



Homeopathy

***Helping Women and Infants in
the First Year***

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~ Homeopathy ~

Helping Women & Infants In The First Year

March 20, 2004

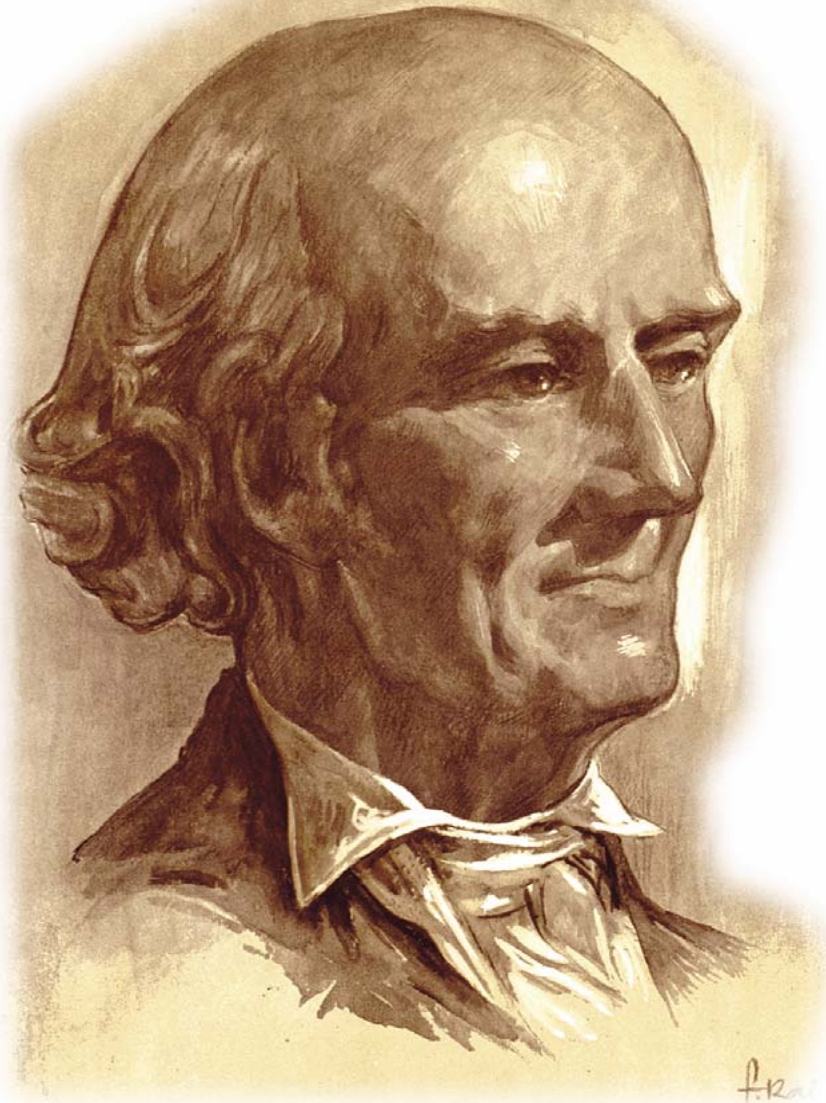
Objectives

1. Describe the basic physiology of homeopathy.
2. Describe the relevance and use of homeopathy remedies for women and children during the first year following birth.
 - i) Maternal Concerns:
 - * Healing and pain postpartum
 - * Breast inflammation
 - * Mastitis
 - * Plugged ducts
 - * Candida
 - * Milk supply issues - abundant & perceived insufficient
 - ii) Infant Concerns:
 - * Bruising
 - * Fussy babe (colic)
 - * Teething
 - * Candida
3. Case Studies.

Resources.



What Are Homeopathic Medicines?



