

Notes for Homeopathy in Childbirth

Arnica 200

- Take one remedy as soon as labour begins – take frequently during labour to reduce swelling and bruising.
- **reduce to every 1-2 hours** if labour is long.
- After birth, take every 4-6 hours for 48 hours
- Promotes healing, controls bleeding, reduces swelling
- Shock – says she's OK when she clearly isn't – if needed in this context more repetition may be necessary

Rescue Remedy: Use first, and often. Takes edge off anxiety and panic. Use neat directly on tongue – 4 drops

Caulophyllum 200

- To establish regular, strong contractions
- **Ineffectual labour, irregular labour**
- **First remedy for severe pain in labour, long painful labours**
- Pains fly about in all directions
- Contractions strong and spasmodic and fly from one place to another
- **Cervix doesn't ripen – remains rigid**
- Discordant uterine action
- Cramping pains
- Sharp pains in groin – often needle-like
- Want windows open
- **Sensitive to cold—shivering, trembling, even if covered in very warm room**
- Exhausted, irritable, thirsty

Cimicifuga 30

- Pains felt in hips and back
- **Entire body feels sore, bruised, and sensitive to touch**
- Pains intermittent
- **Contractions stop as soon as you arrive in hospital, or someone enters the room**
- Easily distracted which reduced the effect of the contractions
- Contractions more regular and effective if lying on the right side
- **Contractions very painful, but do little to progress labour – cervix remains rigid**
- Depressed and helpless, even early on
- Generally unable to focus on labour, mentally as well as physically
- **Feel faint during labour with trembling and/or shivering**
- Uncontrollable trembling before or during labor
- Labour with cramping in hips

Chamomilla 200

- Strengthens contractions if Caulophyllum doesn't help
- **Unable to endure pains of labour –unbearable pains, in labour or with afterpains**
- May say she'd rather die than continue pains are so severe
- **Making demands, then quickly rejecting offered help**, support, etc.
- Everything is dark and terrible
- Theatrical degree of misery and pain
- **Angry, abusive, impatient with pain**
- for after pains during breast feeding

Gelsemium 30 Posterior Labour

- **Lifeless, apathetic, despairing, dazed, drowsy**
- Useful for backache in labour when baby is posterior
- Thirstless
- **dysfunctional labour with failure to progress**, especially if baby is lying in a posterior position
- weakness and exhaustion and muscles tremble with the effort of movement.
- Contractions are felt in the back.
- Especially helpful when there is fear or anticipation of birth. May be useful before birth to help ease anxiety.

Aconite 200

- Tremendous panic attacks, anxiety
- **Especially useful for extremely fast labours**
- Remedy will slow things down a bit and reduce panic
- Tremendous fear of dying, or of the baby dying

Kali-carbonicum (Kali-c) 200

- Irregular contractions.
- Pain of contractions felt mainly in the back (ie – with posterior position babies).
- Feels as if back may break, much better for firm pressure.
- Fearful of dying

Ipecac 200

for nausea and vomiting

Kali Phos 200:

For exhaustion and hormonal shakes.

China 30: For tiredness due to dehydration.

Postnatal Remedies:

Sabina 30: To expel the placenta if not naturally delivered within 10-15 minutes.

Phosphorus 200: For profuse bleeding post-delivery.

Kali Phos 200: For post-birth shakes or exhaustion.

Post-Birth Recovery Formula: A mix of Arnica 30c, Bellis perennis 30c, and Hypericum 30c for pain and swelling.

Calendula 30: For healing the perineum or C-section skin.

Chamomilla 30: For after-pains during breastfeeding.

Secale 30: If heavy bleeding continues 3-5 days postnatally.

Oxygen 30 - I need air, get me something

Carbo Veg 200: shock, body cold, face pale, breath cold, clammy perspiration, extreme sluggishness

Hypericum 30: Injuries to nerve rich areas, nerve pain, extending pains. Useful for Coccyx pain during or after labour

Bellis P 200: The Arnica of internal organs -- use as often as Arnica for internal pains after labour

Phytolacca 30: have on hand for Mastitis

Pulsatilla: Aids onset of contractions when they are intermittent. Dose: **Pulsatilla 200c** every 30 minutes for up to 3 doses.

Caulophyllum: A hesitant labour where contractions are ineffective and the woman is showing signs of nervous exhaustion. Or, if labour stops. Dose: **Caulophyllum 200c** every 30 minutes for up to 3 doses.

Cimicifuga: A sense of foreboding and fragmented thought, or a history of painful/difficult past obstetric experiences, alongside weak, irregular contractions. Hysteria, sighing and tearful.

Dose: **Cimicifuga 200c** every 30 minutes for up to 3 doses.

Cocculus: Vomiting in labour (vomiting/bowel motion & feeling very sleepy can be an indication she is fully dilated & transition is coming) Dose: **Cocculus 200c** one dose.

Ipecacuanha: Vomiting as a side effect of Pethidine. Dose: **Ipecacuanha 200c** every 30 mins for up to 3 doses.

Gelsemium: Nervous apprehension. Cervix usually undilated. Relaxation and weakness of the uterus, causing weak, ineffectual contractions. Dose: **Gelsemium 200c** every 30 minutes for up to 3 doses.

Kali Carb: This is the first remedy to try if you have an occipito-posterior labour ('back to back' presentation during labour). Dose: **Kali Carb 200c** every 30 mins for up to 3 doses.

Kali Phos: Complete collapse and exhaustion during labour. Can't go on and contractions stop.

Dose: **Kali Phos 200c** every 30 mins for up to 3 doses.

Natrum Mur: This woman will feel inhibited by lack of privacy & may be unable to get on with the work of labour while strangers are present or likely to enter the room. Closes up emotionally in labour. Become tight. Dose: **Nat Mur 200c** every 30 minutes for up to 3 doses.

Nux Vomica: Frequent urge to urinate and defecate in labour. Dose: **Nux Vomica 200c** every 30 minutes for up to 3 doses.

Opium: Terror, frightened, the contractions scare her. Everything stops due to fright. Hazy look in her eyes, looks spacey. Dose: **Opium 200c** every 30 minutes for up to 3 doses.

Secale: For women who have had lots of babies, shrivelled with no muscle tone. Feel bearing down the uterus. Contractions are very irregular. Dose: **Secale 200c** every 30 minutes for up to 3 doses.