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## Alternative healing: When pain gets hypnotized!

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Painless vaginal birth without drugs? That's what Hypno-Birthing technique claims to do. Clinical Psychologist Prachi S Vaish talks to Jaypali Ashok Shetty - a celebrated Hypno-Birthing practitioner from Mumbai about why she believes in this technique that involves breathing and creative visualization. Read on to know your options.

### Inspired by her own pregnancy

Jaypali Ashok Shetty is one of those rare people who have had a Vaginal Birth After Caesarean (VBAC) and she owes it to this revolutionary technique!

She elaborates, "My second pregnancy was amazingly different and more beautiful than the first one. My firstborn Deeva was breech, which necessitated a Caesarean section delivery, which I neither expected nor wanted. When I conceived my second child, I knew for sure this time it's got to be a vaginal delivery. Meanwhile an article on Hypno-Birthing (HB) had appeared in Times about HB practitioners' course in Mumbai."

"My husband Ashok, further investigated about the program and emailed Mrs Sarojini Alva, the course regulator; her prompt reply provided the list of practitioners available in Mumbai. Ashok insisted we get started on HB sessions. My HB practitioner explained the technique to me in brief and how important a birthing partner's role would be in my childbirth. I continued practicing positioning and repositioning of baby suggested during HB sessions for breech baby presentation and the visualizations with the given pictures and relaxation CD's. Finally at 38th week after an ultrasound we found that the baby was head down, and much to my happiness baby's head was exactly where it was supposed to be!"

"My baby Tiara was born about 12 hours since my first signs of labour. She weighed 3.8kgs, and was alert, calm and seemed ready to greet us and the world."

### Helping others

"Since having my second baby using the HB method worked so well for me (a successful VBAC mom), I wanted to help other moms to 'breathe' their babies into the world, rather than pushing them out. When my baby Tiara was 6 months old, I got an email from Mrs Sarojini Alva if anybody was interested in doing the HB practitioner's course and I thought being an experienced HB mom, why not spread the awareness of this amazing program with a valid certification. Hence I took up the practitioners' course and got certified by the Hypno-Birthing Institute in New Hampshire, USA. Since then, I have been practicing Hypno-Birthing."

### A deep relaxation program

"In Hypno-Birthing, relaxation is achieved through self-hypnosis, a unique combination of breathing, visualization, relaxation and deepening techniques to give birth gently and calmly. HypnoBirthing® - The Mongan Method is not new, but rather a "rebirth" of the philosophy of birthing as it existed thousands of years ago and the method teaches that in the absence of fear and tension, or special medical circumstances, severe pain does not have to be an accompaniment of labour. In the usual process of labour once contractions start, fear kicks in as a reflex, causing blood to flow away from the uterus to the muscles in the legs. The reduced blood flow causes the uterus to cramp, resulting in pain. Also at the final phase of labour, as the mother is usually exhausted dealing with pain and stress, there can be higher possibilities of the mother going through episiotomy or vacuum suctioning of the baby or forceps."

"If the Hypno-Birthing method is followed, mother will gain an understanding of how the birthing muscles work as they were designed to. This is because when the body is sufficiently relaxed and breathing right the way it has been taught, the uterus muscles stay relaxed, soft, and work in perfect harmony. The technique also eliminates the use of drugs to hasten labour as moms' body releases natural pain killers called endorphins. These also help in discarding stress hormones called catecholamine. She can even have her meal during labour as digesting the food is not a problem and keep herself well hydrated by sipping on water or juice."

### Bonding with your baby

"Once the baby is born, immediately he/she is placed on mom's abdomen or chest, complete with vernix, and the attendant waits for the cord to stop pulsing before clamping and cutting it. As part of the bonding that is taking place, baby is put on mother's breast for first feed."

### Possibilities in India

Jaypali confesses that Hypno-Birthing helped her to finally develop an attitude of confidence and trust in her birthing instincts. If you are keen on giving this a go, you will be glad to know that a lot of doctors are now not only endorsing this method, they are becoming practitioners themselves too. Some of them in Mumbai are-

Dr Veda Simon's Daimaa's Natural Birth and Wellness Centre/Dr Sherekar's Hospital, Santacruz (E)

Dr Ameet Dhurandhar's Chrysaliz Hospital, Khar (W)

Dr Nitul Parikh's Dr Parikhs Maternity Hospital, Borivli (E)

Expectant mothers can also log on to [www.birthindia.org](http://www.birthindia.org) or [www.hypnobirthing.com](http://www.hypnobirthing.com) to find a Hypno-Birthing practitioner in their vicinity if available."

[DISCLAIMER: This article is only meant to inform you of your choices. Femina does not endorse Hypno-Birthing or self-hypnosis techniques. Please consult your ob-gyn to decide what's right for you]

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### COMMENTS

Posted by tanya 2011 07 21  
This is excellent. thanks for such an informative and a unique piece of information.

Posted by Rajshree 2011 08 01  
would surely suggest to would be moms 😊

Posted by Karen 2011 08 11  
Every living being delivers baby in a painless way, so i am not surprised why this won't work. i hope you get to spread this message on a mass level.

Posted by aparna 2011 09 12  
thats amazing to hear... do you know of anyone in mira road.. i have been looking for something like this as i m pregnant second time and had a prior c-section...

Posted by Julie Mclauren 2012 01 11  
This kind of knowledge should be disseminated as much as possible. So that all women can benefit. Nowadays, Women dread the entire birthing process. That fear should be eliminated from their mind.

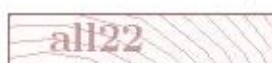
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