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## Magical homoeopathy-pregnancy and labour

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### Abstract

Homeopathy is a unique system based on natural remedies, which are specially formulated and often used in small doses to restore health. The founder of this program was Christian Fedrick Samuel Hahnemann who was born on 10<sup>th</sup> April 1755. Low toxic risks, low dosage and other medications, and ease of storage and distribution make homeopathy popular with practitioners and patients. It is an effective treatment for a wide range of serious and chronic conditions. In classical homeopathy, there are many homeopathic remedies for maternity support, which should be selected based on the various specific details of the woman seeking treatment. A double-blind, placebo-controlled trial involving 93 pregnant women tested the effectiveness of a combination solution containing Arnica, Caulophyllum, Actea racemosa, Pulsatilla, and Gelsemium, with a power of 5c, revealed that the average duration of birth reduced by approximately 3.5 Hours among women receiving treatment compared to the placebo group. In addition, only 11.3 percent of women given homeopathic remedies had a difficult task, compared to 40 percent of women in the placebo group. The benefits of this type of treatment include the fact that it is a safe and effective way to deal with many pregnancy-related problems.

**Keywords:** Homeopathy, Pregnancy Support, Labour Management, Maternity Remedies, Arnica Caulophyllum, Actea racemosa, Pulsatilla, Gelsemium, Homeopathic Treatment Efficacy

### Introduction

Homeopathy is an alternative system of medicine based on a natural system, prepared specially and used most often in small minute doses to restore health. The founder of this system was Christian Fedrick Samuel Hahnemann who was born in 10<sup>th</sup> April 1755<sup>[1]</sup>. He is from a poor family background who worked hard and studied medicine and he is an Allopath<sup>[2]</sup>. Homeopathy is the second largest practice of medicine in the world. The main mantra of homeopathy is “Similia Similbus Curentur” (*Likes cure likes*) Homeopathy is known for its holistic approach/treatment for patients as it treats patients as a whole<sup>[3]</sup> Pregnancy and childbirth are considered to be two of the most important and unforgettable moments in women’s lives. In the past many mothers have died owing to pregnancy complications, now, the medical system has developed. Alternatively, homeopathy has emerged as the most appropriate approach to assessing enormous health changes associated with conventional procedures<sup>[4]</sup>

Homeopathy has long been used as the first choice for pregnant women, children, and their families. The low risk of toxicity, overuse, and overdose, as well as the ease with which to store and dispense medicines, make homeopathy attractive to physicians and patients. It is an effective treatment for a wide range of serious and chronic conditions. Homeopathy has historically been used to treat diseases such as malaria and pneumonia, and there are some records of the successful Spanish Flu treatment of 1918.

### Role of homeopathic medicines during pregnancy

Homeopathy has its major action during pregnancy and labor. Some medicines are in one area, others in universal especially in breech presentation of baby, less movements of baby, opening of cervical OS, Hyperemesis gravidorum, and also in psychological level like fear and anxiety during pregnancy and labor.

### Common Therapeutics for Common Pregnancy Symptoms

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**Table 1:** Common Pregnancy Complications

Common Pregnancy Complaints	
1.	Morning Sickness.
2.	Constipation
3.	Mal Presentation of the baby.
Labor	
1.	Lack of progression during Labor
2.	Prolapse of organs
After Delivery	
1.	Post partum Haemorrhage.
2.	Retained Placenta
3.	Mastitis.

**Table 2:** Labor Complaints with some keynote medicine

	Labor Complaints	Medicines
1.	Morning Sickness	<b>Sepia, Nux vomica, Pulsatilla</b>
2.	Constipation	Nux vomica, Sepia, Opium
3.	Repeated miscarriage	Sepia, Sabina, Pulsatilla, Natrum Mur
4.	Mal-Presentation of the Baby	
LABOR		
1.	Efficient Labor	Arnica, Cimicifuga, Caulophyllum,
2.	Lack of progress during labor	Pulsatilla, Caulophyllum, Gelsemium
After Labor		
1.	Post-partum hemorrhage	Aconite, Arnica, Caulophyllum, Cinchona
2.	Retained Placenta	Pulsatilla, Sabina
3.	Mastitis	Phytolacca and Pulsatilla, conium

