

HOMOEOPATHIC FIRST AID TREATMENT FOR PROBLEMS WITH BREAST FEEDING

These recommended remedies for problems with breast feeding cover a range of different symptoms under the headings of Cracked Nipples, Mastitis, Insufficient Milk and to dry up milk.

The idea is to choose the remedy best suited to the symptoms.

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 particularly troublesome, then you are advised to contact your general practitioner, or seek constitutional treatment may be required, from a Homoeopathic doctor.

CRACKED NIPPLES

Nitric Acid: Cracks, intensely sensitive nipples, sticking pains, like a splinter.
Nipples discoloured. The woman feels chilly, hates fuss, craves salt and fat.

Chamomilla: Nipples inflamed and very tender. Can hardly bear the pain of nursing, very irritable.

Phytolacca: Nipples sore and fissured. Intense suffering on putting the child to the breast. Pain starts from nipple and radiates all over the body. Breast feels like a brick, lumpy and nodular.

Staphisagria: Pains when the milk begins to flow. Nursing almost impossible. Emotional upset, ill-humoured and oversensitive, broods on old injuries, gets easily upset by things that are said.

Sulphur: Nipple chaps badly, smarts and burns after feeding. Breast looks unwashed, patient feels the heat, tired at 11am, hungry and craves sweet food and fat.

Calendula A general healing preparation. The lotion is diluted 4 drops to a cup of water
Lotion/Cream: then used to bathe the nipple before and after feeding. The cream can be applied after feeding.

MASTITIS

Belladonna: For use in the early stages. Red, hot and swollen breasts, sensitive to motion or jarring. High fever, congestion in the head, throbbing headache and flushed face.

Bryonia: For use in the early stages. Breasts have a stony hardness. Breasts are hot and painful but not red. There may be a sharp stitching pain that is made worse by motion, especially by raising the arm. The woman will have dry lips, thirst and constipation.

Phytolacca: Where there are stony-hard and very painful breasts. An abscess may be present. There may be excessive flow of milk, although the nipples are so sensitive that nursing produces intense suffering and radiates all over the body.

Lac Caninum: Sore and tender breast that are particularly sensitive to motion or even the slightest jar. Pain is experienced while walking or sometimes just with breathing. although this pain is diminished with support of the breasts.

INSUFFICIENT MILK

- Borax:** Scanty flow of milk with stitches and aching in the breasts, improved by pressing hand.
- Bryonia:** Breasts are stony hard and swollen, but not red. Burning, stitching pains. Little milk.
- Cale Carb:** Breasts distended but milk is scanty. The woman is chilly, feels the cold, sweats easily, and may feel anxiety and fear.
- Cale Phos:** Milk is scanty and thick. Pains and burning in the breast.
- Causticum:** Milk is diminished or suppressed by overfatigue, anxiety, and being up at night. Delicate, light-complexioned women.
- Chamomilla:** Milk is suppressed, breasts very tender. The woman is angry, restless, fretful and cross.
- Dulcamara:** Milk is suppressed after exposure of the woman to cold and damp air. Breasts are swollen and painless.
- Pulsatilla:** No milk, or thin and watery. Breasts may be swollen, have variable pains. In a mild, tearful woman, who is thirstless.

TO DRY UP MILK

- Lac Canium:** Can be used when it is required to dry up milk, when breast feeding is not required. Often 2 days treatment is sufficient, although can be taken as required after that.

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