

## **HOMOEOPATHIC FIRST AID TREATMENT FOR PROBLEMS AFTER DELIVERY**

These recommended remedies for problems after delivery cover a range of different symptoms under the headings of Wound Healing, After Pains, Emotional Problems, Sleeplessness. The idea is to choose the remedy best suited to the patient, bearing in mind the physical, emotional and mental symptoms. They are safe to give while breast feeding.

The common potency for first aid use is 30c. The dose is to suck 2 tablets 3 times daily for the duration of the symptoms (up to a week at a time).

If symptoms are recurrent or particularly strong, then constitutional treatment may be required, from a Homoeopathic doctor.

### **WOUND HEALING**

**Amica:** One dose can be given 4 hourly after delivery, or hourly for the first 6-12 hours after caesarean section. Then, if pains or bruising is present, it can be taken 3 times a day while the pain lasts.

**Calendula:** To help with wound healing. May be applied locally as a cream or lotion applied 3 times daily until healing occurs. Can also be taken internally 3 times daily until healing occurs.

**Staphisagria:** This is often given after episiotomies and caesarean sections, to aid with wound healing. On dose 3 times daily for up to one week.

### **AFTER PAINS**

**Amica:** Can be used in general for after pains. If given promptly at the end of labour, after pains may be averted, or at least held in check.

**Caulophyllum:** Spasmodic pains in the lower abdomen, sometimes extending into the groin. After protracted and exhausting labours particularly.

**Chamomilla:** Very distressing after pains, feels that she cannot bear them. Feels ill-natured and irritable, thirsty, desire for fresh air.

**Secale:** Thin, older woman who may have borne many children. A prolonged, pressing forcing labour-like pain, frequently repeated. Although feels cold does not want to be covered.

**Viburnum:** Violent cramp-like after pains. The woman feels hysterical and nervous.

### **EMOTIONAL PROBLEMS**

**Sepia:** Indifference to husband, children, loved ones. Loses interest in what she ordinarily loves. Depressed. Dislikes, and weeps with sympathy. Wants to get away and be quiet.

**Phosphorus:** Indifference. Loves sympathy, touch, massage. Anxiety for others, fear alone and in the dark.

- Pulsatilla:** Easy weeping, changeable moods, craves sympathy. Changeable, irritable, jealous, suspicious, weeps when nursing, miserable restless at night, relieved by getting up and walking about. Better in slow motion.
- Ignatia:** Weepy, sighing, a feeling of "nerves" of hysteria. Changes of mood. Grief, or a feeling of grief. Slight blame excites anger, which makes her angry with herself. Feeling of a lump in her throat.
- Nat Mur:** For a deep-seated sadness. Wants to be alone, weeps at the slightest provocation, but tries to conceal her feelings. May be oversensitive and bad-tempered. Worse when consoled.
- Kali Carb:** Irritable since giving birth. Tired and weak, unlike her usual self. Sensitive to every change in the weather.
- Aurum Met:** Deepest depression, looks on the dark side, weepy. May long for death or be suicidal. Morose and quarrelsome. Bad dreams moans in sleep, sleepless and tossing after 4am.

### **SLEEPLESSNESS**

- Aconite:** Sleeplessness with restlessness, fear and excitement. Anxiety and worry, with trivial complaints.
- Coffea:** Sleepless from crowding of thoughts. Full of ideas, quick to act, irritable.
- Ignatia:** Sleepless grief, sadness, anxious thoughts, frightened, depressing emotions.
- Lycopodium:** Sleepy by day, sleepless at night. May be associated with flatulence, digestive disturbance. Lack of energy 4pm-8pm.
- Nux Vomica:** Sleepless from mental strain. Sleepy in the evening, wakes at midnight or 3am, only sleeps heavily towards morning.
- Hb Z:** A herbal blend to help with sleeping. 7-15 drops onto the tongue at night. Can be used as well as first aid Homoeopathic treatment.

Homoeopathic remedies may be obtained from this address.

Dr Wendy Isbell  
 Bealey Homoeopathic Services  
 177 Bealey Avenue  
 Christchurch  
 Phone 03-366 0508, 03-366 1000  
 Fax 03-366 1000