



# International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493  
P-ISSN: 2616-4485  
[www.homoeopathicjournal.com](http://www.homoeopathicjournal.com)  
IJHS 2023; 7(4): 195-198  
Received: 23-08-2023  
Accepted: 29-09-2023

**Dr. Aradhana Pathak**  
Junior Resident,  
Department of Materia  
Medica, Pt. Jawaharlal  
Nehru Homoeopathic  
Medical College, Kanpur,  
Uttar Pradesh, India

## Role of homoeopathy in the management of maternal health

**Dr. Aradhana Pathak**

**DOI:** <https://doi.org/10.33545/26164485.2023.v7.i4c.977>

### Abstract

This discussion delves into the concept of role of homoeopathy in the management of maternal health. Homoeopathy can be used to improve the women's overall wellbeing and for the particular discomforts that may arise during pregnancy, labor and post partum period. Homoeopathic repertories play a very important role in the selection for the most significant remedy for an individualised patient. We have treasure of proven medicines which help magnificently in handling health of a mother during prenatal and postnatal period. Dealing with new challenges in maternal health care will be handled more effectively. The cost effectiveness and clinical results of Homoeopathy will help public and private health system.

**Keywords:** Maternal health, homoeopathy, antenatal, postnatal, repertory

### Introduction

Maternal health refers to the health of women during pregnancy, childbirth and the postnatal period. Each stage should be a positive experience, ensuring women and their babies to reach their full potential for health and well being <sup>[1]</sup>.

Pregnancy allows for the creation of new life, fostering the growth and development of a human being. It often strengthen family bonds as expectant parents prepare for the arrival of their child. It is crucial for the survival and continuation of the human species and necessitates regular check ups, ensuring the well being of both the mother and the developing baby. It is a profound and multifaceted life event with far reaching implications for individuals, families and society as a whole.

While there have been significant reductions in maternal, new born, and child health in recent decades, deep inequities remain between and within countries. For instance, although the global maternal mortality ratio is estimated to have fallen by 34% between 2000 and 2020, 95% of all maternal deaths occur in low- and lower-middle-income countries. Maternal mortality increases, on average, by 11% in conflict zones and in more intense conflict areas by 28%. In 2020, 1 in 10 babies were born preterm, a figure that has barely changed in the last decade and in some places has risen. It is estimated that almost half of under-5 deaths occurred during the neonatal period and 19 million stillbirths will take place before 2030, with many more resulting from disruptions to health and social services due to COVID-19. The number of un- or under-vaccinated children increased by a staggering 6 million from 2019 to 2021, increasing their risk of contracting deadly and debilitating diseases <sup>[2]</sup>.

Homoeopathy can be used to improve the women's overall wellbeing and for the particular discomforts that may arise during pregnancy, labor and post partum period. Homoeopathic medicines are prescribed on the basis of individualisation that is, while taking the case each individual is differentiated as per their individual mental and physical symptoms. There are no side effects of homoeopathic medicines because of their threshold low doses us.

**Table 1:** Symptoms and signs during antenatal period.

Symptoms and signs during antenatal period		
First trimester	Second trimester	Third trimester
Amenorrhea	Quickening	Frequency of micturition increases
Increased urinary frequency	Progressive enlargement of abdomen	Feeling of Lightening
Morning sickness due to HCG	Chloasma	Fetal movements more cognizable
Breast discomfort	Appearance of secondary areola	Abdomen enlargement produces
Fatigue	Secretion of colostrum	mechanical discomforts like dyspnea

**Corresponding Author:**  
**Dr. Aradhana Pathak**  
Junior Resident,  
Department of Materia  
Medica, Pt. Jawaharlal  
Nehru Homoeopathic  
Medical College, Kanpur,  
Uttar Pradesh, India

**Antenatal care**

World Health Organisation recommends at least four visits to the doctor during entire pregnancy:

