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A study shows that most deliveries in private hospitals are performed by C-section.



CHENNAI – 21 Nov, 2026 As the debate over the rising number of cesarean surgeries performed in India reaches its peak, new data on insurance claims for over 160,000 maternity-related hospital admissions show that the average rate of such deliveries has reached an all-time high of 69%.

This data is based on claims for hospitalization of corporate employees and office staff in the country insured by the insurance company, Plum.

Plum Data Labs' analysis of these requests examined the percentage of out-of-pocket expenses, including patterns of maternity care in hospitals, choice of hospitals, and some regional differences.

Medical reasons for a C-section include: breech presentation (the baby is not head-down), complications in the uterus or umbilical cord, women carrying more than one baby in a pregnancy, and high blood pressure in mothers.

According to the World Health Organization, since 1985, the international health community has considered 10% to 15% of all deliveries being C-sections as the optimal rate.

Although Plum Data Labs' findings are high, they are consistent with the trends of the National Family Health Survey for 2023/24, which was released earlier this year. According to that survey, 54% of deliveries in the private sector were C-sections.