



The hypnotic effect of childbirth

Jaypali Shetty became the first woman in the city to deliver a baby using the hypnobirthing technique

Vishakha Avachat

On November 22, at 8.30am, a baby girl was born to Jaypali and Ashok Shetty in the Chrysalizz Nursing Home in Khar. A baby being born is nothing unique in itself, but the method used for the delivery was pioneering in Mumbai. Jaypali is the first woman in the city to deliver a baby through a process called hypnobirthing.

Jaypali read about hypnobirthing in an article, when she was seven months pregnant. They contacted a hypnobirthing expert in the US, who eventually put them through to one in Mumbai. Jaypali has a three-year-old daughter who was born through a C-section and she didn't want to go through the pain all over again. She consulted doctors to find alternatives to a C-section, but to no avail. She then met Kasia Wierzbicka, a hypnobirthing expert, who guided Jaypali through the entire process.

Hypnotique chic: FAQs

What is hypnobirthing?

Hypnobirthing is self hypnosis, relaxation and breathing techniques to be used for pain relief during labour and childbirth.

Will I be 'out of it' if I use hypnobirthing?

No, absolutely not. With hypnobirthing, you are aware of what is going on around you, but you can just 'tune out' the distractions

Can hypnobirthing guarantee a completely pain-free labour and birth?

No. There are many factors that

can affect a birth, some of which are outside our control. Also, like any childbirth preparation class, the success of the techniques is related to the amount of practice you put in. However, as a guide, we find that around 65-70 per cent of hypnobirthing mums don't need any form of pain relief. Nearly all the mums in this category simply don't experience any pain — just pressure. Around a further 20-25 per cent only require something mild, like gas and air. The remaining 5-10 per cent require medical intervention.

Source: HypnoBirthing UK, The Mongan Method

"I was into yoga and meditation from the start, therefore I didn't have any problems when it came to learning hypnobirthing techniques," says Jaypali. She was taught breathing exercises and visualisation techniques. "My husband and I had to attend classes once a week. He was very supportive," she says.

When asked whether they har-

boured any apprehensions about the technique, both Ashok, who is a software engineer, and Jaypali, said, "We didn't need to be convinced, as we read up a lot on hypnobirthing. It is the traditional way of giving birth." They added that the delivery was done without any anaesthetic.

Due to meditation, the body releases natural painkillers, and hence

there is no need for artificial ones. The birth companion administers a gentle touch massage, which helps relieve the pain. Jaypali went into labour the night before her delivery, and was rushed to hospital in a car. "In the car too, I didn't feel the pain, and just kept meditating. After my delivery, I was out of bed in a day," says Jaypali. Ashok feels that it was Jaypali's calm persona that kept her going.

Kasia, the hypnobirthing expert who guided Jaypali, says, "Jaypali had full faith in the technique. She didn't need any painkillers and the baby was born healthy, and weighed 3.8kgs." She adds that after this success story, many more people have enquired about the technique and a second woman, Shivani, is expected to give birth over the next few days, using the hypnobirthing technique. Dr Ameet Dhurandhar, gynaecologist and obstetrician, who carried out the delivery, says, "This technique is largely used abroad. Here, people don't know about it, but will become aware when success stories like this appear."

The hypnobirthing method lets the mother have a painless delivery and enjoy every moment of the process.

a_vishakha@dnaindia.net



Entranced by love: Jaypali and her husband Ashok with their baby. Photography by Vishakha Avachat