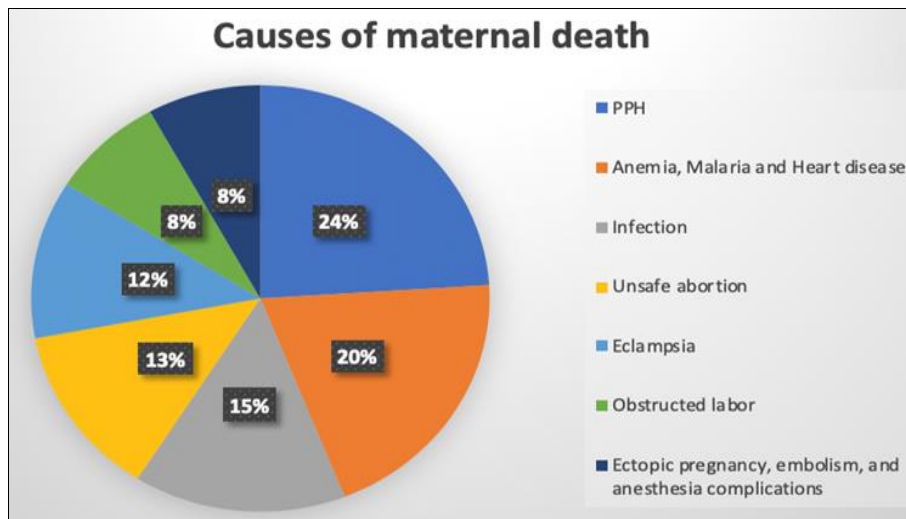
- First visit must be before 16 weeks
- Second visit should be at 24-28 weeks
- Third visit should be at 32 weeks
- Fourth visit should be at 36 weeks

Anemia Mukht Bharat Programme by Government of India states that in all pregnant females 60mg elemental iron plus 500mcg of Folic acid is to be given daily, starting from 4<sup>th</sup> month of period of gestation and continued throughout

pregnancy, minimum for 180 days and to be continued for 180 days in postpartum period.

**Postnatal care**

- There should be regular postnatal check ups
- Detection of risk at earlier stage and its management is
- Management of normal puerperium
- There may be minor ailments also which are amenable for the treatment
- Complete treatment of anemia
- Health and nutrition education is mandate
- Postnatal exercises to help proper involution is required



**Fig 1:** Causes of maternal death in India (sources-causes of maternal deaths in India.png-commons. wikimedia.org; UNIGME, 2019)

Homoeopathic repertories play an important role in the selection of the most significant remedy for an individualised patient. Boger Boeninghausen's Characteristics Repertory (B.B.C.R.) and Kent's Repertory are such repertories which can help more efficiently to get similitum for a case.

**Rubrics from B.B.C.R**

MIND-aggravation-Pregnancy, during  
 VERTIGO-Aggravation-Pregnancy, during  
 TEETH-Aggravation-Pregnancy, during  
 NAUSEA AND VOMITING-Aggravation-Pregnancy, during  
 STOMACH AND EPIGASTRIUM-Aggravation-Pregnancy, during  
 HYPOCHONDRIA-Aggravation-Pregnancy, during  
 ABDOMEN-Aggravation-Pregnancy, during  
 EXTERNAL ABDOMEN-Aggravation-Pregnancy  
 STOOL-Aggravation and Amelioration-Pregnancy, during  
 STOOL-Aggravation and Amelioration-Pregnancy, during diarrhoea  
 STOOL-Aggravation and Amelioration-Pregnancy, after  
 ANUS AND RECTUM-Conditions-Pregnancy, during  
 URINARY ORGANS-Meatus-Conditions-Pregnancy, during  
 GENITALIA-Female organs-Pregnancy  
 GENITALIA-Female organs-Pregnancy-abdominal pain in  
 GENITALIA-Female organs-Pregnancy-constipation  
 GENITALIA-Female organs-Pregnancy-diarrhoea  
 GENITALIA-Female organs-Pregnancy-face, chloasma  
 GENITALIA-Female organs-Pregnancy-headache  
 GENITALIA-Female organs-Pregnancy-mental affections

GENITALIA-Female organs-Pregnancy-nausea and vomiting  
 GENITALIA-Female organs-Pregnancy-spasms  
 GENITALIA-Female organs-Pregnancy-urinate, impulse to  
 GENITALIA-Female organs-Pregnancy-varicose veins  
 GENITALIA-Female organs-Pregnancy-voracity  
 GENITALIA-Conditions-Pregnancy, Agg.  
 COUGH-Excited or Aggravated by-Pregnancy, during  
 BACK-Aggravation-Pregnancy, during  
 LOWER EXTREMITIES-Aggravation-Pregnancy  
 AGGRAVATION AND AMELIORATION IN GENERAL-Pregnancy, during. agg.

