

Natural childbirth advocates believe firmly in the physiological design of birth. This fundamental belief in the design of woman is championed ardently and passionately by its proponents. The holistic philosophy as mentioned before stresses this idea. Therefore, when natural childbirth is discussed, the process of birth is described in terms of the function and design of a woman's reproductive and birthing physiology. True natural childbirth means having a vaginal birth without any interventions like IVs, pit, forceps, vacuum extraction, amniotomy, or drugs.