

## Remedies for Labour

- 1. Aconite 200c** Fast, violent labour with great fear and anxiety about death of self or baby, severe pains. Gushing of bright red blood and after pains with characteristic anxiety.
- 2. Arnica 30c** Take throughout labour to reduce bruising and trauma, then continue three times a day for up to one week after the birth. Take more frequently if it helps with pain relief. For bruising if baby delivered by forceps or vacuum extracted.
- 3. Calendula 30c** Speeds healing of tear or episiotomy wound. Use dilute tincture externally on a pad (if available) as well as internally.
- 4. Carbo Veg 30c** Exhaustion during labor, wants to be fanned. Collapse states. Face may be deadly pale or even blue with bluish lips. Blue babies with lung problems or limp, unreactive.
- 5. Caulophyllum 200c** Slow labour, contractions ineffective or cease. Exhaustion and shaking, neuralgic pains. Cervix does not soften. Stop & start. Pains may move from one place to another. Contractions are short and painful. Take first three doses at 5-10 minute intervals, then reduce frequency.  
Caution: Over use may bring contractions one on top of the other, with no breaks. Can be used if baby overdue, but call a practitioner for advice before administering.
- 6. Chamomilla 200c** Very painful labour, backache labour, obnoxious, angry, impossible to please, orders people (even the doctor) out of the room. Uncharacteristic behaviour for patient.
- 7. Cimicifuga 200c** Baby overdue by dates, fear of the birth—can use with Caulo but consult your practitioner. Cervix doesn't soften, contractions stop or slow down and are weak. Cramp in the hips and/or shivering/trembling. Feels faint. Retained placenta with exhaustion, trembling, shaking or shivering. Unbearable after pains, worse in the groin.
- 8. Gelsemium 30c** Backache labour with pains passing up spine or into hips; lethargic, lifeless, dazed, thirstless. Anxiety with diarrhoea and general shakiness, trembling hands, legs, etc. Rigid os (Caulophyllum first).
- 9. Hypericum 200c** Pain in coccyx, especially after forceps delivery, painful piles. Use after epidural for healing. Speeds healing along with Calendula.
- 10. Kali Carb 30c** Backache labour, weakness and pain in small of back, irritable, anxious and bossy. Sometimes profuse sweating in painful area
- 11. Kali Phos 6x** (Tissue Salt) - Simple tiredness in labour with no other symptoms. Take as required, can be dissolved in warm water and sipped.
- 12. Mag Phos 6c** Cramping and spasmodic pains. Works best stirred into warm water (1 pilule or a few drops in 1/4 glass). Can be put in a glass or bottle of water with Rescue Remedy and sipped frequently if anxious with pain.
- 13. Nux Vomica 30c** Patient cold & irritable. Sacral pain during labour. Constipation, ineffectual urge for stool or urine during or after birth.
- 14. Pulsatilla 200c** Weepy, clingy, and very emotional. Gives up during labour, loses courage, wants to "go home". Hot but thirstless and craves fresh air.
- 15. Secale 200c** Labour slow, patient may appear as if in a stupor. Cervix doesn't soften and each contraction lasts too long and may be weak. Trembling if contractions stop. Prolapse from too much straining during labour or after forceps delivery. Retained placenta with bearing down sensation. Muscles feel weak and exhausted. Afterpains may be severe and long lasting. Give 2 or 3 doses if drugs administered to expel placenta.
- 16. Sepia 30c** Gives up completely during labour, sags on every level. Pain in small of back, better for firm pressure. May have history of dragging pains with menses, and prolapse. Retained placenta with bearing down pains.
- 17. Rescue Remedy** Take 2 pilules by mouth or drop in a glass or bottle of water, stir/shake vigorously and sip frequently to help calm and reassure all participants.

**Labour Drops** (Available separately) A combination of Arnica 30c, Mag P 6c, Kali Phos 6x and Rescue Remedy to use during labour for pain relief, emotional support and to help with exhaustion. I recommend Labour Drops if you do not have a birth partner familiar with homeopathy.

**Recovery Combination** (Available separately or as part of the **Caesarean Kit**) Contains Arnica 30c, Bellis Perennis 30c, Calendula 30c, Hypericum 30c.

## Post Natal Remedies for Mother

### After-Pains

If using Labour Drops, continue for a few days after the birth—the Mag Phos and Arnica are helpful for after-pains. Otherwise just use Arnica and continue for up to a week following the birth if required. Especially helpful if pains are worse when baby feeds. Mag Phos - spasmodic and cramping after-pains. Pulsatilla - weepy and pathetic with pains. Staphysagria with resentment/anger. Secale - severe after-pains. May help expel retained placenta— also take 2 or 3 dose if injection administered.

### Remedies for Healing

*Bellis Perennis* - generally feels bruised and sore, finishes off what Arnica began. *Calendula* for tears or episiotomy. *Hypericum* same as Calendula but more stitching pain, also pain in coccyx or spine after birth.

### Insomnia after Birth

Can be caused by "hormonal high" - try *Coffea* or *Kali Phos*.

### Breastfeeding Problems

*Belladonna* - engorgement, throbbing pains, red streaks, breasts hot, often right breast. *Bryonia* - engorgement, stitching pains, breasts hard and pale, much worse for any movement. *Phytolacca* - cracked nipples, blocked ducts, lumpy breasts, abscess. Also consider *Hepar Sulph*, *Silica* and *Merc*. *Urtica U*, *Lac D*, *Secale*, *Dulc* - low milk supply *Belladonna*, *Bryonia*, *Pulsatilla* - over-abundant supply.

