory research structure to get data about enlisted medical attendants' information on non-pharmacological torment the executives. An accommodation inspecting procedure was used to choose an example of 75 members. Information was gathered by the analyst who dispersed self-managed surveys to accessible enlisted nurture subsequent to acquiring educated assent at Bindura Provincial Hospital. The mean information score for this investigation was 48.6 percent and was underneath a pass characteristic of half and far beneath 80 percent which is the negligibly worthy degree of information on the Nurses Knowledge and Attitude Scale. A base information score of 16 percent was received from members demonstrating absence of information on signs of non-pharmacological torment treatments and a most extreme information score of 97.3 percent appeared on non-pharmacological strategies. The accompanying end was drawn from the examination discoveries; the investigation demonstrated that the medical caretakers have poor information seeing non-pharmacological torment the executives as showed by mean information score of 48.6 percent. The specialist accordingly prescribes that the nursing practice should show a drive in guaranteeing that all rehearsing medical attendants practice the most elevated conceivable torment the executives nursing care and those open doors ought to be caused accessible for medical caretakers to be taught in successful agony the board using non-pharmacological treatments.

Labour is the most exciting and most painful situation for women. Women have different threshold level of pain and cope with the pre-labour anxiety in different ways. In a study Kavita Devi V, 2018 aimed to avoid painful and throbbing experience of the mother during labour; 78 primigravida moms were chosen by week by week allotment of subjects in charge and test gathering. The mother in both the gatherings were acquainted with the examiner and clarified about the exploration venture. The mothers in the experimental group were oriented to the ward and were taught about the daily routine and explained about labour process and selected Lamaze techniques (for example, effleurage massage, breathing exercises and focusing on picture of baby) and then the anxiety levels was evaluated. The mothers of control group were assessed without intervention for the level of anxiety and routine care was given.

First estimation of labour pain was done at 3-4 cm dilatation of cervix, second assessment done after 2 hours of first observation and third assessment was done after 2 hours of second observation in both the groups. Active phase length of first stage of childbirth was evaluated by partograph from 3-4 cm to full dilatation of cervix. Investigational groups reported that there was significant difference of anxiety ($p < 0.001$), ache ($p < 0.001$) and length of

active phase of first stage of childbirth ($p < 0.001$) in comparison with control group. The study concluded that selected Lamaze technique reduces the level of anxiety and Strength of labour pain during first phase of labour among primigravida moms.

Mothers with low-risk pregnancies can easily opt natural child birth for delivering a healthy baby without medication.

Types of Natural Childbirth Techniques

There are many techniques that can be used when trying to have your baby without the use of any medical interventions. The following techniques have been successfully used since many years in aiding natural birth.

Alexander Technique

A pregnant woman can learn to release muscular tension to increase breathing capacity and restore the body's original poise and proper posture. As your body begins to experience lower back pain, balance and digestive problems, and shortness of breath, simple modifications in your movement can help alleviate these symptoms. When the time of delivery arrives pregnant woman will be able to breathe better, calm herself, focuses during the birth to help open the cervical dilatation and prepare for effective pushing as the baby comes.

The Bradley Method

This method emphasises excellent nutrition and exercise, relaxation techniques to manage pain, and the effective involvement of family members such as husband as coach.

Hypnosis

The use of this method is to bring a woman into a state of total relaxation where her body's muscles can function according to the way they are designed. Women using this method report feeling lost in a daydream, relaxed, calm, aware and remain in control.

Lamaze Method

Dr Ferdinand Lamaze developed this method in Russia using Psychoprophylaxis. This method utilises distraction during contractions to decrease the perception of pain and reduce discomfort.

Water Delivery

Giving birth in a warm tub of water can help a woman relax while giving birth to newborn. Some believe that the water helps the baby to come in this world with less light, sound which facilitates natural birth.

Breathing techniques

Breathing techniques such as rhythmic breathing focus on the mental state. Sleep breathing is performed by filling the abdomen first, rather than the lungs. The mother is to inhale for a count of 4, then

exhale to a count of 8. She should focus on making her abdomen rise and fall, rather than collapsing her lungs or using shallow clavicular breathing. This type of breathing is similar to the pattern used during sleep. Breathing can also be used as a force to expel the baby out. Women can actually “breathe” which allows their babies decent to birth path by sending breath down through their body.

Vocalisation

Voice is a powerful tool. A birthing woman may choose to moan with her contractions. She may choose to softly sing, chant, or grunt. She needs to follow her body and know that whatever sounds she makes are soothing and natural sounds which lead her throughout the process of birthing.

Visualisation

Mental imagery is a highly-useful in labour pain management technique, undertaken frequently by professional athletes to naturally enhance their performance. A mother can use the same technique to visual herself in each stages of birth, and see how she will respond to the different changes and challenges she may have to face. When we visualise a sequence of events as we would like them to happen, we mentally prepare ourselves to act in that situation.

Basically, Natural child birth works on 10 Mantras for Divine Birth.

- 1) **Keep calm:** Motivate the mother for staying positive throughout labour process.
- 2) **Trust your body:** It will facilitate the women to trust the concept of letting go during labour progress (first stage of labour). This can be done during the intranatal period.
- 3) **Go for yogic breathing:** Yogic breathing is very helpful for mother during labour progress. There are many benefits like muscle relaxation, pain perception, increased energy levels, stabilised blood pressure, reduced anxiety, depression and stress.

This is the easiest respiration exercise for calming nervous system and also the overworked mind could be in a regular means of respiration wherever the exhalation is longer than the inhalation. This reduces the tone of your sympathetic nervous system (fights or flight response) whereas activating parasympathetic nervous system (the rest, relax, and digest response). Inhaling in this manner for a minimum of 5 minutes can bring forth a distinction in your overall mood. Anyone can try these exercises.
- 4) **Meditate to feel the peace:** Meditation is a process in which we shift from thinking to feeling. It is a journey from the complexity of mind to the simplicity of heart. It is for this reason that

meditation methods involve circulatory system which helps the mind to function better and more effectively in our everyday life.

- 5) **Hydrate yourself as much as you can:** Drink sips of water at regular intervals.
- 6) **Walking:** During the first stage of labour, walking helps to promote labour progress and decent foetus easily and also improve contraction rate.
- 7) **Greet:** Say “Hello” to your baby daily, “You are doing well my child”.
- 8) **Trust your partner and midwife,** they will help you in all ways.
- 9) Feel empowered, **express your choice of comfort** and raise your voice.
- 10) Enjoy the spiritual and beautiful journey of bringing your baby to this earth.

Conclusion

Trends change with time; new concepts arise and help society to overcome the drawbacks of older concept. Current scenario says that birthing a child naturally is much safer than that of caesarean, as caesarean has many later complications for both mothers as well as for newborn. Natural child birth process is considered as an easy, comfort promoting and very cost effective. In this article various methods are discussed for promoting natural child birth, it all depends upon the condition of mother and fetus which decide about specific method. Hence it is justified that alternative method are better than that of caesarean.

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