

BÖLÜM 2

Perinatal dönemde oksitosin ve diğer nörohormonların doğası ve sonuçları

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Giriş

Çocuk doğurma, şaşırtıcı ve biyolojik olarak karmaşık bir süreçtir. Hamilelikten erken doğum sonrası döneme kadar, üreme ile ilgili hormonal ve nöro-hormonal sistemler hem anne hem fetüs/bebekte hayatta kalma ve güvenliği destekleyen adaptif fizyolojik süreçleri kolaylaştırır.^{1,2}

Milyonlarca yıllık memeli evrimi boyunca, bu hormonal süreçler hem tüm memeli türlerin hayatta kalması için gerekli olan hem doğum eylemi ve doğum süreçleriyle biyolojik olarak “iç içe ve sürekli” olan başarılı emzirmeyi ve anne-bebek bağlanmasını/bağlılığını desteklemiştir.^{1,2}

Klinisyenler ve araştırmacılar, anneler ve bebekler için uzun vadeli olumlu etkiler de dahil olmak üzere, fizyolojik doğumun karmaşık nörohormonal planlamasının önemini ve etkisini giderek daha fazla kabul ediyorlar.¹⁻⁵ Bununla birlikte, dünya çapında artan müdahale oranları nedeniyle, daha az kadın ve bebek, fizyolojik doğumun doğal hormonal planlamasını yaşıyor.⁶

Doğum eylemi sırasında ve doğumdan hemen sonra yapılan müdahalelerin bu hassas, uyarlanabilir, düzenleyici süreçler üzerindeki etkilerine ilişkin şu anda sınırlı bir anlayış bulunmaktadır. Mevcut biyolojik bilgiler, bu olumlu etkilerin müdahalelerle kesintiye uğratılabileceğini ve olası uzun vadeli sonuçların olabileceğini öngörüyor.^{7,9}

Bu bölüm oksitosin sistemi, hipotalamik-hipofiz-adrenal (HPA) eksenini (kortizol dahil), otonom sinir sistemi (ANS) ve çocuk doğurmada stres adaptasyonlarına aracılık eden diğer nörojenik ve hormonal sistemler üzerine odaklanarak bu alandaki temel bilgileri ve araştırma bulgularını özetlemektedir.

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