



Homoeopathy in Pregnancy and Birth

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ABSTRACT:

Homeopathy is safe for women to use during pregnancy and post-natally, including during breastfeeding. It is a gentle yet effective system of medicine and the remedies are highly diluted and are not chemical drugs, so they cannot harm the baby.

As the growing baby is considered an integral part of the mother, an appropriate homeopathic remedy that stimulates the vitality of the mother and allays her fears and anxieties can be expected to benefit the baby too.

After the birth, homeopathy can be used to accelerate natural healing for both mother and baby and thereby help the mother recover well. Several remedies help with feeding issues and easing these symptoms and may allow a mother to enjoy feeding her infant for longer.

INTRODUCTION:

Pregnancy is a major physiological process in a woman's body that increases the level of stress on both body and immune system. Homeopathy is the most ideal form of medication that enables you to deal with the symptoms and complications of pregnancy. Homeopathic treatment has proven to be effective in treating severe ailments, including morning sickness, headaches, digestive ailments, muscle aches and other discomforts which are common in pregnancy. **The usage of Homeopathic medicines during pregnancy is completely safe as it uses small amounts of active ingredients that enhance the natural abilities of body to heal and cause general improvement.**

When compared to the other conventional drugs, Homeopathy has no side effects and is non-addictive, hence safe.

Here are the common homeopathy medications which are used in pregnancy:

- 1. Aconite:** This remedy calms extreme anxiety which is common in pregnancy
- 2. Arnica:** This remedy heals the soft tissue damage and reduces swelling and bruising caused during the birth. This remedy is often indicated for relief of soreness that comes from physical exertion and muscle strain. soreness after labour and delivery, and for haemorrhoids that follow childbirth.
- 3. Bellis Perennis:** This remedy is used when Arnica does not alleviate discomfort and it is considered to work effectively for sores and bruises, easing pelvic pain or abdominal tissue damage.
- 4. Caulophyllum:** This remedy helps to tone up and strengthen the uterus and prepares the cervix for the birth. It is also used to induce contractions during child birth. A history of irregular periods, slow and difficult labour with previous deliveries, or weakness of the cervix may bring this remedy to mind. The woman may feel erratic pains like sticking needles, or episodes of contracting pain. She typically feels nervous, shaky, and trembling (sometimes irritable, as well).

5. Cimicifuga: It is similar in action to Caulophyllum with a slight difference of producing coordinated contractions while alleviating the anxiety at the same time. This remedy can be helpful to women who are nervous and talkative, with a tendency to feel fearful and gloomy during pregnancy. They may become overagitated and fear a miscarriage — sometimes having pains that feel like labour pains too early, or pains that shoot from hip to hip and down the thighs.

6. Gelsemium: Works excellently well for dysfunctional labour with failure to progress. This also helps calm anxiety that is felt while anticipating the birth.

7. Hypericum: This remedy soothes nerve pains which are usually common after a caesarian section or perineal tears and episiotomy.

8. Kali Carbonicum: It eases the pain of contractions that is mainly felt in the back, especially in case of posterior positioned babies.

9. Nux Vomica: Eases the contractions which are mainly felt in the back, extending to the buttocks and thighs.

10. Staphysagria: This enhances the healing process of incisions or lacerated injury. It alleviates mood swings, feelings of anger, resentment, disappointment which are generally felt by the mother post birth.

12. Calcarea phosphorica: This remedy can help to strengthen a woman who tends toward easy tiredness, poor digestion, cold hands and feet, and poor absorption of nutrients. Some women who need this remedy find only “junk food” appealing during pregnancy, or have cravings for smoked and salty food. A history of easy tooth decay and aching bones and joints can also suggest a need for this remedy. A person who needs *Calc Phos* is often irritable because of tiredness, and may long for travel or a change of circumstances.

14. Carbo vegetabilis: This remedy can be helpful to a woman who feels weak and faint during pregnancy, with poor circulation, a general feeling of coldness, and a craving for fresh or moving air. She may also have frequent digestive upsets with burning pain and a tendency to belch. A woman who is deeply tired from overwork, many pregnancies close together, or a previous illness may regain some strength with *Carbo vegetabilis*.

16. Ferrum metallicum: A woman who has a sturdy build, but looks very pale and weary—flushing red from any exertion or emotion—may respond to this remedy. *Ferrum* is often helpful in correcting anaemic tendencies.

17. Ferrum phosphoricum: This remedy can be helpful for nervous, sensitive women who often feel weak or tired, with easy flushing of the face and a tendency toward anaemia. A woman who needs this remedy often has a slender build and may develop frequent neck and shoulder stiffness.

18. Pulsatilla: This remedy is often helpful at times of strong hormonal changes, especially to women who are moody and emotional, and want a lot of affection and attention. They often crave desserts or butter and may overeat, which can lead to indigestion and nausea, or excessive weight-gain. Pregnant women who need this remedy feel uncomfortable in hot weather and in stuffy rooms, improving from gentle exercise in open air.

19. Sepia: Women who are tired, dragged out, and irritable during pregnancy (feeling overburdened by demands of family members, or with little enthusiasm for the pregnancy) may benefit from this remedy. Poor circulation, nausea, constipation, a tendency toward accidental urine loss, and a feeling of sagging or weakness in the pelvic floor, and an energy-boost from exercise are other indications for *Sepia*.

CASE STUDY EXAMPLE:

Case - A 32 years old woman in her second trimester presents with severe nausea, heightened emotional sensitivity, and aversion to fatty foods. She described feeling better in fresh air & worse in warm rooms.

Remedy – pulsatilla 30c was prescribed.

Result – within 1 week, her nausea reduced significantly and her mood improved.

CONCLUSION:

Homoeopathy offers a gentle yet effective approach to managing common pregnancy complaints, supporting labour, and enhancing postpartum recovery. By addressing both physical & mental aspects, it empowers women with a holistic path to maternal wellbeing. Integrating homoeopathy with routine antenatal care can improve outcomes for mother and baby.

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