

“An Emprical Study of Role of Homeopathy in Pregnancy”

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ABSTRACT: Homoeopathy is a very popular means of managing gynecological and obstetric issues. Their speed of action, safety and lack of interaction with drugs has made homoeopathic medicines popular with midwives and other healthcare professionals around the world, who are involved in pregnancy and labour. Some homoeopathic medicines, such as Arnica and Caulophyllum, are often used routinely in pregnancy, and while there may be a case for this type of use of these two medicines, the best method of using homoeopathy is to match the presenting symptoms with the proving symptoms of the remedy.

Following is a list of frequently used first aid remedies for some of the more commonly presented problems seen in pregnancy and labour. In regard to the dosage of these remedies, generally, the use of 6C, repeated as necessary, should be sufficient.

The following is intended as a guide only, and is produced for educational purposes. It is not intended to replace the services of a suitably qualified person, and many of the conditions discussed may require urgent medical management. For any and all problems that relate to pregnancy and labour, the advice of a suitably qualified person should be sought.

Ailment	Suggested Remedy
Anxiety, prior to labour	Gelsemium
Birth, premature	Arnica (for baby)
Bleeding related to trauma	Arnica or Bellis
Blood loss, symptoms related to	China
Bruised feeling in the pelvic region	Bellis
Depression, post partum	Sepia or Sulphur
Fainting from great weakness	Carbo veg
Fainting from fright	Aconite
Fainting from over excitement	Ignatia or Aconite
Fear, prior to labour	Aconite
Foetal position, abnormal (breech position etc)	Pulsatilla
Haemorrhage, post partum	Carbo veg, Phosphorous, Arnica or Ipecac
Insomnia, during pregnancy	Coffea
Jaundice, neonatal	Nux vomica or Lycopodium
Labour, difficult due to rigidity of the os	Caulophyllum or Belladonna
Labour pains, false	Actearacemosa
Labour pain, unbearable	Chamomile or Arnica
Labour, premature	Caulophyllum
Labour, slow, weak or interrupted	Pulsatilla, Arnica, and Belladonna
Labour, to promote	Caulophyllum
Lactation, deficient	Calc carb or Lac defloratum

I. Introduction

Pregnancy is an interesting and absorbing time for most women, and can also involve a great deal of stress. Many emotional, hormonal, and physical changes take place as the baby grows.

There are homeopathic remedies that can help a woman's body deal with various stresses, and help to maintain its balance as the pregnancy proceeds. Homeopathy is ideal for women in their childbearing years as it

is a gentle yet highly effective system of medicine. During pregnancy, some women will choose to live with the discomfort of minor complaints such as morning sickness or heartburn, rather than seek treatment because they are concerned about the possible side effects of orthodox medicines on their unborn child.

Homeopathic medicines are safe for your growing baby because only a minute amount of the active ingredient is used in their preparation. They work by stimulating the body's own healing powers. Good homeopathic treatment prior to conception can prepare you for a healthy pregnancy.

Staying as healthy as possible during pregnancy, you are giving your baby the ideal conditions in which to thrive. Many homeopaths will also offer advice on your diet and lifestyle to encourage a healthy pregnancy and birth.

Self-care with homeopathy during pregnancy can be rewarding. A correctly-chosen remedy can work gently and efficiently to relieve discomfort and help the body heal itself without toxicity or side-effects. Of course care and guidance from a competent, sympathetic physician is very important during pregnancy for both general support and to monitor for complications.

Physical and emotional changes during pregnancy may cause minor health problems such as nausea, mild urinary problems, diarrhoea, heartburn, anaemia, varicose veins, backache, cramps, thrush or emotional distress. All these problems and more potentially complicated symptoms such as raised blood pressure can also be helped by professional homeopathic treatment.

II. Can we do it with Homeopathy

There are effective remedies to help deal with possible problems during childbirth, such as a cervix which is slow to dilate, pain, excessive bleeding, retained placenta and other difficulties(3). Your homeopath will advise you and your partner on the use of remedies in labour. Ask your homeopath if he or she can attend the birth or if they will supply a labour kit with instructions for your partner to follow. The following remedies are often required, both during and after labour, so if you are new to homeopathy or are unable to consult a homeopath, you can start out with these:

- Aconite: the labour is too fast (any stage), the pains are very strong (even unbearable) and you have a feeling of panic
- Arnica: an indispensable remedy that can be given from time to time during labour to help the muscles function properly, to relieve the over-exertion of labour and reduce the bruised feeling after delivery
- Kali phos: for simple exhaustion during labour, mental, emotional and physical
- Caullophyllum: for a difficult labour where the cervix is slow to dilate and the pains are strong but ineffective. You feel cold and trembly. (This remedy is not available over the counter - consult a registered homeopath)
- Pulsatilla: when contractions are irregular and weak, the cervix is slow to dilate and you feel miserable, clingy and tearful. You may talk about wanting to give up and go home!

