Objective
Cardiac arrhythmias and conduction disorders are the second most frequently diagnosed pathology of the circulatory system, occurring in approximately 1-3% of fetuses. Extrasystoles account for approximately 80% of all prenatal arrhythmias. Tachyarrhythmias (10%) and bradyarrhythmias (5-10%) are less common. Cardiac arrhythmias are most often detected by obstetricians during auscultation or ultrasound examination of the fetus. The final prenatal diagnosis of the type of arrhythmia is made by echocardiography using the M-mode and/or spectral Doppler techniques.

Methods
Case report: A 27-year-old element in the 38th week of physiological pregnancy was referred to the Department of Obstetrics and Pathology of Pregnancy, the Medical University of Lublin for echocardiographic examination of the fetus due to the examination of the cardiodetector of arrhythmias in the fetal heart activity, the so-called "Pulse loss" during a routine maternity visit. Echocardiography revealed normal anatomy of the circulatory system and fetal heart rhythm disturbances in the form of a few retroventricular conduction accessory contractions, which caused periodic arrhythmia up to 100 beats/min. The basal fetal heart rate was sinus, 138 beats/min. The circulatory system of the fetus was found to be efficient (10 points on the CVPS scale). In the interview, the patient administered a daily infusion of raspberry leaves in the amount of 3-4 cups with a capacity of approx. 330 ml. This procedure was aimed at contracting and preparing the cervix for delivery and was ordered by a Midwife from the Birth School. After the cessation of the treatment, the fetal heart rate returned to normal. After delivery, echocardiography of the newborn confirmed the correct circulatory system.

Results
The literature describes cases of fetal heart rhythm disturbances after consumption of herbal beetroot preparations, green tea, or an excessive amount of strawberries. The substance contained in raspberries - Raspberry ketone (RK; 4- (4-hydroxyphenyl) butane-2-one) is being tested for its cardioprotective properties. However, there are no specific amount of raspberries that are safe to use before birth. In a 2001 experiment in Australia, 192 pregnant women took 1.2 raspberry leaf tablets twice a day or a placebo. The double-blind study showed no significant differences between the study groups: postpartum bleeding amount, infant Apgar score and birth weight, duration of pregnancy, need for medical induction methods, including oxytocin, type of delivery, or side effects.

Conclusion
In conclusion, carrying out echocardiography of the fetal heart and proper interviewing of the pregnant woman should take place in every case of diagnosing fetal heart rhythm disturbances. The above case also suggests caution in the use of over-the-counter herbal preparations to induce labor. It should also be emphasized that, according to the current perinatological knowledge, premature termination of pregnancy due to fetal heart rhythm disturbances without their type analysis in echocardiography is a mistake.