

more. If the after pains have a sensation as if the uterus is severely bruised, the Arnica may be repeated more frequently initially, perhaps every 2 hours for the first day or two. **Bellis Perennis** – after injuries to soft tissues deep in the body where pain remains despite the use of **Arnica**.

CAESARIAN SECTION

Arnica 30c – 4 hourly, starting 24 hours before surgery and continuing immediately after the birth for at least a week. **Hypericum 6c** – helps repair any nerve damage. **Rescue Remedy** – 4 drops as needed from 24 hours before surgery and continuing afterwards. It is good to put 10 drops into the bedside water jug and continue to sip at it often. **Staphysagria 200c** – the remedy for incised wounds. Repeat 4 hourly after the Caesarian for 2 or 3 days and then once a day for a few days.

EPISIOTOMY AND TEARS

Staphysagria 200c – 4 hourly for healing and pain after incised wounds, eg. episiotomy or caesarian section, use the **Arnica** also. **Hypericum 6c** or **Calendula 6c** 4 hourly to help heal a tear and for pain from tears.

REMEDY INFORMATION

Owen Homoeopathics remedies can be purchased from your local stockist or from us direct. Check the website for a full list of stockists.

www.h-e-c.com.au

BOOKS TO READ

Homoeopathy for the Home Prescriber – Jan Owen
Homoeopathy for Pregnancy, Birth and your Baby's First Year – Miranda Castro
Homoeopathic Medicine for Pregnancy and Childbirth – Richard Moskowitz
Australian Family Homoeopathy – Paul Callinan
Aromatherapy an A-Z – Patricia Davis

IMPORTANT

Taking of Homoeopathic Remedies:

1. The remedies are absorbed in the mouth, so are best held in the mouth for several minutes before swallowing. In the case of pilules, allow them to dissolve under the tongue.
2. Unless the dose is very frequent, half an hour before meals, or between meals, is the best time to take your dose. However, 10 minutes before or after a meal or taking a drink, is acceptable.
3. Do not use peppermint toothpaste, or drink strong peppermint tea, or ordinary coffee as these may antidote your remedies.
4. Do not smoke, brush your teeth or gargle, or drink alcohol, within half an hour of taking remedies.
5. Do not touch the remedies with your hands. Liquids may be administered on a teaspoon, diluted with water. Likewise, when administering pilules to infants or small children, a teaspoon is helpful. Pilules can be rolled into the lid of the vial, and then dropped under the tongue.
6. If any pilules are dropped, they should be discarded and not returned to the bottle.
7. Store your remedies away from direct light, heat and strong smelling substances, particularly camphor, as the potency of the medicine will be weakened.
8. When using Homoeopathic remedies, do not use products such as "Vicks" or "Deep Heat", as these will antidote the remedy. There are very effective Homoeopathic creams which you can use instead.
9. When taking more than one medicine, separate the doses by at least 10 minutes, preferably longer.
10. Store your medicines away from electrical appliances such as fridge, TV, microwave, clock radio and stereo.

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BIRTHING

It is stressed that these suggestions are intended as a guideline. A trained Homoeopathic practitioner must be consulted if there is any doubt when giving remedies to a pregnant woman or infant.

The following instructions should be studied carefully, well before they are to be used so that you are very familiar with the indications for each remedy and will only need to quickly review the notes before selecting the remedy needed. Follow directions for each remedy carefully (see below). If the selected remedy fails to act, study the booklet as another remedy may fit the case more closely.

During labour just one dose should be given initially and the patient's response carefully monitored. After the initial response, wait until the pain begins to worsen again and then repeat the dose. Continue in this fashion as long as is necessary. Never repeat the dose when it is still working or you could over-stimulate the patient and cause an aggravation.

Homoeopathic medicines are provided in either pilules or drops and the dose varies depending upon the patient's individual need. These medicines have been prepared in a specific way by a process called potentisation. This is an activating process involving dilution and succussion (shaking hard) which makes the remedies non-toxic and free from side effects. This means that the Homoeopathic medicine will not affect or influence any other medicines prescribed for you by your doctor.

OWEN HOMOEOPATHICS

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PREPARATION FOR LABOUR

Labour can be greatly facilitated by some simple preparatory measures starting in the 2nd trimester and following through to the day of the birth.

FROM CONCEPTION

Vitamin E helps to keep circulation active, prevents varicose vein and helps prevent cramps and oxygenates the blood. 500 ius should be taken daily from the outset. If this has not been taken earlier in pregnancy, begin in the 3rd trimester. Tissue Salt combinations help to strengthen the mother and maintain healthy growth of the baby – ask at the Centre for appropriate combinations.

