

Homoeopathy & Pregnancy

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Caulophyllum, which is the squaw root of the North American Indian, when taken in the 12th or 30th potency as a daily dose during the last three weeks of pregnancy, has been found to make labour easy. *Caulophyllum* is also a powerful agent for the prevention of premature labour and of miscarriage.

Arnica and Staphisagria: After the baby is born *Arnica* is the great remedy for commanding immediate recovery from any bruising.

If there has been trauma during childbirth with any excessive stretching of the perineum, then *Staphisagria* is a must.

Ipecacuahana & Sepia: For sickness in the early months of pregnancy, *Ipecacuahana* is just for the irritable and peevish when the nausea is even worse than the vomiting.

For the emotional vicissitudes of pregnancy, *Sepia* is the classical remedy when the lady loses interest in those whom she ordinarily loves. The *Sepia* mum is indifferent and hates sympathy.

Phosphorus & Pulsatilla: The mother who needs *Phosphorus* is also indifferent, but loves sympathy, is afraid of thunder and thirsts for cold drinks which tend to upset her.

A mother who needs *Pulsatilla* laughs and cries easily with the emphasis on tears. She has an aversion to fat and an aversion to hot stuffy rooms.

Ignatia & Aurum: Mothers who tend to get a bit hysterical and live on their nerves, who are given to much sighing and are perhaps afflicted by grief, need *Ignatia*.

The deepest depression will yield to *Aurum*, the homoeopathic remedy made by the liberation of the healing properties of the element of gold.

Coffea, Aconite, Nux Vomica & Lycopodium: Insomnia in pregnancy is best treated with *Coffea*, especially when the patient is sleepless from the crowding in of many thoughts.

Sometimes it is fear or anxiety which is keeping the expectant mother awake, and *Aconite* is the classical remedy for fear.

For the lady who gets off to sleep — OK — but wakes in the night and cannot get back to sleep again — *Nux Vomica* is the correct remedy.

Sleepy by day and sleepless by night needs *Lycopodium*.



Coffea Arabica

Pulsatilla, Belladonna, Phytolacca & Lac Defloratum: Homoeopathic remedies are invaluable to the nursing mother. The mild, fearful mum with little milk needs *Pulsatilla*.

The mum with red, hot, swollen, throbbing and tender over-engorged breasts needs repeated doses of *Belladonna*.

The hard painful breasts moving in the direction of mammary abscess needs *Phytolacca*.

For sudden loss of milk it is claimed that *Lac Defloratum* has never failed to bring the milk back in within twelve to twenty-four hours.

Nitric Acid & Chamomilla: For cracked nipples *Nitric Acid* works wonders. When nipples are inflamed and so tender that mother cannot bear the pain of nursing. *Chamomilla* is the classic remedy for those intolerant of pain.

These are all remedies best administered by mouth in high potency.