



HOMEOPATHIC REMEDIES FOR PREGNANCY

Homeopathy

Has been around since the 1800's



Homeopathy was developed in Germany more than 200 years ago. The term Homeopathy comes from the Greek words homeo, meaning similar, and pathos, meaning suffering or disease. Homeopathy stimulates the body's natural healing

response by giving it very small doses of highly diluted substances. Homeopathic remedies are considered safe for infants, children, pregnant woman, adults and for the elderly.

Dosage

Pills are made from lactose.

6x or 6c Not serious or chronic. Symptoms are mild and need longer-term treatment.

Dosage- 1 doses, 3 times daily for up to 10 days.

6c or 12c Less Serious. Symptoms can wait a day or two to be treated.

Dosage - 1 dose every 4 - 8 hours.

MORE SERIOUS

6c or 12c Serious or acute- Symptoms need help with in about 24 hours and are not accompanied by pain.

6c, 12c, or 30c, Very Serious. Symptoms need immediate attention accompanied by pain.

Dosage -1 dose every 5 - 30 minutes. First aid remedies are 30c or 200c

Stop on improvement.
Repeat as needed.

Antidotes

The following all counter act the effects of a homeopathic remedy. They are not "bad" but sometimes a remedy can last a few days or as long as a few months, they are strong enough to stop it working and should be avoided.

- Camphor- in Tiger Balm, deep-heat

ointments, and many lip salves.

- Coffee
- Menthol/ eucalyptus- in cough mixtures, tiger balm, Vicks, Olbas Oil, etc.
- Peppermint - toothpaste, gum, etc.

Homeopathic remedies are useful during pregnancy, delivery and postpartum

BACKACHE –

- Arnica 30c - every 3 hours when aching from overexertion.
- Bellis perennis 30c when experience any kind of lameness. From the pressure of baby.
- Kali carb 6x – 1 every 6 hours when experiencing weakness in the back.
- Rhus tox 30c – 1 dose every 3 hours for muscular stiffness. Used for ligament and sciatica issues.



BREECH-

- Pulsatilla 200c - use 2 doses, 2 days apart in the 35th week.

CONSTIPATION –

- BYRONIA – splitting headache, dry mouth, feels thirsty, irritable, and wants to keep still.
- HYDRASTIS – constipation with hemorrhoids.
- NUX VOMICA 30c – dosage take 3 times a day up to 3 days. Feeling of having to go but cannot. May have hemorrhoids.

Always consult with your healthcare provider if you are experiencing anything unusual during your pregnancy.



Homeopathy works well with a healthy diet, stress reduction measures, sleep, being hydrated and good prenatal care.

CRAMPS –

- Mag Phos 30c – put 3 pills in a glass of water and sip while you are having craps.

CYSTITIS –

- Cantharis 30c- use 3 times a day for 3 days.

DIARRHEA –

- Arsenicum if you ate bad food.

HEARTBURN –

- Mag phos 30c – dissolve 4 tablets in warm water and sip.

HERPES –

- Hepar sulf 30c or Variolinum 30c – 1 dose a day until there is improvement.

MORNING SICKNESS –

- Ipecac 30c – incessant nausea with no relief after vomiting.
- Pulsatilla 30c – feels weepy, changeable moods, craves sympathy but irritable. Experience nausea and vomiting in evening.

PAIN IN PUBIC ARCH-

- Calc phos 30c – feels pain in pubic arch during the late part of the 3rd trimester often due to the babys descent.
- Rhus tox 30c – pain improves with movement but gets worse when being still.

PLACENTA PREVIA – (marginal)

- Erigeron 30c – take 3 times a day until there is no longer a problem. No longer than 3 - 4 weeks.

SLEEPLESSNESS –

- Cocculus 30c – when you cannot get back to sleep.
- Coffea crud 30c – sleeplessness due to too many thoughts, any pain, or excitement.

SWOLLEN ANKLES –

- Nat mur 30c- take 3 times a week until improvement. Do not take for more than 2 weeks at a time.

VARICOSE VEINS OR HEMORROIDS –

- Hamamelis 30c – for varicose veins, venous congestion. Worse from warm, moist air.
- Bellis perennis 30c – use for veins affected by pressure from the fetus and lameness. Worse on left side and from warm bath or warm bed.

YEAST INFECTIONS –

- Use Candida 30c for candidiasis.

HOMEOPATHY IS EASY TO TAKE AND WORKS QUICKLY



There are some great books that you can buy on Homeopathy.

Homeopathy for Pregnancy, Birth, and Your Baby's First Year by Miranda Castro

Homeopathic Medicine for Children and Infants by Dana Ullman, M.P.H.

Homeopathic Medicine at Home by Maesimund Panos, M.D. and Jane Heilmlich



Homeopathic creams

There are many great homeopathic creams or gels that can be used for external issues. For example, Arnica is the most well known. It is good for bruises and sore muscles, etc.

Remember to always consult your primary health care provider with anything unusual or painful.

Disclaimer:

- This information is for education only and is not meant to diagnose, treat, cure, prevent, or prescribe for any disease or medical condition.
- All information in this presentation is for reference purpose only and not intended to substitute advice given by a pharmacist, physician or other licensed health care professional.
- Do not use this information for treating a disease or to make a self-diagnosis. Should any of the symptoms or signs noted and described in this presentation be present, seek the advice of your primary care physician for testing and diagnosis. A serious medical condition could occur if left unattended.
- Information on herbs and supplements has not been evaluated by the FDA



There are no side effects with homeopathy. At first symptoms may be felt a little stronger- that's how you know you have the right remedy. But not to worry, it will quickly subside.

Pregnancy is a powerful time. Trust in yourself, in your body and in your baby!

REFERENCE:

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