### Post natal Blues

*Pulsatilla* - Weepy and clingy, better for fresh air. *Ignatia* - grief that the pregnancy is over, may be slightly hysterical - laughing alternating with crying. *Sepia*, *Silica* or *Nat Mur*—Cannot cry or want to be alone to cry, irritable. *Nux V* - irritable and anxious.

### Exhaustion

*China* - Anaemia, exhaustion from breast feeding, loss of blood or fluids. *Phos Ac* - exhaustion from feeding, apathy. *Cocculus* - exhaustion with nausea and dizziness from loss of sleep.

**Pregnancy Program** comprises four bottles of combinations tissue salts to compliment each month of the pregnancy. The program ensures mum and baby will be fit and strong during pregnancy, delivery and breastfeeding. The combinations stimulate the immune system, build strong and healthy bones and tissues, help assimilate nutrients and enhance overall function and development. Available from the clinic or website.

## Post Natal Remedies for Baby

*Aconite* - shock.

*Apis* - urine retention in newborn

*Borax* - Jumpy babies who are upset when put down, oral thrush.

*Chamomilla* - angry, colicky babies who just won't settle.!

*Colocynthis* - colic, when baby pulls knees up.  
*Dioscorea* - colic when baby arches back.  
*Lycopodium* or *Chel* - jaundice.  
*Nux Mosch* - sleepy babies.  
*Nux Vom* - retention of stool in newborn  
*Pulsatilla* - sticky eyes, snuffles in clingy babies.  
*Stramonium* - shock with screaming, very clingy, frequent feeders.

## Remedies for Delivery by Caesarean Section

### Additional remedies available individually or as our **Caesarean Kit**

The main issue with Caesarean is the healing process, so many of the remedies are the same as those for any type of surgery. However, emotions can run high after an emergency caesar and it is important to treat this as soon as possible, to reduce the likelihood of emotional issues at a later stage, leading to post natal depression.

- 1. Recovery Combination:** *Arnica 30c* – For bruising, shock, bleeding, pain relief. *Bellis Perennis 30c* – To heal deep muscle tissue in abdomen. *Calendula 30c* – To heal scar tissue and prevent infection. *Hypericum 30c* – To prevent infection and relieve pain, especially after epidural). We recommend taking 3 doses on the day before surgery, then continuing 4 times a day for 3 days after, then continue as required. Can be taken more frequently for intense pain.
- 2. Carbo Veg 30c** Bloating following abdominal surgery. Better for passing wind. Collapse from shock or loss of blood.
- 3. Phosphorus 30c** For after effects of anaesthesia such as trembling, nausea and vomiting or excessive bleeding. Use along with Recovery Combination.
- 4. Pulsatilla 200c** Emotional following delivery, bursts into tears easily, needy. Lack of thirst and desires fresh air.
- 5. Staphysagria 200c** Assists healing of incised wounds and pain. Where mother is resentful, angry or distressed, especially if caesarean was unplanned.
- 6. Rescue Remedy** General support for mum, partner and family members. Soothes emotions and helps with anxiety. Crush one pilule and give a small amount to baby if birth was traumatic or intense.

Also consider the remedies on the previous page for healing.

### Notes:

- Babies delivered by Caesarean may require remedies to antidote drugs given which can cause colic and reflux. Consult your practitioner.
- Any remedy you are taking yourself will pass through the breast milk to benefit baby too. Therefore the Labour Drops or Arnica you take after the birth will help ease baby's transition into the world too.
- If you need to give baby a remedy you can either take yourself if breastfeeding or, more effectively, crush a pilule between 2 teaspoons and tip a tiny amount inside baby's bottom lip. Homeopathics are safe for newborns and breastfeeding.
- Remedies which are incorrect or not required have no effect at all

**REMEMBER** should your home prescribing prove ineffective call your homoeopath for advice or visit your medical practitioner.

## Dose

The dose for remedies in the kit is 2 pilules as required until improvement is felt.

If the situation is intense take a dose every 5-10 minutes for up to 5 doses, then spread out to hourly, 2 hourly and 4 hourly as improvement is seen.

For general use, we suggest taking the remedies 3 times a day for 3 days, and increasing to more frequently if required.

If you do not wish to take the sugar pilules during labour, or you want to take more than one remedy at a time, the remedies can be combined in a glass of water or drink bottle. Just stir vigorously or shake to activate the remedies.

## Care of Your Remedies

1. Do not touch the remedies with your hands. Roll into lid of container and drop under tongue. Remedies are absorbed in the mouth, so allow to dissolve there.

2. Try to take remedies 10 or 15 minutes before or after food, drink, smoking, and brushing teeth. This promotes the best remedy action, but in a really acute situation (eg during labour) *just take the remedy!*

3. Discard any pilules which are dropped as they may be contaminated.

4. Store remedies away from direct light & heat, strong smells (such as essential oils) and electrical appliances.



Homeopathy is extremely safe to use during pregnancy, labor and for newborns. It is natural, non toxic and very effective. It is also valuable for the aches, pains and discomforts some women experience during pregnancy, and is very helpful after the birth for emotional issues, breastfeeding problems and baby's complaints.

A selection of well chosen remedies will not only help you through this time, but can be used in the months and years ahead as your family grows and experiences the minor health problems of life.

If you wish to use a birthing kit during labour, bear in mind you will need to coach your support people in using the remedies, as you may not be able to self-prescribe.

The remedies in this flyer are only a selection of those you may want to include in your birthing kit and further reading will help you make your choice. I would be happy to talk through your personal requirements in relation to your birth plan.

Remedies may be purchased individually if required.

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