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Homoeopathy For Expectant Mother

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Lecture

"Health" is the birth right of all the human creatures living in this Universe. The infants are no exception to this. Infantile health promotion is very much indispensable to build up a better nation. For this purpose, World Health Organisation in its call, "Health for All by 2000 A. D." has also emphasized on special health care for children and pregnant women.

Life begins not at the time of birth but in utero. So it is essential to guard the health of the mother during pregnancy, both mentally and physically, if best possible child is to be born. By this, there is not only achievement in gaining healthy babies, but also maternal mortality rate, congenital abnormalities, puerperal complications can sharply be cut down.

There is also far less danger of abnormal babies in homoeopathically treated mothers even if they are Rh-negatives, carrying abnormal congenital traits, suffering from German measles or having any miasmatic dyscrasia.

It has also been observed that homoeopathic medicines administered during pregnancy not only take care of various common ailments such as morning sickness, constipa-

tion, backache, hyperacidity, dental caries, piles, tetanus but also prepares the gravid uterus to be free from uterine inertia, rigidity at the time of delivery. Some common ailments and medicines frequently indicated for them are briefed below.

During pregnancy

First trimester :

1. Miscarriage :—

Homoeopathic medicine manifests its miraculous action in threatened abortion. Indicated medicines, proper diet and rest can safely carry the pregnancy upto term. I have frequently verified the efficacy of Sabina and many threatened abortions have been saved by this medicine in early months of pregnancy. Even some cases who had frequent habitual abortions in the past and were advised Shirodkor's operation by doctor were saved by giving Sabina in early months of pregnancy.

Other medicines often indicated for abortion—Apis, Bell, Croc, Erig., Gels, Ipecac., Nux. m, Puls., Sabina., Sec., Sep. Abortion, fright from—Acon., Gels., Ign. Op. Abortions, injuries after—Arn, Rhus tox.

Abortion from excitement.—Gels.

Abortion, exertion after—Erig. Helonias.
Rhus tox.

Abortion, tendency to—Apis, Caulophyllum,
Cimicifuga,
Helonias, Plb.,
Sabina., Sep.

Morning Sickness :

Out of many drugs, "Sepia" often helps
for this distressing trouble. The other
medicines with indication are—

1. **Symphoricarpus racemosus**—
Constipation, anorexia, nausea &
vomiting, < after movement.

2. **Ipecac.**—
Persistent nausea with clean tongue
and vomiting of more saliva.

3. **Nux Vom.**—
Constipation, distressed after eating,
nausea and vomiting, < in morning.

4. **Colchicum**—
The smell of cooking food is
intolerable.

5. **Lactic acid**—
Excessive salivation & nausea
relieved after eating.

The other medicines are Asar., Kreos.,
N. mos., Tabacum, Petroleum, Ars.,
Ferr., Amyg. pers., Apomorph, Cereum
& Thyroidinum.

Second & Third Trimesters

Constipation :

1. **Nux. vom.**—
Frequent ineffectual desire for stool,
feels better for few hours after stool.

2. **Collinsonia**—
Constipation associated with painful
bleeding, piles and pruritus vulva.
Stool dry, hard, causing cracking of
anus.

3. **Platina**—
Sticky stool, adheres to rectum like soft
clay, evacuated with difficulty.

4. **Sepia**—
Feeling of a ball in rectum; dark,
brown, round balls glued together
with mucus.

5. **Alumina**—
Like Platina, soft stool, but requires
much straining to pass.
Other drugs are—Lyco., Opium,
Plumb. Bry., Sep., Senna etc.

Diarrhoea :—

It occurs specifically during pregnancy,
the drugs are Ferrum, Helleborus, Nux
mosch. Petrol.; Phos., asid., culs. Anti.
cr., Phos., Sul.

Hyperacidity/Dyspepsia :—

Nux vom.— Nausea, constipation,
insomnia, irritability.

Pulsatilla—Dry mouth but no thirst, bitter taste, weight as from a stone felt in morning and after eating.

Acetic acid—Sour belching, burning, profuse salivation day & night.

Mag. carb.—

Heart burn, sour belching, eructation, Sour taste and vomiting with neuralgic pain and toothache.

Other drugs—Anac., Cal. carb., Cantharis, Caps., Diosc., Nat. phos. etc.

Backache :

Aesculus—Backache accompanied by sensation of fullness in sacral region, worse walking or stooping.