- **Morning sickness:** Sepia, Nux Vomica, Pulsatilla
- **Constipation:** Nux vomica, Sepia, Opium
- **Repeated miscarriage:** Sepia, Sabina
- To encourage efficient labor (for Primigravadas, or those with a history of long, difficult labors, anyone with cervical scarring, post-dates): Arnica, Cimicifuga, Caulophyllum,
- **Mal-Presentation of the Baby:** Pulsatilla, Natrum Mur (if amniotic fluid levels are not normal)
- **Lack of progress during labor:** Pulsatilla, Caulophyllum, Gelsemium
- **Post-partum hemorrhage:** Aconite, Arnica, Caulophyllum, Cinchona; to build blood afterward-Ferrum Phos; Note- seek medical treatment to make sure bleeding has stopped and to replenish fluid and/or iron stores.
- **Retained placenta:** Pulsatilla, Sabina
- **Prolapse organs:** Sepia, Hamamelis
- **Mastitis:** Phytolacca-hard lymph nodes and pain in nipple which radiate over the body when child nurses, Belladonna- pain located in a particular region, fever, throbbing hot shiny redness)

**Protocol of prescribing medicines:** Protocol for the Third Trimester Weeks 37 and 38: Arnica 30 °C (Monday), Caulophyllum 30 °C (Tuesday), Cimicifuga 30C (Wednesday), Gelsemium 30 °C (Thursday), and Pulsatilla 30 °C (Friday), one remedy per week on alternate days. For weeks forty and up, use one homeopathic remedy per day. Solutions Use Arnica 200 °C hourly during labor. Furthermore, the most often utilized treatments would be Cimicifuga 200 °C and Caulophyllum 200 °C. They can be used as often as once every fifteen to thirty minutes.

**Following a C-section, remedies:** Arnica 200 and Staphysagria 30 will also assist the C-section scar heal faster than anticipated.

**Potentials:** Different potencies of homeopathic medications are available. It is advised to utilize a 30 °C potency throughout the last trimester. The stronger 200 °C is better during labor.

**How to Utilize:** Furthermore, Arnica 200 and Staphysagria 30 will support the C-Take 3 pellets under the tongue and wait 5 to 10 minutes before eating. An alternative is to put the three pellets (one remedy/bottle) in a tiny bottle of water. Shake and take a drink. Numerous homeopathic medications are effective during labor and delivery.

### Cases to prove that homeopathy does magic during pregnancy and labor

#### Live Clinical Case Experiences

**Case I:** The mother of a 24-year-old patient clarified that her daughter was admitted to the hospital due to an impending labor. Additionally advised for the CS section because her daughter's cervix was not dilated and had been placed under surveillance for three hours. It has been ten hours since the patient's admittance, and the patient's mother does not want her daughter to have a CS section. This is where homeopathy enters the picture with its magic—Caulophyllum thalictroides is a fantastic remedy for Rigid cervical OS. Caulophyllum 200, four pills in water, was administered to the patient once every fifteen minutes. The patient's mother stated that the cervix dilated from 0 to 2 cm in 2 to 3 hours. A little while later, they began preparing the patient for a typical labor and delivery, bringing in a 3 kg baby.

Indeed! Hope is given by homeopathy, and, Yes! Homeopathy gives hope and helps in the last moment of labor like magic and paves the way for natural childbirth.

**Case II:** When the 33-year-old woman showed up for the abnormality scan, she was in her second trimester and roughly five months along with her pregnancy. She stated that the fetus's face was obscured in the USG scan. She was invited to visit on the following days, but reports consistently stated that the mother was unable to feel the movement of the baby and that the fetus's position remained unaltered. Additionally, the patient was advised to contact the congenital anomaly counseling center. They went straight to a skilled homeopath and received pulsatilla 200, four pellets in a dose of water every ten minutes. The patient started to feel like a regular infant within an hour. The patient went for a scan the very following day and reported that the fetus was normal.

Among the most common is Pulsatilla nigricans is one of the most beautiful remedies in homeopathy for fetus movements and fetuses with the cord around the neck.