After the birth, you can use homeopathic remedies to speed up healing for yourself and your baby - this will help you to enjoy the whole experience more:

- Aconite: for shock following the fear of the intensity of birth, in yourself, your partner or your baby
- Arnica: to relieve soreness, bruising and after-pains. Also helpful for babies who are bruised (from a long labour or a forceps delivery). If you are still sore after three days, take Bellisperennis to help with bruising to deep muscle tissues
- Kali phos: for mental exhaustion after delivery, with headache, tiredness but too excited to sleep, especially in the first day or two after the birth
- Pulsatilla: post-natal 'blues', especially when the milk comes in. You feel utterly miserable and burst into tears at the slightest thing but you feel much better for being comforted.

1. Tackling breastfeeding issues with Homeopathy

Problems that can make it difficult for women to breastfeed successfully include mastitis, painful nipples and a slow milk supply.

Homeopaths recognize that breast milk gives babies a good start in life, so do keep in touch with your midwife, breastfeeding counselor and/or your homeopath if you want to breastfeed but find it painful or difficult or both.

One useful remedy is Phytolacca for sore, cracked nipples, which hurt when the baby nurses. It is also useful for breast infections (mastitis) where there are painful lumps in the breast. Babies tend to respond quickly to homeopathic treatment. There are homeopathic remedies to help relieve the pains of colic or teething, nappy rash and more serious problems.

2. My Empirical Case Study

Homeopathy medicines are safe pregnancy for both mother and child as they don't have any side effects. Homeopathic treatment brings them more benefits than regular care and treatment during pregnancy. Pregnancy lady feel morning sickness, car sickness, feels disturbances from various kinds of food and even without reasons. In such cases homeopathic medicines promise to solve the problems other complaints such as hemorrhoids, constipation, painful extremities, swollen feet etc. can also be treated in a pleasant way homeopathically.

FDA issued a strong warning to pregnant women not be to use Diflucan™ (Common antifungal) during pregnancy. Women who used this in first trimester had babies with birth defects, such as irregular bone growth, muscles weakness, congenital heart diseases, abnormalities of face and head and many more.

As homeopathic remedies are proven on healthy human beings, they are surely safe in pregnant too.

“ There are some unpleasant conditions with indurated homeopathic remedies: →

HYPEREMESIS GRAVID ARUM: → (Morning sickness)

Nausea appears as arising in morning of improves as the day goes on. But in some cases it continues for the entire day. Some women experience nausea & vomiting in evenings only. These time distinctions are of great importance in homeopathic for the right selection.

SOME HOMEOPATHIC REMEDIES WITH STRIKING SYMPTOMS:-

- **CALCIUM:** → Women with great desire for food, but as they try to eat desirable food, nausea occurs, extreme sensitivity to smell sight of food.
- **IPECAC :** → Constant nausea not relieved even after vomiting. Arrgravation on lying down excessive salivation.
- **PULSATILLA:** → Nausea worse in late afternoon and evening and after eating weeps easily, strong aversion to fatty food.
- **NUX VOMICA :** → Nausea occurs only after eating patient is irritable and easily

HEMORRHOIDS IN PREGNANCY- HOMEOPATHIC REMEDIES :-

- **AESICULUS:** → Painful hemorrhoids C swollen vein, do not bleed very much. Sensation of needles and sticks in rectum.
 - **HAMAMELIS:** → Bleeding profuse, hemorrhoids feel bruised and aggravates by heat.
1. **BREECH POSITION AND HOMEOPATHY.**
- **PULSATILLA** and **Natrum Mur** are two remedies which can help to turn the body around in the womb.
 - **PUSATILLA 30** once a day (not more than six doses or 200 only once will often turn the baby inside the womb. Pulsatilla stimulates the muscles of uterus.
 - **PULSATILLA**, **sepia** and **cantharis** helps in expulsion symptoms of the lady at that time.

A. ARNICA IN PREGNANCY

Arnica is well-known for its use in Trauma - it brings fast relief in bruising and sore conditions for birth canal that occurs after almost all deliveries. Also used for caesarean section.

While treating these problems all homeopathic remedies should be given in 30 potency.

But **Arnica** when using after delivery should be given in **200** potency

B. CASE OF URTICARIA IN PREGNANCY-CURED WITH HOMEOPATHY

A 30 years pregnant lady with complaints of severe skin eruptions which were increasing with every passing hours comes for consultation.

SYMPTOMS:-

- Eruptions painful C severe itching.
- Aggravation at night, covering and fanning from exposure to sun. Sun burns.
- Very reserved & mild, does not mix with people easily, takes time to friends.
- Irritable when someone interferes with her personal matters.

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PULSATILLA 30- repeated every 4 hourly for two days.

FOLLOW-UP :- Pleasant shows marked improvement & eruptions were better. Now urticaria with burning but intensity is less. This time **SULPHUR IM I** doses given as anti-miasmatic remedy and the case is completely cured.

Her pregnancy was smooth & delivered a healthy baby without any complications.

Hence homeopathic medicines are safe in pregnancy for both mother and child.

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