

## POSTNATAL COMPLAINTS (after childbirth)



- The first few days after the delivery can be tiring and difficult for the mother.
- As much as possible, the mother should try to get rest during this stage.
- After getting discharged from the hospital, the mother might have problems related to feeding and urination.
- These problems can easily and quickly be treated by homoeopathic medicines.

Homoeopathic Medicine	Potency	Symptoms for Prescription
<b>A.Immediately after labour</b>		
Arnica montana	200	<ul style="list-style-type: none"> <li>• Trauma and injuries to uterus after childbirth</li> <li>• Sore bruised feeling after childbirth</li> </ul>
Gelsemium	30	<ul style="list-style-type: none"> <li>• Extreme exhaustion after labour accompanied with drowsiness</li> <li>• Profuse bleeding after delivery</li> </ul>
<b>B.Suppressed secretion of milk</b>		
Pulsatilla nigricans	30	<ul style="list-style-type: none"> <li>• Sudden suppression of milk in nursing women</li> <li>• Scanty and watery milk</li> <li>• Swollen and engorged breasts</li> <li>• Pain in breasts while feeding the baby</li> </ul>
Nux vomica	200	<ul style="list-style-type: none"> <li>• Breasts inflamed with decreased secretion of milk</li> <li>• Rise of body temperature on 3<sup>rd</sup> or 4<sup>th</sup> day of delivery</li> <li>• Pain in breasts when baby feeds</li> </ul>
Ricinus communis	1x or 3x	<ul style="list-style-type: none"> <li>• Increases the quantity of milk in nursing women</li> </ul>
<b>C. Cracked nipples</b>		
Phytolacca decandra	30	<ul style="list-style-type: none"> <li>• Cracked nipples with hardness and engorgement of the breasts due to infection (Milk abscess)</li> <li>• Enlarged lymph nodes in axillae (arm pits)</li> <li>• Nipples hard, red and tender to touch</li> </ul>
Graphites	30	<ul style="list-style-type: none"> <li>• Cracks in the nipples which bleed easily, accompanied with stinging pains</li> <li>• Violent pains with suppression of milk</li> </ul>
<b>D.Retention of urine (Failure in voiding out urine)</b>		
Cantharis	30	<ul style="list-style-type: none"> <li>• Retention of urine after labour</li> <li>• Intense burning sensation in the urinary tract</li> <li>• Urine comes in drops even after straining</li> <li>• Desire to wash the parts with cold water</li> <li>• Violent thirst</li> </ul>

Arnica montana	30	<ul style="list-style-type: none"> <li>• Retention of urine after labour</li> <li>• Severe pain while trying to expel urine</li> <li>• Nervous; cannot bear pain</li> </ul>
Opium	1M	<ul style="list-style-type: none"> <li>• Urine retained, with full bladder</li> <li>• Stream of urine is slow to start and very feeble</li> </ul>

### E. Healing of stitches and vaginal tears

Arnica montana	1M	<ul style="list-style-type: none"> <li>• Stops bleeding</li> <li>• Checks pain and sore sensation of the perineal parts</li> </ul>
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### How to select the medicine?

To pick the right medicine, match the symptoms of the medicines given in the handout, with the problem you are suffering from. The medicine with majority of symptoms similar to yours will be the right choice for you.



### DOSE

6 to 8 globules (Size No. 20), 3-4 times a day, for 2 to 3 days.

### General instructions

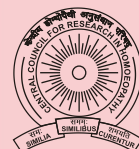
- Medicine should be taken after cleaning the mouth and preferably in empty stomach.
- Strong smelling substances like onion, garlic etc. should not be taken within half an hour before and after taking the medicine.
- The medicine should not be taken if the white globules turn yellow.
- Homoeopathic medicines act better in patients who are not addicted to tobacco products. It is, therefore, advisable to restrict the use of cigarette, bidi, paan masala, alcohol, narcotics, etc. when one is under homoeopathic medication.
- If improvement occurs within 2-3 days, then medicine should be stopped.
- If patient doesn't improve within 48 hours or becomes worse at any time, then a qualified homoeopathic doctor should be consulted.
- During homoeopathic treatment, no other medicines should be taken, unless suggested by a qualified homoeopathic doctor.
- Keep the medicines:
  - Away from strong smelling substances like camphor, menthol etc.
  - In a cool, dry place away from direct exposure to sunlight.
  - Away from the reach of children.



# HOMOEOPATHY

For a

Healthy  
Motherhood



### CENTRAL COUNCIL FOR RESEARCH IN HOMOEOPATHY

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CENTRAL COUNCIL FOR RESEARCH IN HOMOEOPATHY

## A HEALTHY MOTHERHOOD

- It is not only the magic in the word, motherhood, that lights up the faces of all women, more than that, it is some eternal feeling, some exceptional bond that the women feel for this very special phenomenon of life.
- Feeling a tiny heartbeat and a playful kick inside the womb is an experience that every woman cherishes. Being able to deliver a new life is the most wonderful power of a woman.
- It is important that such a special phase called motherhood passes without any major problem to your child or to your body.
- A healthy motherhood is about tackling pregnancy-related problems well in time, so that they do not increase any further to make your experience more of the sort you would like to forget. This is totally, and safely, achievable by Homoeopathy – a safe and gentle treatment.