**Rubrics from Kent repertory**

VERTIGO-PREGNANCY, during  
 NOSE-SMELL, acute-pregnancy, during  
 FACE-ERYSIPELAS-pregnancy, during  
 URINE-ALBUMINOUS-pregnancy, during and after delivery  
 GENITALIA-FEMALE-ITCHING-pregnancy, during  
 GENITALIA-FEMALE-MENSES-pregnancy, during  
 GENITALIA-FEMALE-PAIN-BURNING-Uterus-parturition, after  
 GENITALIA-FEMALE-PAIN-Burning-vagina-pregnancy, during  
 COUGH-PREGNANCY, during  
 EXTREMITIES-CRAMPS-leg-pregnancy, during  
 SLEEP-SLEEPINESS-labor pains, during  
 SLEEP-SLEEPINESS-pregnancy, during  
 SKIN-COLDNESS-labor pains, during  
 SKIN-COLDNESS-pregnancy, during  
 SKIN-DISCOLORATION-yellow, jaundice, ets.-

pregnancy, during  
 GENERALITIES-CHOREA-pregnancy, during  
 GENERALITIES-CONVULSIONS-pregnancy, during  
 GENERALITIES-CONVULSIONS-puerperal  
 RECTUM-DIARRHOEA-fever, hectic, during-puerperal  
 FEVER-PUERPERAL, fever-from suppressed lochia  
 GENERALITIES-FAINTNESS-labor, during  
 MIND-NYMPHOMANIA-puerperal

### Miasmatic Discussion

In Chronic Disease - Hahnemann explains as, “pregnancy offers so little obstruction to the antipsoric and hence all miasmatic treatments, that this treatment is often most necessary and useful in that condition. It is most necessary because the chronic ailments are then more developed. In this state of pregnancy the symptoms of internal miasms are often manifested more clearly and plainly on account of the increased sensitivity of the female body”. If a woman is in a better health during pregnancy, as, Hahnemann suggests treating the symptom manifested before the pregnancy. He linked miscarriages, congenital defects, and improper presentation of fetus, to be syphilitic miasm that ideally should be treated before pregnancy or atleast during it. In chronic diseases Hahnemann discusses the value of giving antipsoric remedies to pregnant women. He says homoeopathic treatment is very important in order to destroy Psora, the producer of most chronic diseases, which is given to them hereditarily, destroying the psora both within the mother and in the fetus. Women who got themselves treated during pregnancy, Hahnemann says, have given birth to children who are much more healthier, much more stronger and are almost free of major illnesses. One has to be very careful in treating a pregnant woman who has lot of suppressions in the past history or is in a habit of using drugs. These women should be treated with care because when you give an antipsoric remedy to such a mother there are fair chances that whatever is suppressed will come out on the surface and it will become very difficult for the mother and the unborn child to bear the aggravation <sup>[3]</sup>.

### Homoeopathic Remedies

1. **Actaea racemosa:** Nausea during pregnancy. It is good in false labor like pain. Pain across the pelvis usually from hip to hip. Pain after delivery with great sensitiveness and intolerance to pain.
2. **Arnica montana:** There is complaints of bruised parts after labor. Violent after-pains. Uterine hæmorrhage from mechanical injury after coition. Discomfort like sore nipples may be present. Inflammation of mammary gland from injury. Feeling as if fœtus were lying crosswise.
3. **Asafoetida:** Mammary gland becomes turgid with milk in the non pregnant females. Deficient milk, with oversensitiveness.
4. **Caulophyllum:** Extraordinary rigidity of cervix. Spasmodic and severe pains, which fly in all directions with shivering. There is false labor pains. Revives labor pains and furthers progress of labor. After pains. History of habitual abortion from uterine weakness. Needle-like pains in cervix. Lochia protracted and great atony of uterus.
5. **Lactic acid:** Complaints of morning sickness, especially in anæmic women. Hot, burning, eructation.

