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## NATURAL CHILDBIRTH

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### ABSTRACT

*Natural childbirth is considered the most preferred type of childbirth since it involves minimal to no medical intervention. Nature knows best where biological processes are involved and medical intervention should only be resorted to in cases when it becomes absolutely necessary. Natural birth is beneficial to both, Mother and child. Thus this article discussed with the definition, techniques, and preparation for natural childbirth includes; one to one labour support, breathing exercises and visualization, positioning and movement, massage touch and hot and cold therapy, hydrotherapy, acupuncture, hypnosis, positions to ease labour pain and benefits of natural childbirth.*

**Keywords:** Natural childbirth, techniques, hydrotherapy, acupuncture, hypnosis

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### INTRODUCTION

Natural child birth refers to having a vaginal delivery without the use of pain relievers or regular medical treatments. This style of birth can take place in a variety of venues, including hospitals, birthing centres, or at home, and may be overseen by a midwife or a physician. Natural childbirth advocates believe that labour and delivery are natural processes that the body is designed to aid. Women who choose natural childbirth frequently use controlled breathing and relaxation techniques to deal with pain. For many people, choosing natural childbirth is not about displaying courage; it is about treating labour and delivery as regular events.

#### Definition of Natural child birth

Natural delivery is the process of giving birth without using typical medical interventions such as pain relievers, anaesthesia, or surgical procedures.

#### Techniques of Natural Childbirth

Pain management during labour varies greatly among mothers. Many women try to relieve pain by focussing their attention and thoughts on other things.

- The Lamaze technique: This approach emphasises that childbirth is a natural, normal, and healthy experience. However, it does not condemn the use of pain relievers and encourages women to make decisions based on their individual requirements.
- The Bradley technique: This technique encourages natural childbirth and the active participation of a birthing coach. Medications are typically avoided until absolutely essential. It emphasises the significance of proper nutrition and exercise throughout pregnancy, as well as relaxation and deep

breathing techniques. There are other variety of natural treatments to ease discomfort during labour, are as follows:

- Hypnosis (also known as "Hypno-birthing")
- Yoga
- Meditation
- Walking
- Massages or counter-pressure
- Positional changes (e.g., moving around, showering, rocking)
- Immersion in warm water
- Distractions (e.g., listening to calming music)
- Visual imagery.

### **Preparing For Natural Birth**

- **One-To-One Labour Support**

Having a sympathetic individual by a woman's side throughout labour who is committed to providing emotional support and assuring her comfort can considerably reduce worry and tension. This assistance can help women feel more in control and handle the obstacles of labour without the need of medication.

- **Breathing exercises and visualization**

Many delivery classes use targeted breathing and visualisation techniques. These techniques emphasise calm and collaboration to help with contractions.

- **Positioning and movement**

A range of positions during labour, such as sitting, kneeling, standing, or leaning on partner, either upright or on all fours. Comforting motions include walking, rocking in a chair, or using a birthing ball. Women who move about feel more in control, which may reduce discomfort and anxiety. Standing up straight will aid in the baby's descent during the pushing stage, while crouching or squatting will facilitate the opening of pelvic outlet.

- **Massage, touch, and hot and cold therapy**

Massage eases stiff muscles, encourages relaxation, and may lessen labour pain perception. Apply consistent counter-pressure to the lower back if a woman is experiencing lower back pain during labour. In order to relax and lessen pain, many women also swear by applying warm compresses or a hot water bottle to their back, lower abdomen, or any other area where they're experiencing discomfort. While some people love switching between hot and cold, others find cold packs to be more calming.

- **Hydrotherapy**

Labour pains may be lessened using hydrotherapy, which uses water to calm and relax the body. Women can maintain their composure and alertness through hydrotherapy. In addition to promoting muscular relaxation and relieving strain on the body, submersion in water may also lessen discomfort, anxiety, and the need for medicine. However, a shower is also acceptable, and a warm shower is

calming to many ladies.

- **Acupuncture or acupressure**

In addition to reducing birth pain, acupressure has been connected to less forceps or vacuum-assisted deliveries, which were linked to a decreased rate of caesarean sections in one research. Acupuncture sites on the hands, feet, and ears are frequently used during delivery.

- **Hypnosis**

Self-hypnosis is useful for easing pain, anxiety, and tension. In order for women to learn how to focus and relax their muscles during labour, they must receive instruction and practice beforehand. It is possible to alleviate feelings of stress, fear, and discomfort through the practice of self-hypnosis.

### **Benefits of Natural Childbirth**

Mother wish to have minimal interventions during labour and delivery, maintain as much control over her body as possible, and participate actively throughout the process, an un-medicated method may be the best option for parturient.

- The majority of natural delivery methods do not include any invasive procedures.
- During labour, many women have a tremendous sense of empowerment, and after giving birth, they feel a sense of success. Many said they will prefer an un=medicated delivery again the next time, even though they had to endure agony. Being in control of a situation can help some women feel less discomfort.
- Sensation and alertness are unaffected. Mother can find postures that keep you comfortable during labour and move about more freely. And when it's time to push your baby out, the mother will still be able to take part in the delivery procedure.
- Women who do not take medication are less likely than those who receive epidurals to require procedures such bladder catheterisation, vacuum extraction, forceps delivery, or oxytocin to trigger contractions.
- As women collaborate to manage the pain of labour, partners can be involved in the process.
- The self-hypnosis, visualisation, and breathing techniques learnt can be used by the mother both during labour and afterwards. In the early days of nursing, when managing postpartum discomfort, or during those particularly difficult periods of caring for a newborn, many new mothers find themselves using their relaxation practices.

### **CONCLUSION**

To sum up, un-medicated delivery, also known as natural childbirth, empowers women by enabling them to utilise their bodies' inherent capabilities and may be a profoundly satisfying experience. It also highlights the significance of flexibility and making educated decisions throughout the labour process.

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