

HOMOEOPATHY IN PREGNANCY AND CHILDBIRTH

Homoeopathy is an effective and scientific system of healing which assists the natural tendency of the body to heal itself. A pregnant woman is undergoing many changes and the healing power within her is especially active during pregnancy. This, then, is an ideal time to treat the mother and the unborn. Homoeopathic remedies cannot cause side effects to either the mother or baby, and you cannot become addicted to them. This is because only a very minute amount of the active ingredient is used in a specially prepared form.

What can homoeopathy do?

Homoeopathic remedies do not work directly on the physical body; instead, when the healing process is faulty, they encourage the natural forces of the body to restore health and harmony. The remedies suggested in this leaflet are for use in first-aid situations only. If symptoms are severe, or persist, consult a skilled qualified homoeopath.

How do I take the remedies?

When prescribing a remedy for yourself, take no more than three doses of the 6th potency in a day, for up to three days (unless otherwise stated in this leaflet). Do not try two or more remedies at the same time; just choose the one that matches your symptoms best. The pills should be allowed to dissolve under the tongue. Food, drinks, smoking and toothpaste should be avoided for twenty minutes before and after taking a remedy. If you are already undergoing a course of homoeopathic treatment, no other remedy should be taken without your homoeopath's knowledge.

MORNING SICKNESS

Symptoms include nausea, occasional vomiting and weakness. Some morning sickness is experienced by most women during the first few months of pregnancy, usually in the morning when the stomach is empty, although it may occur at any time of the day. The traditional cure of eating a dry biscuit before rising is well worth trying. Professional guidance should be sought if vomiting is persistent, or any aversion to eating is prolonged. In simple cases of morning sickness the following remedies are gentle and safe and may help with this problem.

IPECAC: Continuous nausea that is not relieved by vomiting. The tongue will look clean. Sharp, cramping pains around the navel. Diarrhoea.

NUX VOMICA: Nausea that is relieved by vomiting. Sour belching, retching, indigestion and heartburn. Constipation. Irritability.

PULSATILLA: Nausea with little vomiting and improved by fresh air. Lack of thirst. Weepiness, changeable moods, wants company, comforting.

SEPIA: Nausea made worse by the smell or thought of food, although it may be helped by eating. Weak, sinking sensation in the stomach, vomiting of milky water. Indifferent to husband and family.

CONSTIPATION

Constipation can often be helped with a change of diet: by increasing the intake of fluids, fresh fruit and vegetables. For a simple case of constipation brought about by pregnancy try one of the following remedies. Any lasting change in your usual pattern of bowel movements should be assessed professionally.

BRYONIA: Dry, hard stools which are difficult to expel. The person needing this remedy may also have a dull headache and be particularly thirsty, with a very dry mouth.

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NUX VOMICA: Frequent urging for stools that do not come. A small stool may be passed with the feeling that some is left behind.

SEPIA: Ineffectual urging with a sensation of a lump in the rectum that may remain even after passing a stool. Feeling of heaviness and sluggishness.

OTHER PROBLEMS ASSOCIATED WITH PREGNANCY

Urinary problems, diarrhoea, anaemia, high blood pressure, haemorrhoids (piles), varicose veins, stretch marks, malposition of foetus, backache, cramps, oedema etc. – all these problems can be helped by homoeopathic treatment but professional homoeopathic advice should be sought.

Can I increase the health of my unborn child?

Yes, but you will need to see a good homoeopath. From your answers to questions about yourself and your medical history, the homoeopath can see possible areas of weakness, and then give you the appropriate remedies to help remove these tendencies. By being as healthy as possible yourself, you are giving the baby the ideal conditions in which to thrive.

What about complications at birth?

There are remedies that deal with problems during labour, such as retained placenta, ineffectual contractions, prolonged labour, uterine haemorrhage etc., but they need to be prescribed by an experienced homoeopath. Ask if your homoeopath can attend the birth. The best way to prevent these problems is to have homoeopathic treatment throughout the pregnancy.

After the labour

The homoeopathic remedy *Arnica* combats soreness and bruising and quickens the healing process. Try taking *Arnica 30* three times a day for two or three days after the labour. If you have an episiotomy, or if you tear, try bathing the wound with a few drops of *Hypercal* (*Hypericum* and *Calendula*) tincture in warm water, and healing will take place very quickly. *Hypercal* is good for sore nipples and nappy rash as well.

Feeding the baby

Homoeopaths believe that 'breast is best' if at all possible. Homoeopathic treatment during pregnancy helps to prepare the breasts. For breast problems such as inflammation (mastitis), abscesses, lack of milk production etc., consult your homoeopath.

Post natal depression

Most women will feel exhausted after giving birth and becoming adjusted to life with a baby. Some women will experience deep depression and should seek professional homoeopathic advice as quickly as possible.

Treating babies

Babies tend to respond very quickly to homoeopathic treatment, so it can provide a safe and healthy start to life, especially as there are no side effects. There are simple homoeopathic remedies to help relieve colic or teething pains, as well as those for more serious problems. Consult your homoeopath for the best remedies to help your child.

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