*A healthy motherhood is not only your right, but also your responsibility.*

## HOMOEOPATHY – SAFE AND GENTLE

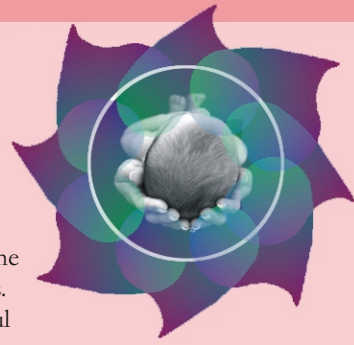
- Homoeopathy is the best choice for a mother for her day to day problems, both, during and after pregnancy.
- During pregnancy and breastfeeding, it is generally advised to restrict the intake of strong medicines, in the best interest of both mother's and child's health.
- Homoeopathic medicines, as they contain the medicinal properties in a diluted-yet-effective manner, are free from side effects.
- Homoeopathy is, therefore, safe and gentle for all ages and phases of a person's life, including pregnancy. Many problems occurring before pregnancy (like difficulty in conceiving, secondary infertility, etc.), during pregnancy (antenatal), during labour (natal) and after childbirth (post-natal) are easily treatable by Homoeopathy.

## PREGNANCY-RELATED PROBLEMS

### ANTENATAL (during pregnancy) COMPLAINTS

- Some women suffer from anaemia, nausea, vomiting, acidity, heartburn and constipation (with or without piles) during pregnancy.
- Since the problems during pregnancy may affect the nutritional status of mother and child, it is advisable to get these problems treated for a comfortable pregnancy.

Some of the medicines used commonly for these ailments are given in the table with their indications and recommended potencies:



Homoeopathic Medicine	Potency	Symptoms for Prescription
<b>A. Morning sickness (Nausea and Vomiting)</b>		
Ipecacuanha	30	<ul style="list-style-type: none"> <li>• Constant nausea</li> <li>• Profuse saliva</li> <li>• Clean tongue</li> <li>• No thirst</li> <li>• Vomiting greenish in colour</li> <li>• Spasmodic, colicky pain in stomach</li> </ul>
Symphoricarpus racemosa	30	<ul style="list-style-type: none"> <li>• Nausea and vomiting, particularly when there is no significant improvement after Ipecac.</li> </ul>
<b>B. Indigestion/Acidity</b>		
Arsenic album	30	<ul style="list-style-type: none"> <li>• Burning pain in stomach, along with sensation of heaviness</li> <li>• Appetite is lost</li> <li>• Vomiting soon after eating</li> <li>• Thirst for small quantity of cold water at frequent intervals</li> <li>• All the troubles are more marked in the first trimester</li> </ul>
Nux vomica	30	<ul style="list-style-type: none"> <li>• Indigestion after taking rich food or by night watching.</li> <li>• Nausea and bitter taste in mouth in morning, after taking food</li> <li>• Feels better after vomiting</li> <li>• Constipation and frequent ineffectual desire for stool</li> </ul>
Pulsatilla nigricans	30	<ul style="list-style-type: none"> <li>• Burning pain in chest with nauseous eructations</li> <li>• Complaints occur after taking fatty foods</li> <li>• Bitter taste in the mouth</li> <li>• No thirst with dry tongue</li> <li>• Aversion to bread, milk, curd and butter</li> <li>• Symptoms are worse towards evening</li> </ul>
Carbo vegetabilis	30	<ul style="list-style-type: none"> <li>• Eructations, heaviness, fullness and sleepiness</li> <li>• Contractive pain extending to the chest, with distension of abdomen due to excessive gas</li> <li>• Digestions slow, simplest of foods cause problem like nausea or burning in chest region</li> <li>• Temporary relief from belching</li> </ul>
<b>C. Constipation</b>		
Alumina	30	<ul style="list-style-type: none"> <li>• Lack of mobility of rectum makes passage of stool difficult. Even soft stool is expelled after a lot of strain</li> <li>• Abnormal cravings for chalk, charcoal and other indigestible things</li> </ul>
Nux vomica	30	<ul style="list-style-type: none"> <li>• Constant, ineffectual urge for stool</li> </ul>

		<ul style="list-style-type: none"> <li>• Unsatisfactory stools, with passage of only small quantity at each attempt</li> <li>• Irritable mood with loose temper</li> </ul>
Opium	30	<ul style="list-style-type: none"> <li>• No urge at all for stool</li> <li>• Rigid immobility of the intestines, with round ball-like black stool</li> </ul>
<b>D. Anaemia</b>		
Ferrum phos.	3x	<ul style="list-style-type: none"> <li>• Anaemia during pregnancy</li> </ul>
Calcarea phos.	3x	<ul style="list-style-type: none"> <li>• Anaemia during pregnancy</li> </ul>
China officinalis	30	<ul style="list-style-type: none"> <li>• Anaemia does not improve, even after improvement of diet</li> <li>• Helps in absorption and uptake of iron from the intestines</li> </ul>
<b>E. Anxiety and fears</b>		
Aconite napellus	30	<ul style="list-style-type: none"> <li>• Anxiety and fearfulness</li> <li>• Fear of labour pains and delivery</li> </ul>

## NATAL COMPLAINTS (during labour)

- The stage of labour is a very challenging stage for a woman. It begins when the uterine muscle (womb) begins to contract.
- The baby passes through the birth canal and is born by a combination of the continuing contractions of uterus and a conscious effort to push the baby.
- Every woman's appreciation of pain is different, and what one can accept another may find extremely painful.
- Relaxation and breathing exercises can help you manage your labour pains.

Homoeopathy can help in the following problems that may occur during labour:



Homoeopathic Medicine	Potency	Symptoms for Prescription
<b>Delayed or prolonged labour</b>		
Caulophyllum	30	<ul style="list-style-type: none"> <li>• Spasmodic and severe pains during labour, which radiate in all directions</li> <li>• Lack of tonicity of the uterine muscles</li> <li>• It improves the power of contraction of muscles, thereby shortening the labour</li> </ul>
Gelsemium	30	<ul style="list-style-type: none"> <li>• Delayed onset of labour pains</li> <li>• Prolonged labour, with extreme exhaustion</li> </ul>