

Parturition and Its Stages

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Introduction

The meaning of parturition is childbirth or giving birth to a child. This process takes place from placenta which is a part in the uterus and from placenta to vagina and from vagina to outside the world. Every woman in the world will face the labour pains and give birth to the child. There are different methods of giving birth to a new born. In olden days there are no hospital facilities and proper medication to the women during the pregnancy time these results in abnormal childbirths or child with less weight and some intellectual problems. Even the pregnant women who don't have proper medication suffers from urinary tract infections, obesity, weight gain, hyper tension, fever, tiredness, back pain and mainly nausea. Some women have health problems before getting pregnant and for some women health issues raise during the pregnancy period. So one must have proper medication to avoid pregnancy complications even before getting pregnant one should have proper diet now a days everyone women are taking cigarettes, alcohol, drugs and unhealthy food this leads to miscarriage after getting pregnant and also effects the child. Some women suffer from diabetes during pregnancy the signs of parturition are back ache, cramping, tightening similar to period pain and they feel pressure whenever the baby moves inside the pelvis and rupture of membranes and they always want to go to toilet because baby head pressuring in the bowel. During this pregnancy there are four hormones that are released one is Human chorionic gonadotropin hormone, human chorionic somatomammotropin, Estrogenic, Progesterone these hormones cause nausea and excess amount of estrogenic release leads to the development of the milk duct.

Miscarriages mean baby dies in the womb during pregnancy.

This is caused mainly due to health conditions, maternal age, infections, uterine abnormalities, thyroid diseases, radiation, hormonal irregularities, and the symptoms of miscarriage are back pain, abdominal pain, cramps, bleeding. Women who give birth to first child will have more labour pains compared to women giving birth to second child. a typical pregnancy period lasts for 40 weeks and there are three stages called trimesters: first trimester, second trimester and third trimester in these three stages the fetus undergoes many changes and the missed periods is the first sign that you may be pregnant during pregnancy it is common to gain weight in first trimester women may not experience the baby but when it comes to second and mostly in third trimesters mother can experience the growth of the child. In second trimester mostly physical and emotional changes takes place in every women.

During pregnancy time we have to avoid some foods example raw or half boiled eggs , liver products some types of fish, when it comes to fruits pregnant women should not eat papaya and pine apple and some sunder cooked moonbeams, clover, radish. Foods which are healthy to pregnant women are spinach tomatoes, wheat breads etc. and pregnant women have to avoid exercises when you have asthma, heart diseases, diabetes. They should drink more plenty of water.

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Conflict of Interest

Author has no conflict of Interest.