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## Acupuncture for birth preparation in pregnancy

The positive effect of acupuncture for general birth preparation, but also for discomfort during pregnancy and during childbirth is proven by various studies.

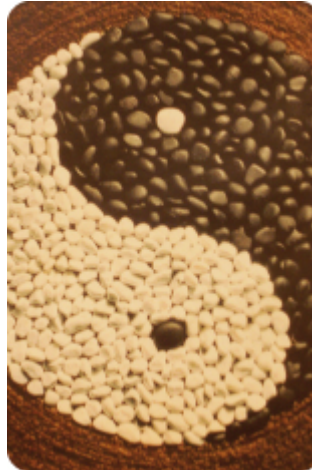
A study by the gynecological clinic in Mannheim has shown that acupuncture shortens the time it takes to give birth to first-time mothers on average from ten to eight hours. This positive effect is based on faster maturation of the uterine cervix and more targeted labor in the opening phase; i.e. in the time until the cervix is completely open.

Acupuncture can only shorten this phase, but it has no influence on the expulsion phase. The prenatal acupuncture also ensures that the woman feels the labor contractions less painful and that the contractions are more targeted in the expulsion phase.

The shortening effect of acupuncture is only triggered when the woman's body is naturally "mature" for childbirth. The treatment therefore has no influence on the due date and does not lead to premature labor.

### Complaints during pregnancy:

- Prematur labour activity
- Hyperemesis (pregnancy vomiting)
- Pain of different kind
- Anxiety, restlessness, sleep disturbances
- Blood hypertension caused by pregnancy
- Misalignments of the child.



Treatment begins from the 36th-week of pregnancy, usually with a 20 to 30-minute session per week. At least three treatments should be performed, usually four.

If the deadline is exceeded, further sessions are also possible: especially in a time of constant waiting, many

women find the close contact with the midwife or the gynaecologist very beneficial. And they can particularly benefit from the calming effect of acupuncture during this period of tension.

[www.gesundheit.de](http://www.gesundheit.de) Ina Mersch

(1) Study: Römer A., Weigel M., Zieger W., Melchert F. (1998): *Veränderungen der Cervixreife und Geburtsdauer nach geburtsvorbe-reitender Akupunkturtherapie.*

In: Römer A. (Hrsg.): *Akupunkturtherapie in der Geburtshilfe und Frauenheilkunde.* Hippokrates, Stuttgart