

▶ LOTUS BIRTH

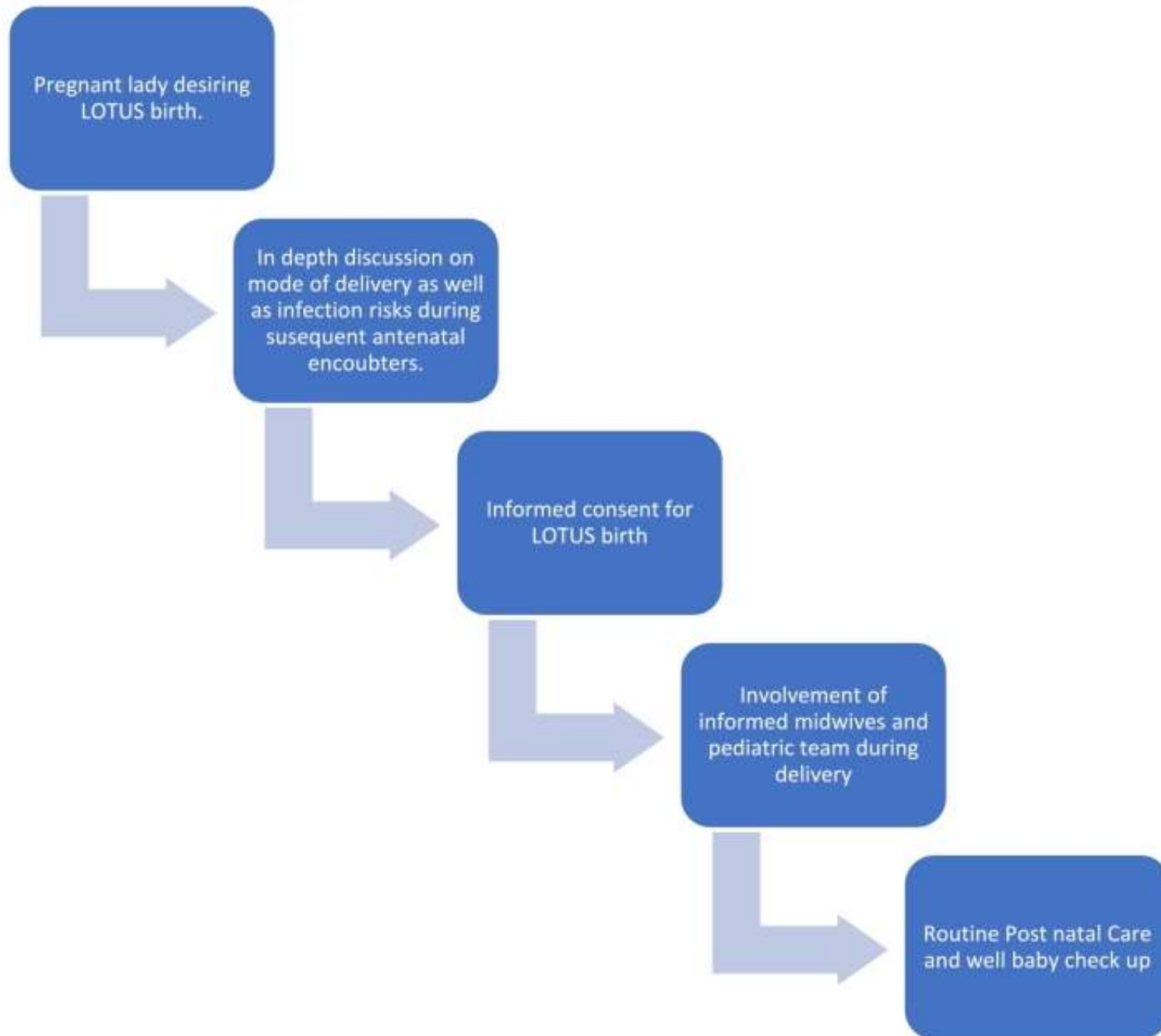


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Lotus birth (or umbilical cord nonseverance - UCNS) is the practice of leaving the umbilical cord uncut after childbirth so that the baby is left attached to the placenta until the cord naturally separates at the umbilicus. This usually occurs within 3-10 days after birth.

- ▶ The term was coined in 1979 to identify the practice of not cutting the umbilical cord and of leaving the placenta attached to the newborn after its expulsion

- ▶ Clair Lotus was pregnant in 1974, Clair was aware that chimpanzees did not separate their placenta from the baby at birth, so she decided against routine umbilical cord clamping. The term lotus birth initiated from Clair Lotus .
- ▶ 'Half lotus birth' - waiting for the placenta to be born before clamping and cutting the cord.



- ▶ Lotus birth, after the placenta is born vaginally (often with the maternal informed choice for passive management of third stage allowing for natural detachment of the placenta within appropriate time allowed for it, with no hormonal injections such as oxytocin) or via cesarean section.
- ▶ Following birth, the placenta is simply put in a bowl or quickly wrapped in absorbent toweling and placed near the mother-baby.

- ✓ Caregivers step back to allow for undisturbed maternal-child bonding.
- ✓ It is only after this initial intense bonding period that the placenta is managed by rinsing, drying, applying preservatives, and positioning .
- ✓ The placenta, once ejected from the womb, has no circulation and quickly dies and within 3-10 days of postpartum.
- ✓ The practice requires the mother and baby to be home bound as they wait for the placenta and umbilical cord to dry, decompose, and separate from the baby.

- ▶ During this kind of birth third stage of labor is managed passively with no use of either oxytocic drugs or cord traction .
- ▶ After delivery, the placenta is washed, salted, and encased in absorbent material.
- ▶ Sometimes, wrapping in herbs such as lavender is done as this may aid with keeping bad odor away

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

COMPLICATIONS:

- ▶ Once out of the womb, blood stops flowing to the placenta. At this point, the placenta becomes dead tissue prone to infection. Because the placenta is still attached to the baby, an infected placenta can infect the infant.
- ▶ Additionally, the baby risks injury of the cord accidentally being ripped away from their body. This is known as cord avulsion.

Journal Articles Related to LOTUS BIRTH

- International Journal of surgery case reports
- Italian Journal of Pediatrics
- Journal of obstetric, gynaecological and neonatal nursing
- African journal of Midwifery



Thank You