

The Last Month of Pregnancy – Get Help with Homeopathy

By Adriana Marian RSHom

The last month of pregnancy is a critical time in the life of a woman. At this stage, the baby is getting ready for birth, settling into the foetal position with the head down. The expectant mother experiences some specific physical symptoms due to increased pressure in the abdomen caused by the enlarged uterus. The hormonal changes in preparation for birth can also cause some discomfort. General tiredness is quite common. Emotionally, conflicting feelings of impatience to have the pregnancy over, and anxiety, apprehension, and even fear about labour, delivery and the baby's health are probably present. Homeopathy can help during this time to enable pregnant women to be very well prepared and in peak form for the big event: the birth of their baby.

Most people are already familiar with the homeopathic system of medicine as it is now widely used by millions worldwide. What some may not be aware of is that homeopathic remedies can be taken during pregnancy and childbirth. Obstetrics and paediatrics are two areas where homeopathy's gentle and safe approach is most appropriate. Being free from side effects makes homeopathy ideal to use at a time when balance and serenity are so much needed. The remedies contain a minimum amount of the active ingredient and work by stimulating the body's own healing powers.

Homeopathy is beneficial not only during pregnancy, but also before conception, when constitutional homeopathic treatment of the couple can offer the best possible start for the baby.

Some of the complaints of the ninth month, which can be helped by homeopathic treatment, are:

- | | | |
|------------------|----------------------|-------------------------------|
| - indigestion | - cystitis | - cramps in the calves |
| - heartburn | - urine incontinence | - coughing |
| - constipation | - thrush | - skin itching or rashes |
| - varicose veins | - breast discomfort | - disturbed sleep or insomnia |
| - piles | - lower back pain | - mood fluctuations |

Many pregnant women cannot continue their prescribed medication for pre-existing conditions because of the damaging side effects of the drugs. Some of these conditions can be successfully and safely dealt with by an experienced homeopath, with the approval of the patient's GP. Also some problems that first arise during pregnancy like colds, hay fever, and eczema can be addressed homeopathically.

The highly individual nature of homeopathic prescribing necessitates that complex or persisting chronic problems should only be treated by an experienced professional homeopath (registered with the Society of Homeopaths). They would need extensive information about the complaint, the general physical and emotional state of the person and the health history. This is essential in choosing the right remedy for that person, from the many remedies available to treat that specific problem.

For those who would like to try some remedies at home, many whole-food shops and high street chemists now stock the most frequently used homeopathic remedies.

The following suggestions are for minor complaints, and the remedies are the ones which, in my experience, are successful for a high proportion of people with that complaint. If the remedies do not help, it means you need the assistance of a professional homeopath. If the problem persists or gets worse you should always inform your midwife or GP.

- **Constipation**

Attention to diet and fluid intake and:

Nux vomica: feeling of fullness in rectum, frequent but unsuccessful straining to pass stool
or

Bryonia: large, hard, dry stools, which are difficult to expel

- **Piles**

Avoid constipation, use Hamamelis or Calendula ointment locally and:

Aesculus: burning sensation in the rectum, sharp shooting pains upwards, dull ache in the lower back

or

Sulphur: itching and burning sensation in the rectum, symptoms made worse by heat (in bed at night, bathing in hot water, sitting for long)

- **Backache**

Kali carbonicum: back feels weak and tired, dragging pains in middle and lower back

- **Cramps in Calves**

Veratrum: cramps worse in calves, but relieved by warmth and walking

or

Nux vomica: cramps in calves and soles of feet, rest relieves discomfort, cold makes it worse
or

Ledum: legs feel cold and numb, but better for cold applications

- **Tiredness**

Arnica ... an excellent remedy for general fatigue, over-exertion, strains, bruised sensation

Tips on taking Homeopathic Remedies

If you are already receiving treatment from a homeopath, consult with your practitioner before prescribing for yourself.

Take the remedies in the 6C or 30C potency (this is written on the label after the name of the remedy). Take one dose three times daily for up to three days. As a general rule, stop when the symptoms are better and start again if they return. Take only one remedy at a time. Change the remedy only if there is no improvement of the symptoms after a few doses.

Let the tablets dissolve under the tongue. Hard tablets may be chewed if they do not dissolve. If possible, avoid eating, drinking and brushing your teeth for ten minutes before and after taking the remedy.

On a personal note, I will always be grateful to the homeopath who prescribed for me during my pregnancy and labour. I was a young doctor, just out of medical school, and it is well known in medical circles that being a doctor giving birth to your first baby is the sort of scenario which usually leads to problems and complications. In fact, everything went smoothly to the surprise and relief of my obstetrician. It also made me want to train as a homeopath and, since then I have heard from hundreds of my patients what a difference having homeopathic treatment has made to their pregnancy. And do not forget, at the time of your pregnancy, an anxious partner or an insecure child can also be helped by homeopathy.

*For further information contact Drakefield Homeopathy in Putney on 0208 785 6261
www.DrakefieldHomeopathy.co.uk*