TISSUE SALTS DURING PREGNANCY

The Pregnancy Program devised by famous homoeopath John Damonte is suitable for general use by any woman who is pregnant and wishes to ensure that she and her baby will be fit and strong throughout pregnancy, delivery and breastfeeding. They will promote the body's own metabolism. One dose of each per day.

2nd & 6th Mth - *Calc Fluor 6x, Mag Phos 6x, Ferr Phos 6x*
3rd & 7th Month - *Calc Fluor 6x, Mag Phos 6x, Nat Mur 6x*
4th & 8th Month - *Calc Fluor 6x, Nat Mur 6x, Silica 6x*
5th & 9th Month - *Calc Fluor 6x, Ferr Phos 6x, Silica 6x*

Information taken from The New Active Birth by Janet Balaskas. This is a very helpful book for expectant parents and is available at the Centre.

LAST MONTH

Prepare the vagina with perennial massage using a fine oil such as almond, once or twice daily in the last month or so.

OVERSENSITIVE UTERUS

If there is a tendency to abortion, with an oversensitive uterus with a bearing-down sensation, *Cimicifuga 6c* can be given daily. Facilitates parturition – acts on nerves and muscles

Ask for our Pregnancy, Post Natal, Babies and Breastfeeding leaflets

DURING LABOUR

REMEDIES TO USE THROUGHOUT

Arnica 200c should be used 4 hourly during labour to help with bruising, trauma and shock. *Mag phos 6c* – use at least hourly, antispasmodic and helps pain. Can be put in water with **Rescue Remedy** to be sipped. 20 drops of **Rescue Remedy** in a glass of water to be sipped as needed during labour is an excellent calming tonic and restorative. Can also be given to anyone attending the birth who may be suffering from emotional exhaustion or stress.

ANXIETY AND EMOTIONAL UPSET

Gelsemium 30c is a useful remedy if there is anxiety with diarrhoea and general shakiness – trembling of hands, legs etc. *Aconite 30c* – where gushing of bright red blood with great anxiety even to fear of death. Sudden sinking of strength. Also useful with intolerable pain where anxiety is prominent. Also after pains with the characteristic anxiety. *Pulsatilla 200c* is good if the patient becomes weepy and clingy. The *Pulsatilla* patient is very emotional, quite unpredictable and frequently cries. She needs consolation and will want to be cuddled. At any stage during labour, if this pattern emerges, give one dose. It may be repeated once or twice at infrequent intervals. *Sepia* feels indifferent, irritable and adverse to consolation.

BACK PAIN

Kali Carb 6c for weakness and pain in the small of the back. *Sepia* can be used where there is pain which is better for hard pressure in the small of the back. The *Sepia 30c* patient has a tendency to prolapse and often has a history of severe dragging down” pains during menses. *Gelsemium 30c* – labour pains extend the back even passing up the spine or to the hips.

INEFFECTUAL CONTRACTIONS

Caulophyllum 200c – Useful if contractions are ineffectual or if labour is intermittent. One dose usually enhances contractions or reinstates labour if it

has ceased. It may be necessary to give one every 10-20 minutes for a few doses, but take care not to repeat too frequently as the contractions will then follow one on top of each other so that there is no recuperation period. The number of doses needed varies greatly. *Gelsemium* or *Cimicifuga* may be useful for rigidity of Cervix, but try *Caulophyllum* first. *Gelsemium* is also useful where the labour pains extend to the back, even pressing up the spine or to the hips. One dose every quarter hour may be needed for 6 doses.

IRRITABILITY & PAIN INTOLERANCE

Chamomila 200c is most often used in the second stage. Indications are of great irritability, uncharacteristic to the patient and caused by the intensity of the pain. It helps to raise the pain threshold so that the patient is able to tolerate pain better. The classical *Chamomila* patient becomes very irritable and fractious, orders people out of the room, even has a temper tantrum. It may be used for any condition where this irritability is present. *Aconite 30c* for intolerable pain with prominent anxiety.

IMMEDIATE POST DELIVERY

Gelsemium 30c – one or two doses to settle the shaking associated with hormone changes. *Caulophyllum 200c* – one dose usually encourages the placenta to deliver or consider *Sepia*.

AFTER THE DELIVERY

AFTER PAINS

Arnica 30c minimises discomfort, take 4 hourly after labour. Consider *Aconite* if there is characteristic anxiety and *Mag Phos* for spasmodic cramping pain.

BABY BLUES

Refer above to Anxiety and Emotional Upset. Usually covered by *Pulsatilla 200c* and **Rescue Remedy**.

BRUISING

Arnica 30c – should be taken 4 hourly to help disperse bruising. It may need to be continued for a week or