Samuel Christian Hahnemann

Germany - France

1755 - 1843

Discovery of Homeopathy

Malaria

- **Diarrhea**
- **Weakness**
- **Delirium**
- **High Fever**
- **Profuse Perspiration**

Peruvian Bark (therapeutic doses)

- **relieves symptoms of Malaria**

Discovery of Homeopathy

Malaria

- **Diarrhea**
- **Weakness**
- **Delirium**
- **High Fever**
- **Profuse
Perspiration**

Peruvian Bark (sub toxic doses)

- **Diarrhea**
- **Weakness**
- **Delirium**
- **High Fever**
- **Profuse
Perspiration**

Homeopathic Medicines

Homeopathy is a therapeutic method based on the similarity between:

The symptoms caused by an active substance

and

The symptoms relieved by the same substance given in very small doses.

Homeopathic Medicines

Homoios

Same

Pathos

Suffering

Homeopathic Medicines



Nausea
Spasmodic vomiting
Profuse salivation



- **Nausea**
- **Spasmodic vomiting**
- **Profuse salivation**



Homeopathic Medicines



Sleeplessness

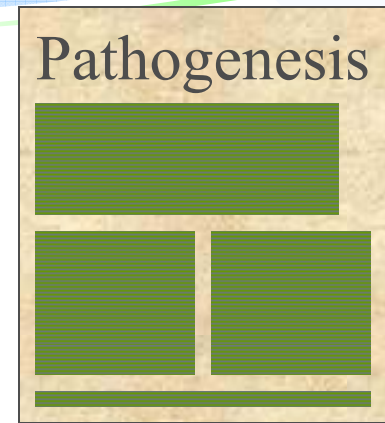


Sleeplessness

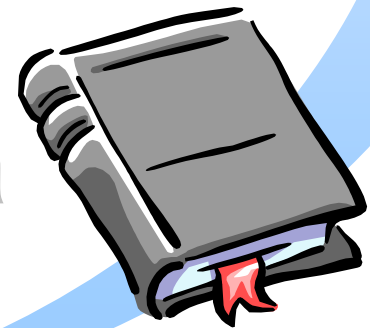
Homeopathic Medicines

Active Substance

- Description
- Pharmacological Properties
- Toxicological Properties
- Experimental Action
- Modalities



Materia Medica



Homeopathic Medicines

Mechanism of Action

The use of ultra-low doses may somehow **stimulate** the patient's resources **to react** more efficiently to the disease.

Patient Assessment

**To choose a Homeopathic Medicine,
one has to find which substance
has pharmacological properties
matching the patient's set of symptoms.**

Homeopathic Medicines

Mechanism of Action

The use of ultra-low doses may somehow **stimulate** the patient's resources **to react** more efficiently to the disease.

Patient Assessment

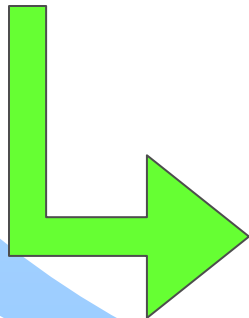
Conventional Assessment

Homeopathic Assessment

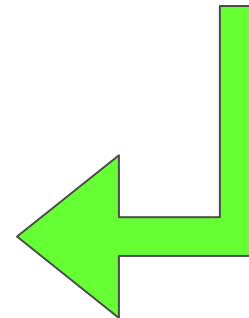
- **Physical Signs**
 - **General Signs**
 - **Etiological Signs**
- + **Modalities**
 - + **Modalities**
 - + **Causes**

Diagnosis

Patient's Modalities



Treatment



Patient Assessment

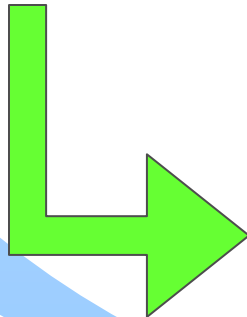
Conventional Assessment

- **High Fever**
- **Red and Painful Throat**

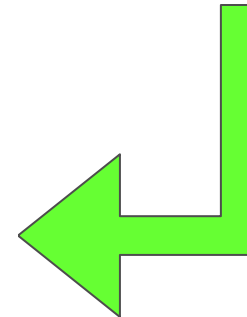
Homeopathic Assessment

- + **Profuse perspiration**
- + **Dry mouth**
- + **Sensitivity to light**
- + **Congestion**

