

## Homeopathy for Labour, Birth & the Newborn -A quick reference for top remedies-

*Important note – Homeopathic remedies work on an energetic level, therefore **do not touch the pellets directly**, instead administer dose straight into the mouth, let dissolve under the tongue. For an infant, drop inside the cheek and gently massage to dissolve. If using a tincture, shake the bottle gently 4-5x before administering.*

**Caulophyllum** (prepared from the root of Blue Cohosh): **Major remedy for the uterus- use any time the uterus is weak/ctx are ineffectual.** Ctx are painful and distressing, primarily in lower uterine segment, sharp and spasmodic, *pain shooting into the groin and down the thighs*. Contractions are not organizing into a pattern, and are not dilating the cervix.

**Cimicifuga** (prepared from the root of Black Cohosh): **Major remedy for the uterus-** similar in its use to Caulophyllum, however **pay attention to the mental/emotional state.** Brief, sharp, spasmodic ctx, **pains shooting side to side**, failing to dilate the cervix. **“Black cloud”** over their head. Negative, pessimistic, doom and gloom mood during labour. Feeling like everything is a failure and it’s too hard. *“I can’t do it anymore”*

**Sepia:** Major remedy for balancing female hormones. **Archetypal Independent Woman.** Use in labour when the woman feels “out of control” or “just going through the motions.” Useful for uterine prolapse and a “sagging” feeling in the uterus after birth.

**Pulsatilla:** Excessively changeable, too-accommodating, the “people pleaser” during labour. **Weepy, clingy, restless, unsure.** *Keynote: Is not thirsty, but wants vanilla ice cream. Feels overheated in a “stuffy” or warm room.*

**Gelsemium:** sleepy, droopy, dopey. **Fatigue and exhaustion in labour-** *“so tired, I can’t go on”.*

**Kali-Carb:** Useful for **back labour**, can help turn an OP baby.

**Thios & Silica:** Breaks up scar tissue, use if birthing person has had a LEEP or any **scar tissue on the cervix.** **Silica = #1 remedy for failure to thrive, useful for small babies/premies.**

**Belladonna:** Nervous system excitation. Wild-eyed expression in labour, hyperactivity, fever, red, inflamed, especially on the right side. Thirsty, congestion of blood. **Major remedy for mastitis. Helpful for headaches.** Very sensitive to being bumped, jostled, touched, even someone sitting down too close on the bed. *Aggravated by heat.*

**Chamomilla:** **Major pain remedy.** Shrieking, nervous, overwhelmed, bossy and demanding in labour. *Orders people out of the room.*

**Ipecac:** Nausea and vomiting, *person does not feel better after vomiting.*

**Hamamelis:** Helpful in treating **hemorrhoids.** Any minor injury or trauma to the veins.

**Antimoniam-Tart:** **Respiratory distress of the newborn,** associated with **fluid accumulation** in the lungs. Rattling lungs, wet & raspy lungs.

**Carbo-Veg: Asphyxia in the newborn.** *Blue babies*, chills, coma, dehydration, shock, blood loss, heartburn. **ANY situation of imperfect oxygenation. “The Corpse Reviver.”**

**Phosphorous:** Bleeding from ANY orifice. **Bright red blood loss.**

**Sabina: Important postpartum bleeding remedy.** Indicated for the prevention & treatment of **miscarriage**. Excessive and painful uterine bleeding during/after miscarriage, birth or menstruation. *Intense pain extending from sacrum to pubic bone. Passing of large clots. Keynote: excessively warm and intolerant of the heat.*

**China: Major postpartum bleeding remedy.** Excessive blood & fluid loss. **Postpartum hemorrhage.** Chills, thirst, shock-like state, any signs of fluid loss. *Similar to Sabina, however use China for **extreme blood loss.***

**Secale: Promotes uterine contractions & hemostasis after birth. Retained placenta.** Useful for migraines.

**Apis: Top remedy for pre-eclampsia.** Prevents and treats swelling.

**Arnica: Major remedy for bruising.** Use after ANY birth, but especially **traumatic births-** tears, episiotomy, forceps, caesarean delivery. *Feeling bruised and beaten up.*

**Staphysagria:** The “doormat” remedy. *Pathological need to please.* Top remedy for **rape survivors.** Knife cuts – **useful remedy immediately after caesarean birth.**

**Ignatia: Acute shock and grief.** Miscarriage. Stillborn.

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### Dosing:

*Higher the number=stronger the remedy.*

**30C**= medium/regular dose.

**200C**= High dose. Use in urgent situations or after injury.

**1M is equivalent to 1000C**= Very high dose. Use in emergencies.

**Frequency:** *Give a dose (one pellet or 4-5 drops of a tincture) every 15-30 minutes and watch for any improvements. In emergencies give a dose every couple minutes. The greater the crisis, the faster a remedy will work.* If you are in a crisis and do not see any marked improvement, move on to another remedy. The correct remedy will work fast. **Reminder:** *Homeopathics are energy. You cannot do harm by using them.* The body will always accept the vital energy it needs so therefore if you are not sure which remedy will work best, try the top remedies as indicated by the situation at hand.