6. **Lac caninum:** It is used in inflammation of mammary glands. Very helpful in drying up the milk. Spine very sensitive to touch or pressure. Increased flow of milk.
7. **Pulsatilla:** During pregnancy nausea, vomiting and aggravation during evening. It may correct malpositions of fetus. There may be post-partum hæmorrhage with convulsions, following sluggish or irregular pains. Lochia is scanty, milky, or suppressed. It is very helpful in treating puerperal fever.
8. **Sabina:** Useful to take out retained placenta. There is intense pain after delivery. Menorrhagia in women who aborted easily. Inflammation of ovaries and uterus after abortion. It is very useful for expulsion of moles from uterus. Pain from sacrum to pubis, and from below upwards shooting up the vagina, this symptom is very characteristic for Sabina patient.
9. **Secale cornutum:** Risk of abortion at third month of pregnancy. No expulsive force during labor. Very useful for pains after delivery. There is diminution of milk. Good for dark, offensive lochia and puerperal fever.
10. **Sepia:** Relaxation of pelvic organs. Bearing-down sensation as if everything would escape through vulva, she has to cross limbs to prevent protrusion. Violent stitches from uterus to umbilicus in upward direction. There may be prolapse of uterus and vagina. Sepia is much useful to help morning sickness.
11. **Trillium pendulum:** It is indispensably required to stop uterine hæmorrhages, with sensation as if hips and back were falling to pieces. Better tight bandages. Gushing of bright blood on least movement. Lochia suddenly becomes reddish. There is dribbling of urine after labor.
12. **Viburnum opulus:** Frequent and very early miscarriage, which may cause sterility. Pains from back to loins and womb which get worse early morning.

### Conclusion

Homoeopathy plays a major role in the management of maternal health both during and after pregnancy. Bringing Homoeopathy effectively in the field of maternal health care will enrich the knowledge of homoeopathic community as there will be more virtue addition towards understanding epidemiology and mortality of mothers. Dealing with new challenges in maternal health care will be handled more effectively. The cost effectiveness and clinical results of Homoeopathy will help public and private health system in a developing country like India.

### Acknowledgments

I would like to thank all the individuals and sources that have helped me to write my article: Role of homoeopathy in the management of maternal health. I would like to acknowledge the founder of homoeopathy, Samuel Hahnemann, whose profound insights and pioneering work laid the foundation for this field of medicine. I am also thankful to the several authors, researchers, and clinicians who have dedicated their time and efforts to studying and documenting homoeopathic remedies. Furthermore, I am grateful to my mentors and teachers who have guided me in my study of homoeopathy.

**Conflicts of Interest**

Not available

**Financial support**

Not available

**References**

1. <https://www.who.int/health-topics>
2. <https://pmnch.who.int/our-work/focus-areas>
3. Dr. Farokh Master 2004-0203-editorial for month of February and March 2004.
4. Kent JT. Repertory of the Homoeopathic Materia Medica; First Edition; B. Jain Large Print.
5. Kent JT. Lectures on Homoeopathic Materia Medica; B. Jain Publisher Pvt. Ltd.
6. Boger CM. Boger Boenninghausen's Characteristics and Repertory; Second Edition; B Jain Publisher Pvt. Ltd.
7. William Boericke. Pocket manual of Homoeopathic Materia Medica with Indian Medicine and Repertory, Indian Book and Periodicals Publishers.
8. Hahnemann S. Organon of Medicine; Sixth Edition; Indian Books & Periodical Publishers.
9. Hering C. Guiding symptoms of our Materia Medica; volume 1 to 10; B Jain Publisher Pvt. Ltd.
10. Spector JM. Improving quality of care in improving maternal & newborn health, prospective pilot study of the WHO safe child birth checklist program, PLoS One. 2012;7(5).
11. DC Dutta's textbook of Obstetrics including perinatology and contraception, 10/E, Edition. Jaypee Brothers Medical publications; c2023.

**How to Cite This Article**

Pathak A. Role of homoeopathy in the management of maternal health. International Journal of Homoeopathic Sciences. 2023;7(4):195-198.

**Creative Commons (CC) License**

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-NC-SA 4.0) License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.