Sore Throat



Belladonna



Patient Assessment

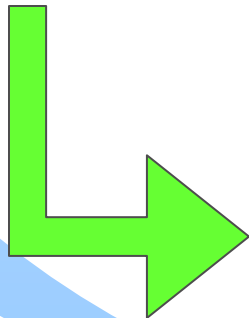
Conventional Assessment

- **Low Fever**
- **Red and Painful Throat**

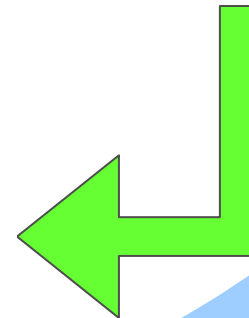
Homeopathic Assessment

- + **Swollen throat**
- + **Stinging pain**
- + **Improved by cold drinks**

Sore Throat



Apis mellifica



Limitations of Homeopathic Medicines

Conditions for Effectiveness

⇒ Reversible Condition

⇒ Capability of Reacting

Possibilities of Homeopathic Medicines

- ⇒ Safe,
- ⇒ No side effects when taken appropriately,
- ⇒ No negative drug interaction above 4C,
- ⇒ Cost effective,
- ⇒ Will not mask medical emergencies,
- ⇒ Facilitates the body's physiological reaction to the disease.

Possibilities of Homeopathic Medicines

“Homeopathy can be an effective first line treatment in 70 to 80% of cases.”

Jouanny in *Homeopathy: Possibilities in Acute Therapeutics*

Mother:

- **Healing & Pain Post-Partum**
- **Breast Inflammation**
- **Mastitis**
- **Plugged Ducts**
- **Candida**
- **Milk Supply Issues -abundant & perceived insufficiency**

Asthenia



Cinchona

Red cinchona

Fatigue due to bleeding

Asthenia



Kali carbonicum

Potassium carbonate



- Fatigue accompanied with pains along the spine and perspiration

“Baby Blues”

Sepia officinalis
Cuttlefish ink



Fatigue

- < on awakening
- > by distraction and exercise

**Most frequently indicated
medicine**

Pains



Hypericum perforatum

St John's wort

- Hip pains
- Pains in sacrum after forceps

Mastitis

Phytolacca 30C
5 pellets tid for at least 5 days

Blocked Ducts w/o inflammation

Silicea 12CH

Dosing: 5 pellets t.i.d

**If there is no improvement within 24 hours
discontinue use**

Contraindicated in patients with implants

Dr. Jack Newman's Protocol

Breast Abscess

Apis mellifica

Honeybee



- Intense swelling
- Improved by cold

Can be used in conjunction with conventional medicine

Breast Abscess

Belladonna



The breast is:

- Hot
- Tumefied
- Painful
- Red

Rubor, Calor, Tumor, Dolor

Breast Abscess

Bryonia alba

Bryony



The breasts are hot and
pale

They feel “heavy”

by pressure (tight bra)