Kali carb.—Small of back feels weak, backache with sweating and extreme weakness.

Pulsatilla—Better by slow motion.

Rhus tox.—Worse on beginning to move.

Other drugs—Nux vom., Sepia.

Odontalgia—Toothache only during Pregnancy—Mag. Carb., Nux. Mosch., Puls., Ratan., Sep.,

Piles : Lyssin., Cham., Hyorc.

Collinsonia—Very often found helpful in day to day practice. It is accompanied by pruritus.

Other drugs—Podophyllum, Sulphur, Aesculus. Ammon. mur., Capsicum., Nux vom.

Varicose Veins :

Carbo veg., Lyco., Puls., Calc. fluor., Vipera, Arnica, Ham, Bellis.

Vertigo—Bell., Cocc. Nux vom.

Sleeplessness : Acon., Cimicifuga, Coff., Nux vom. Puls.

Pruritus Vulvae : Caladium, Collinsonia. Sepia are frequently found helpful.

Other drugs—Ambra, Borax, Icth., Tabacum., Kreos.

Urinary bladder irritability. Frequent urination

Cant., Con., Nux vom., Phos. acid, Pul., Sul.

Rubella : In the event of exposure to Rubella infection during pregnancy, Rubella nosode should be prescribed.

Face Chloasma— Caulo., Conium, Fera. Nit. acid, Sep.

Spasms (Eclampsia) :

Bell., Cham., Cic., Chloral, Cup. ars. Cro. coci, Hyo., Ign., Ioz., Hydrocyanic acid. Mos., Plat., Stramo., Oenanthe, Verat. alb., Verat. v., Zinc met.

Mental State : The effects of morbid mental states in the mother have a very definite effect on the foetus.

Morbid depression—It will fade away after judicious administration of Pulsatilla Aurum, Sepia.

Fears—under the action of Aconite, Ars. alb., Arg nit. Ign.

Very often the doctors are consulted for easy and safe delivery by their patients having conception.

In those cases, various above ailments are to be carefully treated during pregnancy and towards later months. The following three drugs are found very much helpful to regulate uterine activities leading to a safe delivery at term.

1. **Cimicifuga** : It is to be administered three months before the expected date of

It has a tonic effect on uterus, it prevents miscarriage. It also helps in producing labor rhythmic pains and softens the rigid Os and prevents after-pains.

2. **Pulsatilla** : It is to be administered 2 months before the expected date.

Dr. W. A. Yingling in his Accouchur's Emergency manual says, "Abnormal presentation may be righted if Pulsatilla is given before the membranes are ruptured or presenting parts finally engaged." It has a tonic effect on uterus on latter months of pregnancy. Pulsatilla is indicated in labor pains which are distressing, spasmodic, irregular, too strong, too slow, and ineffectual. False labor—like pains make her walk about to obtain relief.

Caulophyllum—It is to be administered towards later months of pregnancy & during the progress of labour.

Labour pains are short, irregular, spasm-

dic, no progress being made with spasmodic rigidity of Os. Dr. Douglas, M. Borland in his "Homoeopathy for Mother and Infant" says, "Caulophyllum has not been extensively proved, but taken a dose daily, during last two or three weeks of pregnancy is found to make labour easy."

During Delivery :

At the onset of labor, in normal delivery, Calcarea fluor-6x, Kali Phos-6x., Caulophyllum 30 in repeated doses make labor easy. For other complications such as :

Rigid Os—Bell., Caulo., Chamo., Cimicifuga, Gels., Lob., Verat. virid.

Labour delayed—Kali. phos., Pitutrin.

Uterine inertia—Pitutrin, Secale cor.

Hypersensitiveness to pain—

Acon., Bell., Caulo., Chamo., Cimicifuga, Coffea, Hyoscy., Nux. vom.

After Delivery :

Arnica—In medium potency relieves uterine soreness and promotes quick recovery.

Bellis per.—for soreness of abdomen.

China—To control excessive haemorrhage if persists.

One can enumerate many more remedies valuable during these phases not mentioned here.

In conclusion may I say that homoeopathic prescribing prevents many complications in pregnancy, aborts many malformations in the newborns and carries the patient through the travails of child bearing more comfortably than any other form of treatment.

References :

1. Douglas M. Borland—Homoeopathy for Mother and Infants.
2. G.H.G. Jahr—The Homoeopathic Treatment of the Diseases of Females.
3. W. A. Yingling—Accoucheur's Emergency Manual.

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