**Case III:** The patient arrived at the clinic with the previous condition, which is a common complex case of labor involving the Nuchal chord. In the second trimester of her pregnancy, which lasted six months, she was concerned about the single uterine gestation that was causing the weak and occasionally nonexistent baby movement because of the cord around her neck. Following an examination of her past

and physical state, Pulsatilla 30 was the recommended dosage in water. The patient expressed her feelings after four to five hours because she could feel the baby moving. In addition, Caulophyllum 200 was prescribed for the dilatation of hard cervical OS, starting prior to the second week of labor. The patient initially displayed usual symptoms like palpitations and fear, but they were noticeably more intense. Every other day, Gelsemium and Rescue Remedy (Bach flower remedy) were administered to her. After a few days, the patient reported that she was having white discharge from a huge clot. A day later, she gave birth naturally vaginally, and her palpitations significantly decreased from the days before.

One of the manifestations of holistic homeopathy is how homeopathy works on both the mental and physical levels. Homeopathy does its magic from the mental to physical level, this is one of the examples of wholistic homeopathy.

### **The management of pregnancy and labor with Homoeopathy Nausea in pregnancy**

Nausea is a very common disorder, that usually occurs in the first trimester.

#### **Case example**

Patient A, aged 25 years, was 10 weeks pregnant and experiencing severe nausea and vomiting. She had been investigated with no abnormalities found. The nausea was worse after midnight and was associated with great anxiety and a feeling of profound restlessness. She had to keep moving to ease the nausea and felt very thirsty for small sips of water which she vomited soon after drinking.

Treatment prescribed: Arsenicum album 30 C 3 times per day, until symptoms eased. Result: marked improvement in nausea, vomiting, and anxiety within two days<sup>[5]</sup>.

Other useful remedies include; Ipecac, Symphoricarpus racemosus, and kali. Carb, Sulphur, and Cocculus, and Colchicum.

#### **Threatened abortion**

Any vaginal bleeding during pregnancy necessitates immediate medical attention.

#### **Case example**

Patient B, aged 32 years, presented with vaginal bleeding during the first trimester. She was diagnosed as having a threatened abortion, the cervical os was closed, and there was no uterine tenderness and the bleeding was bright red, persistent, but scanty. She complained of a heavy sensation in her pelvic area. This was her first pregnancy and she was very anxious about losing the baby and was angry and abusive to the staff and her partner. Any noise or jarring irritated her. Her face was red and flushed, her carotid arteries were notably throbbing.

**Treatment prescribed:** Belladonna 30C hourly until symptoms improved<sup>[5]</sup>.

After the first dose, the bleeding stopped completely, and by the second dose, her mood had improved, and she was discharged home with an otherwise uneventful pregnancy. The bleeding may have stopped on its own without intervention, but it was interesting to note how quickly the bleeding stopped after the remedy was administered.

Other useful remedies include; Vipurnum opulus, Secale cor, Sepia, and Kali. carb, Pulsatilla, Cimicifuga,

Caulophyllum, Erigeon, Lappa arcticum, Trillum pen, China.

#### **Problems in the second trimester**

If there are no complications, most pregnancies go well in the second trimester. However, some women develop vaginitis, cystitis, digestive problems, or hemorrhoids, which can be treated homoeopathically at this stage of pregnancy. Since these (though annoying) problems are less specific to pregnancy than certain problems experienced in the first and third trimesters, then they will not be discussed in this article.

#### **Problems in the third trimester**

The most serious complications that occur in the third trimester include placental abruption, placenta praevia, and abnormalities. These problems may require an urgent medical examination and hospitalization. In these cases, homeopathy can be used in conjunction with conventional methods. Breech presentation is the only discomfort known to be a reaction to homeopathic treatment.<sup>[6]</sup> Homoeopathic administration of placenta praevia and abruptio placenta is similar to that used for postpartum hemorrhage, and should only be given by an experienced homeopath, or homeopath. specialized in working with an obstetrician.

#### **Problems during and after labor**

##### **Delayed onset of labor or failure of progression**

Pregnancies continuing for more than 42 weeks usually proceed to medical induction of labor. Certain homeopathic remedies can be useful in aiding the induction of labor and in situations where the progress of labor is delayed<sup>[5]</sup>.

#### **Case example**

The 22-year-old Patient C's labor was progressing slowly, which worried the midwife. After six hours of labor, the cervix was 4 cm dilated and uneffaced despite contractions. The patient's contractions stopped and she started to get quite nervous and tremble while her spouse was in the room. Since this was her first pregnancy, she was rather anxious about going through labor. She reported experiencing back discomfort, fatigue, and a heaviness in her body. Treatment prescribed: Gelsemium 30 C every 15 min.

