

HOMOEOPATHY TO HELP BREAST FEEDING (Tested Hints Collected from Literature)

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(1) **Insufficient milk.** 2 or 3 drops of Castor oil in one ounce of hot milk—taken twice daily increases mother's milk. The same *Ricinus Communis* 3x—5 pills two or three times a day is equally effective.

Agnus Cast : in sad, gloomy women.

Urtica Urens : 2 drops in 4 ozs of water, 2 teaspoons 3 hourly increases milk.

(2) **Cracked nipples.** Old doctors recommended *Castor Equi* 3x, 3—three times a day. *Croton tig.* 30, 200, is most commonly used, especially for extreme pain even upto back from nipple, every time the baby sucks, also sensitive to touch of clothes, *Phytolacca* where the cracked nipple is the precursor of threatening breast abscess.

(3) **Breast abscess.** This rarely forms if the baby feeds well. See that the nipple is clean—wash with soap and water. If necessary wipe with spirit (with a cotton swab) once in two days.

We must study *Belladonna* < Jar of walking ; *Bryonia* < motion etc. ; *Phytolacca* ; and *Lac. can.* Higher potencies prevent pus formation. Late stages need *Silicea*.

To *absorb* pus already formed—*Gunpowder* 3x—5 grains, 3 times a day, should be given *in addition to* the indicated remedy in high potency.

(4) **Poor quality or bad milk.** *Borax* is a gem, in 200th or higher if the milk is tasteless and *child refuses it*.

To improve quality, mother must take *Calc. Phos* 6x—5 tablets twice a day. (Give also to the infant, one or two tablets daily.)

If the infant has an aversion to mother's milk which is of good quality, it needs *Silicea 1000* (or 200).

Lac. deflor. in higher potencies works well to increase or bring back milk to the mother when baby is older.

Aethusa and *Nat. carb* help the infants get over milk allergy. Also *Sanicula* (in a *Calc.*, *Silicea*, type of sweating infant).

(100) Sore nipples. (Dr. R. C. Smedley, M. D.)

On Sep. 11th I was called to see a lady suffering with sore nipples. There were cracks across the crown, not deep, but wide. When the babe was applied, the pain, which she described as almost unbearable, would shoot through from the nipple to the scapula. This pain, Professor Guernsey mentions in his work as characteristic of *Crot. tig.* I gave 3 powders of 200th, one to be taken each day. At the end of the third day she told me she had had no pain through to the scapula since taking the first powder; but there was still soreness, especially when the baby commenced to draw. For the cracks across the crown I gave 2 powders *Sep. 200*, one day. About five days after I learned from her husband that she had much improved, and was nearly well.

(101) Symphytum. (Dr. Edward Mahony, M.D.)

An infant of fourteen days had a swelling on posterior edge of base of left scapula; displacement? The mother says it was a cross birth and had to be manipulated a good deal to restore animation when delivered *Symphytum 3*, one dose. In four days swelling less and less appearance of displacement. No more medicine was needed. (*I.H.A.*)

Nasal obstruction of the new born. (Dr. William N. Wesner, M.D.)

When mothers first report the snuffles I routinely send them a vial of *Sambucus nigra*, 3x or 6x. Sometimes this is all the treatment required. This drug has a classic picture of the upper respiratory condition I have been trying to describe. It has the dry obstructing rhinitis that impedes a child's nursing.

Psorinum, *Nux vomica*, *Kali bich*, and *mmonium carb*, also have this symptom, and next to *Sambucus* seem to be the ones most commonly indicated. Recently, when I prescribed, *Argentum nitricum* for a conjunctivitis in a new born, a concurrent snuffles cleared up promptly.

(102) My last son had a severe case of snuffles. His snorting was so loud that it was audible outside the house. *Sambucus* and then *Nux vomica* failed to alleviate, and by this time my wife and I were alternating nights walking the floor with him. His symptoms were marked sweating, sensitivity to cold, and weakness despite is large size. He had a foul smell even after thorough bathing. Also he had a large appetite that seemed to increase at night. A frantic repertory search strongly indicated *Psorinum*, and in a matter of hours he was better.

A DISCUSSION ON CHAMOMILLA TEMPERAMENT

(103) (I) **Dr. F.K. Bellokossy.** I had a little patient to treat, a little girl, who would quarrel all the time, quarrel with her sister all the time, and who would bite her, strike her and with the parents she would do the same thing. I gave her *Chamomilla* and she stopped quarreling, and she was not able to be angry any more, but *Chamomilla* did not cure her completely. She needed other remedies later. She is improving constantly but no quarrelsome disposition any more.

(II) **Dr. A.W. Holcombe.** The Doctors's experience with *Chamomilla* is characteristic. *Chamomilla* is not only a remedy for rambunctious children but it reaches out into the animal kingdom.

(104) When I was in school, old Dr. H.C. Allen told me that a friend of his had a Jersey bull that was so mean, so rambunctious, there wasn't anybody could get into the field with him. He was absolutely intractable. He sneaked a dose of *Chamomilla cm*, into that old boy, and he settled down and was a perfect gentleman after that (Laughter).