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RESEARCH ARTICLE

LOTUS BIRTH: UNCUT UMBILICAL CORD

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ABSTRACT

The word "Lotus Birth" mean that the practice of not cutting the umbilical cord and placenta attached to the baby after baby come out up to it detached spontaneously, which generally occurs 3-10 days after birth. Between April 2014 and January 2017, six lotus births occurred in Australia. Lotus birth practice is leave the umbilical cord not to cut upto separation occurs naturally, this article reveals about neonatal care, mother care perineal immunization, and desire for future lotus birth concern.

INTRODUCTION

Child birth is precious movement for all women, where it is a transition period for women to the motherhood. It is an excited, stressful, lovely, exhausted and unpredictable experience to the mother. The clinical management of labour and childbirth is well understood, but not enough attention is given to making women feel safe, comfortable and positive about their experience. As well as providing essential information on clinical requirements for preventing and managing maternal mortality and morbidity, WHO priorities the psychological and emotional needs of women giving birth.

Lotus birth: Lotus birth is a practice of birthing baby and placenta, and leaving it attached until the cord falls on itself which it will take nearly 3 to 10 days. Usually the conventional practice is detaching the cord from the baby after the child birth and discarding the placenta. The positive effect is on delayed cord clamping has been researched that is DCC means waiting for some minutes for cord clamping and cutting the cord till the pulsation has stopped. But, practices in lotus birth no clamping and no cutting of cord done. Women called Clair Lotus imitated the holistic approach in 1974. The chimpanzee did not separate the placenta from the newborn, which is attracted for people for the natural birth world.

This practice can be spiritual for the to honor the relationship between the infant and placenta. The recent event lotus birth practice occurred 24th February 2019 by women Carolina Olmos in Switzerland given birth to baby boy, and she decided to use salt, herbs and blend of rose water, lavender, and rosemary for good smell. Her lotus birth ended exactly by 5 days the umbilical cord fell off naturally her baby looked healthy and beautiful.

Benefits of Lotus Birth

- A gentle, less-invasive transition for the baby from womb to the world
- Increased blood and nourishment from the placenta
- Decreased injury to the belly button
- A spiritual ritual to honor the shared life between baby and placenta.

Preservation of Placenta: The placenta will be washed, salted and herbs were put on 2-3 days of postnatal. The placenta will be wrapped to absorb the moisture then the salting will be repeated. The herbs can be used for good smell and freshness.

Evidence on lotus birth: The study conducted in USA from April 2014 and January 2017, six lotus births occurred.

Mothers were contacted by phone after giving birth. review was completed on each patient to evaluate if erythromycin ointment, hepatitis B vaccine, and vitamin K (intramuscular or oral) were administered, treatment of the placenta, maternal group B streptococcus status, postnatal infant fevers, infant hemoglobin levels, jaundice requiring phototherapy, and infant readmissions. Three of the six families decided to cut the cord before hospital discharge. No infections were noted.

Risks associated with lotus birth: Primarily it is risk for infection, as the cord and placenta become dead tissue or organ because of no any blood circulation so, which may causes infection to baby. Another potential injury that is injury to baby while attached to the placenta and carrying along with baby carefully during feeding, bathing while clothing also.

Summary

Here there are no much research studies on practicing lotus birth and which is actually beneficial. And this will be a spiritual practice and less invasive transition for baby. Compared to lotus birth much research studies are supporting for the delayed cord clamping which is recommended practice globally.

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