



# Maternity Challenges during Pregnancy

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## STUDY DESCRIPTION

Natural delivery is a kind of lower pain parturition in which nonmedical styles are used. This kind of parturition is a new program and to ameliorate quality, it needs to be further explored. The natural physiological delivery has reduced the gratuitous medical intervention of the croaker to the natural strain of parturition. Pain medication can affect labor such as speeding in it up or slowing it down. It can also have effects on the mother, as lowering blood pressure etc. This type of delivery that factors similar as mother mobility, skin contact with the baby and the mother can have an impact incontinently after parturition and breastfeeding can be done after parturition. Considering that the nature of parturition is pain, in physiological delivery, pain relief styles are used in similar as massage remedy, aromatherapy, heat remedy, cryotherapy, pressing system, music remedy, reflexology, relaxation, respiratory ways, etc to lessen the pain and parturition. Physiological delivery is a new program in which like any other program needs to be reviewed to ameliorate its quality and process. Due to the substantiation and studies, it's possible to find that this subject can always face with challenges that beget dissatisfaction as well as the optimum delivery of parturition in different conditions and lack of installations that in this exploration, the study of this system and satisfaction in pregnant women have been studied. According to the statistical population studied in this system that has been done parturition in this way, the results and findings are reused. Unfortunately, some ways are generally employed in the delivery process. These ways don't only profit from motherly and

invigorated consequences but potentially pose pitfalls to both of them. When performing the remedial protocol, the midwife needs to pay attention to this point that how normal care can make a negative station for pregnant. For illustration, if the pregnant woman isn't allowed to take acceptable status outside the bed, she feels impaired and doesn't have the power to help her in parturition.

In this study, it's believed that the mother and the baby are endowed with the ingrain sense of birth and delivery. So, parturition is a natural and essential process in which should be done with minimum medical interventions. In the physiological delivery process, physiological and emotional aspects are considered as well. So that mother has come active in parturition and she does not just have a mechanical process for birth. In fact, a physiological delivery refers to the non-medicinal effortless parturition which is done concerning the mother's sequestration and minimal interventions. In this way, the mother has authorization to walk, move, eat, and drink and indeed can enter the delivery room with someone.

In these circumstances, parturition is made in space and room where the mother feels happy and has freedom in all stages. The use of ultramodern delivery styles like non-medical and supporting system by perfecting the cerebral and emotional aspects of delivery can make delivery a affable and pleasurable event for mama and by reducing the intensity of pain and fear reduce the tendency for optional cesarean section.

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