The Influence of Spirituality during Pregnancy: The Lights and Shadows

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In Asia, religion and health have been intertwined for centuries. Many cultures regard pregnancy and childbirth as a spiritual event and regard the health care of expecting women in Pakistan and other countries as a religious obligation. It is a part of all nursing and midwifery clients’ and families’ care. Women pray more for protection, safe delivery, and blessings throughout pregnancy. Some women dread death during caesarian section and others are stigmatized. It endures, to birth spontaneously; expectant ladies would try all spiritual and conventional techniques. Women pray alone or together. Pregnant ladies pray to build their faith in God and have confidence in a safe delivery. Women communicate differently depending on their religion. Women can pray with blessed water, threads, recited water and oil. These items can be used once or throughout pregnancy. The Holy Spirit is supposed to influence users through blessed water and oil. Some women recite scripture during prayers. Religious restrictions for pregnant women vary by group. Religious leaders gave pregnant and labouring women holy water. While others massaged it on their abdomen. Women also put onions in the womb after a medical assessment showed a huge infant. The women were also given a holy book quote to utilize during prayers. Religious leaders prayed for pregnant ladies with horrible dreams. Experts prayed in tongues (Holy Spirit-given speech). Prayers designed to prevent pregnancy complications. Some religious leaders touched the abdomen and administered blessed olive oil to pray for ladies while others advised to avoid evil spirits, expecting women shouldn’t consume anything in public. Few ladies vividly recounted an obligatory first-pregnancy practice for their community. She was bound, soaked in mud, and forced to buy onions in the morning. This ritual ensured ancestral protection, safe birth, and a healthy baby.

Religious leaders gave pregnant and labouring women stickers. Some ladies put the label in the hair net in the labour ward, while others massaged it on their abdomen. Women also put stickers on their water bottles. Most ladies were worshipped with blessed water and prayed upon by their religious counselors. Faces were washed with holy water. Expecting women received blessed black thread to tie or place beneath the pillows for safety. Mothers utilized some artefacts. Some spouses were unaware of such objects. A woman used religiously sanctified sand and thought it was secure. Water has been added to blessed sand and sieved for pregnancy. The pregnant woman prayed with the sacred book. Some ladies disbelieved in religious instructors and specialists praying for them while their husbands disapproved, several pregnant ladies used oil.

Pregnancy and the birth process are sacred because a baby is born. The pregnant women hear from religious advisors, mothers, husbands, and doctors. Pregnancy and caesarean section fears exacerbate the issue. Religious practices then safeguard pregnant women. In this context, nurses and gynecologists should know that religious belief is an integral part of the health care of expecting women in Pakistan and motivate and teach women to avoid vague, unnecessary, and illegal practices that could harm them and the foetus. Women should be free to practice their religion. This reduces religious artifact secrecy.

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