

# CAN NATURAL METHODS OF INDUCING LABOR BE HARMFUL?

Natural methods of inducing labor mainly consist of herbs and other interventions, which may be possible to conduct at home or in a non-hospital setup.

## NATURAL WAYS OF INDUCING LABOR AND THEIR DRAWBACKS



### **Pineapples:**

May cause acidity and heartburn



### **Herbs such as cohosh, raspberry leaf tea, and evening primrose oil:**

Safety is not assured  
Cohosh may be associated with fetal heart problems  
Evening primrose oil may cause headaches, nausea, stomach pain, and loose stools



### **Nipple stimulation:**

May cause prolonged contractions resulting in fetal distress



### **Coitus or vaginal sex:**

May be safe for uncomplicated pregnancies but may cause hemorrhage if complications pre-exist



### **Spicy food:**

May cause an upset stomach and heartburn



### **Membrane stripping:**

May cause vaginal bleeding, cramps, and membrane rupture

### **References**

1. The truth about "natural" ways to induce labor; UT Southwestern Medical Center
2. Evening primrose oil; American Academy Of Family Physicians
3. Labor induction; The American College of Obstetricians and Gynecologists