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Editorial

The Womb: Beyond a Waiting Room – Nurturing the Future Generation

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In the intricate journey of human development, the womb emerges not merely as a waiting room, but as one of the best places to lay the foundation for the growth of the human brain and human characters. Pregnancy, far from being solely a period of preparing for childbirth, unfolds as a golden opportunity to shape the next generation in profound ways to grow and develop as perfect human beings, as though the outcome does not always fulfill as mother's hope.

Fetal Origins of Adult Disease (FOAD) hypothesis: The pioneering work of David Barker unveils the profound concept of Fetal Origins of Adult Disease (FOAD). Barker's research suggests that conditions experienced in the womb can significantly impact an individual's health later in life. From diabetes to heart disease, the environment within the womb can lay the groundwork for susceptibility to various ailments in adulthood. Building upon Barker's insights, Peter Gluckman and Mark Hanson delve into the Developmental Origins of Health and Disease (DOHaD). Their research underscores how early life experiences, particularly during gestation and early years, shape long-term health outcomes. The womb becomes not only a cradle for the growing fetus but a critical determinant of lifelong well-being [1–7].

Unintended evidence of these two hypothesis is: The Dutch Hunger Winter, meticulously studied by Bleker *et al.,* serves as a poignant illustration of the far-reaching consequences of prenatal conditions. The famine exposed unborn children to nutritional deprivation, leading to a myriad of health issues in adulthood. This landmark study underscores the profound impact of early-life adversity on future health trajectories [8].

Influence of Adverse Pregnancy Conditions: Further elucidating the link between pregnancy and long-term health, studies by Wu *et al* and Hausburg *et al.* highlight how conditions like preterm birth, preeclampsia, and gestational diabetes can heighten maternal risk for cardiovascular disease decades later. Pregnancy, once viewed as a transient state, emerges as a critical window for predicting and mitigating future health risks for both mother and child [9–12].

Environmental Enrichment and Brain Development: Marion Diamond's groundbreaking research on environmental enrichment unveils the remarkable plasticity of the human brain. Through her work, Diamond demonstrates how environmental factors can profoundly shape brain structure and function. The womb, imbued with sensory stimuli and maternal influences, emerges as a pivotal setting for sculpting the developing brain. Hermanto TJ *et al*, found that auditory stimulation during pregnancy resulted in the increasing number of neurons, glia, dendritic density, and BDNF of offspring's brain [13–16].

In a nutshell, the narrative of pregnancy transcends the notion of a mere waiting room, evolving into a transformative period ripe with opportunities to cultivate the future generation. From understanding the

fetal origins of adult disease to harnessing the power of environmental enrichment, each facet of prenatal life offers invaluable insights into shaping healthier, thriving individuals for generations to come.

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