

## Natural Remedies for Childbirth

Pregnancy is a very good time to seek Homeopathic treatment as any imbalances and in-built tendencies tend to declare themselves very strongly as a mother's inner 'vital force' is at it's most powerful. Also by treating the mother's symptoms, the baby can be safely and gently treated as well. Indeed some of the mother's symptoms are often a reflection of the baby's!

Homeopathy is a complementary form of medicine that's been available on the NHS since 1948. It has no side effects and, unlike many conventional medications, it is totally safe to use in pregnancy and during breast-feeding. It can be used in conjunction with other therapies and conventional medicine i.e. when having an epidural or anaesthetic. The remedies work by stimulating the body's own healing powers. Many pregnant women find they become life long converts after using Homeopathic remedies as part of their Birth Plan.

### During Labour

There are effective remedies to help deal with the possible problems during childbirth, such as a cervix which is slow to dilate, excessive bleeding, a retained placenta and other difficulties.

The following remedies are useful during and after labour. They can be taken as often as required until the symptoms subside i.e. every 10 mins if symptoms are intense or three times a day if only moderate. You may require different remedies at each stage of labour.

**To relieve anxiety, restlessness and fear** before and during labour - equally useful for your partner)! Also for a violent and fast labour where mother & baby may be in shock. *Aconite 200c*

**Reduction of bruising.** An indispensable remedy that can be given during labour to relieve the over exertion of labour. Not advisable pre-operatively. *Arnica 200c*

**Slow, ineffectual contractions** & cervix fails to dilate. Baby may already be over due and you want to avoid artificial induction. *Caulophyllum 200c\**

**Constant nausea** *Ipec 200c*

**Contractions are irregular and weak** and you feel miserable and tearful. (You may feel like giving up!) *Pulsatilla 200c*

### Healing After the Birth

After the birth, you can use homeopathic remedies to speed up healing for yourself and your baby.

**For post-natal 'blues'**, especially when the milk comes in. You burst into tears at the slightest thing. - *Pulsatilla 200c*

**Bruising, soreness & after pains** – *Arnica 30c*

**Episiotomy and C-sections** - alternate *Arnica*, *Bellis Per*, *Hypericum* and *Calendula* for a period of 1-4 weeks until healed.

### Breast Feeding Problems

**Breast infections (Mastitis)** can be treated homeopathically, which is preferable for both you and baby. Symptoms ameliorated are hot, radiating breast pains with painful lumps. Also heals sore, cracked nipples – *Phytolacca 200c\**

### Where can I buy Homeopathic Remedies?

Butterworth's, Boots and Holland & Barrett all stock the most frequently used remedies at 6c or 30c potency. However, some specific remedies (\*) and higher potency remedies (200c), ideal during childbirth, are only available from a homeopathic pharmacy or from a Registered Homeopath.

Specific '**childbirth kits**' can be a more convenient way of ensuring that all eventualities are covered. They contain 18 different remedies with a full instruction booklet on how and when to use the remedies that are suitable for pregnancy, childbirth, breast-feeding and the first few years of life. The kit also includes *Calendula* cream that has healing and antiseptic properties – invaluable for healing cracked nipples, an episiotomy and for baby's nappy rash.

**Childbirth Kits are available from Debbie Greenslade RSHom priced £32**

Nothing contained in this article should be taken as individual medical advice or as a substitute for consulting a Registered Homeopath or health care practitioner.



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