



RESEARCH ARTICLE

PHYSIOLOGIC BIRTHING & DE-MEDICALIZATION

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ABSTRACT

Physiologic birthing is the natural process of labor and childbirth that occurs with minimal medical intervention, guided by the body's innate hormonal and physical mechanisms. In recent years, increasing medicalization of childbirth has led to the routine use of interventions even in low-risk pregnancies. While necessary in complications, unnecessary interventions may disrupt the normal physiology of birth. De-medicalization promotes evidence-based, woman-centered care that supports natural labor, informed choice, and minimal intervention. Encouraging physiologic birth helps improve maternal satisfaction, reduce intervention rates, and enhance maternal and neonatal outcomes.

INTRODUCTION

Physiologic birthing is about allowing the natural processes of labour and delivery to unfold with minimal medical intervention. It recognizes and respects the body's inherent ability to give birth and seeks to create an environment where this process can proceed as smoothly and naturally as possible. "A normal physiologic labor and birth are defined globally by midwifery organizations as a birth that is powered by the innate human capacity of the birthing person and fetus". This means that there are no interventions performed that disrupt the normal physiologic processes.

Minimal Interventions
Informed choices
Supportive environment
Continuous support

Benefits of Physiologic Birthing

For the Mother

Greater control and satisfaction.
Reduced risk of certain complications

For the baby

Improved transition to life outside the womb.
Enhanced bonding through skin-to-skin contact

Preparing for a Physiologic Birth

Education: Learn about physiologic birthing and discuss plans with a healthcare provider.

Creating a Birth Plan: Outline preferences and discuss them with your birth team.

Choosing the Right Birth Environment: Consider settings that support physiologic birthing, such as birthing centers or home births.

De-medicalization

Promote Autonomy and Informed Choice: Enhance Education and Support: Provide comprehensive prenatal education on the normal physiology of birth.

Create a Supportive Environment: Ensure that birthing environments are conducive to natural birth.

Reduce Unnecessary Interventions: Encourage practices that minimize routine medical interventions (e.g., continuous electronic fetal monitoring, routine episiotomy, or induction of labor) unless medically necessary. It aimed for reducing unnecessary medical interventions and allowing birth to proceed as naturally as possible. This approach helps to respect the body's inherent ability to give birth and supports a more holistic, less interventionist approach to labor and delivery.



Signs of true labour

Key Principles of Physiologic Birthing Respect for Natural Processes



Reasons for why Demedicalize?

Respect for Natural Processes: The human body is well-adapted for childbirth. Many interventions, while sometimes necessary, can disrupt the natural progression of labor and affect the overall birth experience.

Reducing Unnecessary Risks: Some medical interventions can carry risks for both the birthing person and the baby. By reducing unnecessary procedures, the potential for complications can be minimized.

Enhancing Birth Experience: Many people find that a less medicalized birth is more empowering and fulfilling. It allows for greater control and a more personalized birth experience.

Key Principles of Demedicalized Birth

Minimize Interventions: Reduce the use of procedures like routine episiotomies, continuous fetal monitoring, and unnecessary inductions, unless they are needed for medical reasons.

Support Natural Labor: Allow labor to start on its own and progress naturally. Encourage practices that support the body's natural rhythms, such as freedom of movement and labor in various positions.

Promote a Supportive Environment: Create a calming and supportive atmosphere. This may include the presence of a birth partner or doula, and a setting that respects the birthing person's preferences.

Informed Choices: Provide comprehensive information so that birthing individuals can make informed decisions about their care and interventions

Benefits of Demedicalized Birth

Empowerment: Allows birthing individuals to have a greater sense of control and participation in their birth experience.

Reduced Risk of Complications: Minimizes exposure to potential side effects and complications associated with unnecessary medical procedures.

Enhanced Bonding: Supports early skin-to-skin contact and immediate breastfeeding, which can benefit both the mother and baby.

Preparing for a Demedicalized Birth

Educate Yourself: Learn about the principles and practices of demedicalized birth and discuss your preferences with your healthcare provider.

Create a Birth Plan: Outline your preferences for a less medicalized birth and discuss them with your birth team.

Choose the Right Birth Environment: Consider birthing centers or home births if they align with your demedicalization goals and ensure they are equipped to handle emergencies.

CONCLUSION

Advocating for physiologic birthing and demedicalization promotes a more holistic and individualized approach to childbirth, emphasizing the importance of trusting the natural process and the birthing woman's ability to guide her own experience. This shift not only enhances maternal and neonatal well-being but also contributes to a more humane and respectful model of care in childbirth.

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