

Homeopathy for pregnancy and childbirth



Is it safe to use homeopathy?

Homeopathy is perfectly safe to use during pregnancy, in breast-feeding mums and for children because the ingredients in homeopathic medicines, mainly plants and minerals, are highly diluted. This means that the medicines are completely non-toxic, making them ideal for use at times when you might not want to take conventional drugs.

What is homeopathy?

Homeopathy works on the principle of using like to cure like. In other words the medicines are made, in miniscule amounts, of the same substance that would cause the symptoms.

For example, in homeopathy a medicine derived from the hot chilli pepper, Capsicum, can be used to alleviate nasty burning sensations, such as heartburn, which is common in pregnancy.

The medicines are derived mainly from plants and minerals. The active ingredient is diluted many times (making it completely safe) and succussed (shaken vigorously) to produce the medicine.

Individualised treatment

It is always a good idea to visit a homeopathic doctor so that your prescription can be tailored to suit your particular symptoms. In homeopathy, two people with the same symptoms can be prescribed completely different medicines, because the treatment is based on you as an individual, not just your symptom. This can make it difficult for you to choose the correct homeopathic medicine yourself. However, there are a number of homeopathic medicines that are commonly indicated for some minor ailments that you can treat at home. A medical doctor (ideally, one trained in homeopathy) should always be consulted in the first instance if you are experiencing more serious problems.

Where to find a regulated homeopathic practitioner

Members of the Faculty of Homeopathy are conventional doctors trained in homeopathy and are therefore regulated by the state. They hold the qualifications LFHom, MFHom or FFHom.

A full list of practitioners is available at www.britishhomeopathic.org or by calling 0870 444 3950.

Some common problems

Morning sickness

- Nausea with a sour taste; stomach sensitive to pressure; flatulence **Nux vomica**
- Persistent vomiting with a craving for cold drinks; anxiety and nervousness **Phosphorus**
- Nausea at the sight or smell of food, especially in the morning, before eating; eating may relieve the nausea; stomach feels empty even after eating **Sepia**

Heartburn

- With burning sensation behind breastbone **Capsicum**
- With nausea and vomiting, and a craving for fizzy drinks **Causticum**

Piles

Hamamelis is a useful homeopathic medicine for piles, either taken in tablet form or applied as a cream.

Wound healing

Arnica is a popular choice for mothers to help heal areas of bruising. For internal bruising though, **Bellis perennis** is very useful. **Calendula** can also help to heal grazes and lacerations, taken in tablet form rather than applied externally, to avoid irritation.

Breastfeeding problems

- Mastitis – breasts are red, hot, swollen and tender **Belladonna**
- Cracked nipples – if there are sharp shooting pains when the baby feeds, try **Phytolacca**
Calendula cream can also help.

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www.britishhomeopathic.org/how_we_can_help/articles/womens_health

