



# International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493  
P-ISSN: 2616-4485  
[www.homoeopathicjournal.com](http://www.homoeopathicjournal.com)  
IJHS 2023; 7(1): 507-509  
Received: 19-01-2023  
Accepted: 28-02-2023

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## Hyperemesis gravidarum and its homoeopathic management

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**DOI:** <https://doi.org/10.33545/26164485.2023.v7.i1h.799>

### Abstract

This review article throws a light on one of the cause for deterioration of health of mother and fetus that is hyperemesis gravidarum. Homeopathic medication is quite effective in treating this condition. An insight on assessment of this condition, and its homoeopathic approach have been presented in this article. Homoeopathy has good scope in controlling the further deterioration of health and helps in maintaining the good health of mother and healthy growth of the child.

**Keywords:** Nausea, vomiting, hyperemesis gravidarum, morning sickness, pregnancy

### Introduction

Hyperemesis gravidarum is defined as severe vomiting during pregnancy which leads to dehydration, electrolyte imbalance and weight loss in mother. Pregnancy is a physiological process which consists of some physiological symptoms. But in some cases, these symptoms get inflated. In these types of symptoms vomiting is one of the complaints.

### Causes

- Mostly in first pregnancy (primigravida).
- First trimester of pregnancy.
- When hCG levels are high may be in multiple pregnancies.
- Unplanned pregnancies.
- Hydratiform mole or follicular mole.
- Family history- If mother and sister also suffer from same manifestation.

### Pathophysiology <sup>[1]</sup>

| All changes are due to excess of vomiting                                  |  |  |
|--|--|--|
| Dehydration  | Starvation   | Visceral Changes   |
| (excessive loss of fluid)  | (extreme hunger)   | (due to dehydration and starvation)                        |
| Extra cellular dehydration, which leads to hemo concentration, hypotension | Decreased glycogen from liver<br>fat oxidation is incomplete | Liver - Yellow, central lobular necrosis                   |
| decreased urine, decreased BP  | increased ketone bodies in blood                             | Kidneys - no morphological change                          |
| loss of electrolytes   |  | Brain - petechial hemorrhage in hypothalamic region due to |
| decreased Na <sup>+</sup> , K <sup>+</sup> level, Cl <sup>-</sup>          |  | Vitamin B, C deficiency                                    |
| increased blood urea, creatinine   |  |  |
| uric acid levels   |  |  |

### Clinical Features <sup>[1, 2, 3, 4]</sup>

- Increased salivation
- Nausea
- Vomiting
- Extremely tired feeling
- Dimness of vision
- Double vision
- Weight loss
- Extreme sensitiveness to odour

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- Loss of sleep
- Distorted taste

### Signs

- Blood pressure-below 100 mm of Hg
- Tachycardia (increased heartrate)
- Jaundice-rarely

### Investgations

- Urine analysis- for ketone bodies and specific gravity
- Serum electrolytes
- Liver enzymes
- Urine culture
- Blood culture- Hb%; Haematocrit increase; Serum S G O T, S G P T increase; urea and creatinine increases; Na<sup>+</sup>, K<sup>+</sup>, Cl<sup>-</sup>, bicarbonates levels decreases.
- Ophthalmoscopy

### Management

#### Allopathic management

- Metoclopramide
- Promethazine 25 mg
- Hydrocortisone 100mg IV in the drip
- Vit B1, B6, B12, C

#### General management

- Take adequate amount of water
- Maintenance of the fluid and electrolyte imbalance
- Correcting the metabolic disturbances
- Avoid fatty food and the type of foods that leads to nausea and vomiting.
- Taking care of pregnant women.

### Homoeopathic approach

#### Rubrics

##### Kent<sup>[5]</sup>

Stomach-vomiting-pregnancy during- page 534

Stomach-nausea-pregnancy during- page 509

##### BBCR<sup>[8]</sup>

Nausea and vomiting-nausea-pregnancy during- page 501

Nausea and vomiting-vomiting-nausea followed by- page 504

Nausea and vomiting-vomiting-profuse- page 504

##### TPB<sup>[6]</sup>

Nausea and vomiting-nausea in general- page 73

Nausea and vomiting-vomiting- page 75

##### Boericke<sup>[7]</sup>

Stomach-vomiting-pregnancy- page 781

Stomach-nausea with weakness and anxiety- page 777

##### Phatak<sup>[9]</sup>

Naso-pharynx -nausea-pregnancy during- page 277

Vomiting-pregnancy-Aggravation- page 450

### Homoeopathic Therapeutics

- **Arsenicum album:** There is nausea and vomiting present immediately after eating the food and drinking. They cannot tolerate any order of food or by seeing the food. The vomiting may be of blood, mucus, bile. Symptoms may get aggravated from cold, cold drinks,

after mid night and feel better by heat and warm drinks.

- **Ipecacuanha:** There is persistent nausea and vomiting with paleness of face. There is also presence of much food, bile, blood, mucus. Symptoms may get aggravated from lying down.
- **Nux vomica:** There is presence of nausea in the morning and after eating. Sour taste present in the mouth. There is presence of nausea and vomiting with much retching is seen. Symptoms gets aggravated after eating and feels better by taking rest.
- **Carbolicum acidum:** There is increased sensitivity to smell. There is decreased appetite or loss of appetite. There is presence of constant nausea and vomiting which is of olive green and dark in color. There is presence of bad taste in mouth. Vomitus is offensive.
- **Phosphoricum acidum:** There is presence of nausea and vomiting. Symptoms are seen after sour food and drinks. There is presence aching pain in the stomach. Symptoms may get worse from exertion and loss of vital fluids and feel better from keeping warm.
- **Sepia officinalis:** There is presence of nausea in the morning before eating and there is urge to vomit after eating. Nausea aggravated from lying on side is seen. Everything tastes too salty. Symptoms gets aggravated from dampness, left side, before thunderstorm. Symptoms are better by pressure, cold bathing, after sleep.
- **Cocculus indicus:** Presence of nausea with faintness and vomiting is seen. Metallic taste is present in mouth. There is nausea from travelling in boat, car. There is sensation in stomach as if one had been without food for long time until then hungry was gone. Cannot tolerate the smell of food. Symptoms gets aggravated by eating, after lack of sleep.
- **Phosphorus:** Presence of vomiting and water is thrown up as soon as it gets warm in the stomach. Post operative vomiting may also be seen. Pain in stomach is present which is relieved by cold food and ice and worse from touching and warm food or drinks and feel better by lying on right side and cold food.
- **Kreosotum:** There is nausea and vomiting of food after several hours of eating. Sweetish water in mouth in the morning. Bitter taste after a swallow of water is present. Symptoms gets aggravated in open air and when lying and better by warmth.
- **Ferrum metallicum:** There is nausea and vomiting after eating. Loss of appetite is seen. Vomiting immediately after eating is present. Vomiting midnight after. Symptoms gets aggravated from overheating while sitting still and after mid night and feels better after rising.

### Conclusion

This review article helps in understanding the condition hyperemesis gravidarum, and homoeopathic approach for treating the disease. In the system of homoeopathic medicine, we consider a holistic concept of individualizing the patient. This helps in understanding the difficulties faced by patients and we can guide them in the best way to deal with this condition and avoid the deterioration of health of the women.

**Conflict of Interest**

Not available

**Financial Support**

Not available

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**How to Cite This Article**

Sreevidhya JS, Reddy TA, Sowmya N, Swetha N. Hyperemesis gravidarum and its homoeopathic management. International Journal of Homoeopathic Sciences. 2023;7(1):507-509.

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