Within thirty minutes of taking three Gelsemium dosages, she started experiencing the typical labor progression, including cervical effacement, and gave birth to her baby in two hours.

Additional helpful treatments for starting labor or controlling slow development include: Ignatia, Aconite, Gelsemium, Natrum mur, Opium, Pulsatilla and Kali carb.

#### **Retained Placenta**

Inducing placental abruption and decreasing hemorrhage following placental abruption are two advantages of homeopathic treatment. Caulophyllum, Cimicifuga, and Pulsatilla are homoeopathic remedies that have been shown to be useful in triggering placental abruption in the third stage of reproduction.

Cantharis, Arnica, Gossypium, and Sepia officinalis are other helpful treatments.

#### **Postpartum haemorrhage**

Postpartum hemorrhage can be caused by a variety of factors, such as uterine atony, retained placenta, miscarriage, or pre-existing bleeding tendency. It is

important to accurately diagnose the underlying cause of any illness before beginning homeopathic treatment. It might be essential to perform emergency procedures like placenta removal or blood transfusions.

Postpartum hemorrhage can be effectively treated with a variety of herbs; these include Phosphorus, Ipecac, China, Caulophyllum, Cimicifuga, Pulsatilla, Sepia, Arnica, Aconite, Belladonna, Sabina, and Secale. They can also help postpone or halt bleeding prior to childbirth.

Common postpartum remedies include Arnica, Hypericum, Calendula, Sepia, and Kali to mend lacerations, ease pain, and recuperate from injuries. Phos, Natrum, Cimicifuga, Ignatia, Staphysagria, and Anacardium.

### Scientific evaluations of homoeopathic remedies for childbirth support

The effectiveness of a combination medicine combining Arnica, Caulophyllum, Actea racemosa, Pulsatilla, and Gelsemium, each at a potency of 5c, was evaluated in a double-blind, placebo-controlled trial comprising ninety-three pregnant women. The average labor time for the women getting therapy was around 3.5 hours shorter than for the placebo group. In addition, compared to 40 percent of the women in the placebo group, only 11.3 percent of those who received the homeopathic medicine experienced difficult labor [7]. Because homeopathic medication is adaptable, it can be used during labor and delivery or towards the conclusion of a pregnancy. According to the research, some women would rather start taking the cures during week 37 of pregnancy, the last trimester, while others would rather wait until labor. [8] That's a decision you make. The cures were useful to me during giving delivery at home. Being able to take part in their healthcare empowers many women, even if a variety of variables might affect how we are born.

**Traditional Homeopathic Treatments for Childbirth Support**  
Depending on the unique specifics of the lady seeking treatment, a variety of homeopathic remedies for birthing support are available in classical homeopathy. One typical homeopathic treatment for childbirth is caulophyllum. The symptom profile for this medicine includes shaking, nervousness, and uterine weakness in addition to a history of irregular menstruation and difficult deliveries that included sharp, needle-like pains during labor [7].

Belladonna is traditionally used to soothe agitated, bewildered, flushed, feverish laboring mothers.

One typical homeopathic treatment for childbirth is caulophyllum. The symptom profile for this medicine includes shaking, nervousness, and uterine weakness in addition to a history of irregular menstruation and difficult deliveries that included sharp, needle-like pains during labor [7].

Cimicifuga's classic symptom picture includes painful spasms that travel a long distance, deep sighs, and gloominess expressed by statements to the effect that labor will be impossible to complete.

### Conclusion

An overview of the evidence-based practice of homeopathy for women throughout pregnancy and labor is given in this article. For many issues that arise during this time, homeopathic remedies can be used; however, they should only be administered by a qualified homeopath. One of the advantages of this kind of treatment is that it is a safe and

efficient means of addressing a variety of pregnancy-related problems. The homeopathic treatment of additional issues related to pregnancy

and labor requires further evidence-based study, which opens the door to a broad spectrum of homeopathy medical effectiveness.

### Conflict of Interest

There is no conflict of interest for this study.

### Ethical Considerations

There is no ethical consideration needed for this study, as this is a review article

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