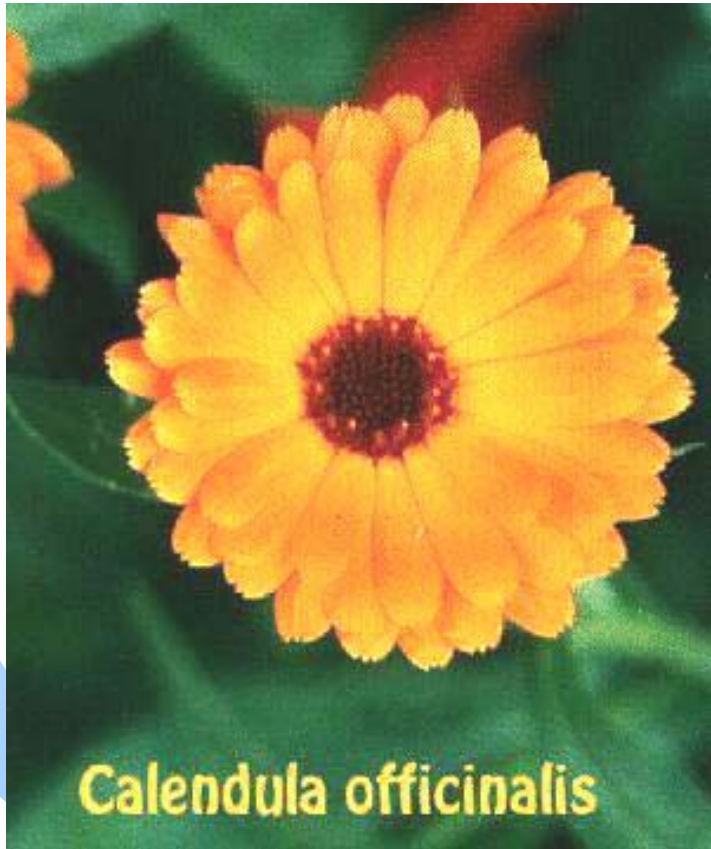
Fissure and Ulceration of Nipples

Castor Equi

Rudimentary thumbnail of the horse

In dilutions and in ointment

Fissure and Ulceration of Nipples



Calendula officinalis

- In ointment or lotion
- Antiseptic and healing actions

Lymphangitis of the breast



Hepar sulphur calcareum

Crude calcium sulfide

- The breast is extremely tender
- < by touch

Most frequently indicated
medicine

Candida -like Symptoms

Sulphur 30 C

Dosing 5 pellets tid

If no improvement in 48 hours discontinue use

Warning:

Use with caution with patients with a history of eczema or psoriasis

Dr. Jack Newman's protocol

To Increase Milk Production



Ricinus communis

In low dilution increases
production

Ricinus 4 CH, 3-4 times
daily

To Increase Milk Production

Urtica urens
Dwarf nettle



- Prescribed in 4 or 5 CH
- 3 to 6 times daily

Botanical & Homeopathic Medicine combo to help increase milk supply

- **Blessed Thistle MT**
- **Fenugreek MT**
- **Alfalfa MT**
- **Ricinus Communis 3DH**
- **Urtica Urens 4CH**

**Dosing: 50 drops (5 pumps) 2-3 times daily
in 1 ounce of warm water**

Dr. Jack Newman's Protocol

Abundant Milk Supply



Ricinus communis 30 C bid

Castor bean

Weans in HIGH dilution

Raynaud's of the Breast

- *Use Secale cornutum 30 C 5 pellets tid*

Secale = Ergot

Treatment of Pain Due to Unwanted Lactation With a Homeopathic Preparation Given in the Immediate Post-partum Period

*A. Berrebi, O. Parant, F. Ferval, M. Thene, J-M Ayoubi,
L. Connan, P. Belon*

J. Gynecol Obstet Biol Reprod 2001

Aim of the Study

The aim was to study the efficacy of a homeopathic treatment to relieve pains in women unable or not wanting to breast-feed.

THE STUDY

Intensity of the Breast Pains on the Fourth Day

Double blind study verum against placebo on a randomized population.

71 patients: 36 under homeopathic treatment and 35 under placebo.

Criteria

Breast pains increase progressively after delivery to get to their maximum at the fourth day.

Breast pains were evaluated twice daily by the patient, during 4 days, on an analogue visual chart.

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Secondary Criteria

Were also noted:

- Fever
- Hyper-vascularization
- Local redness
- Tension
- Milk discharge

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Methodology

- **APIS MELLIFICA 9 C**
- **BRYONIA ALBA 9 C**

5 Pellets of each AM and PM for 10 days.

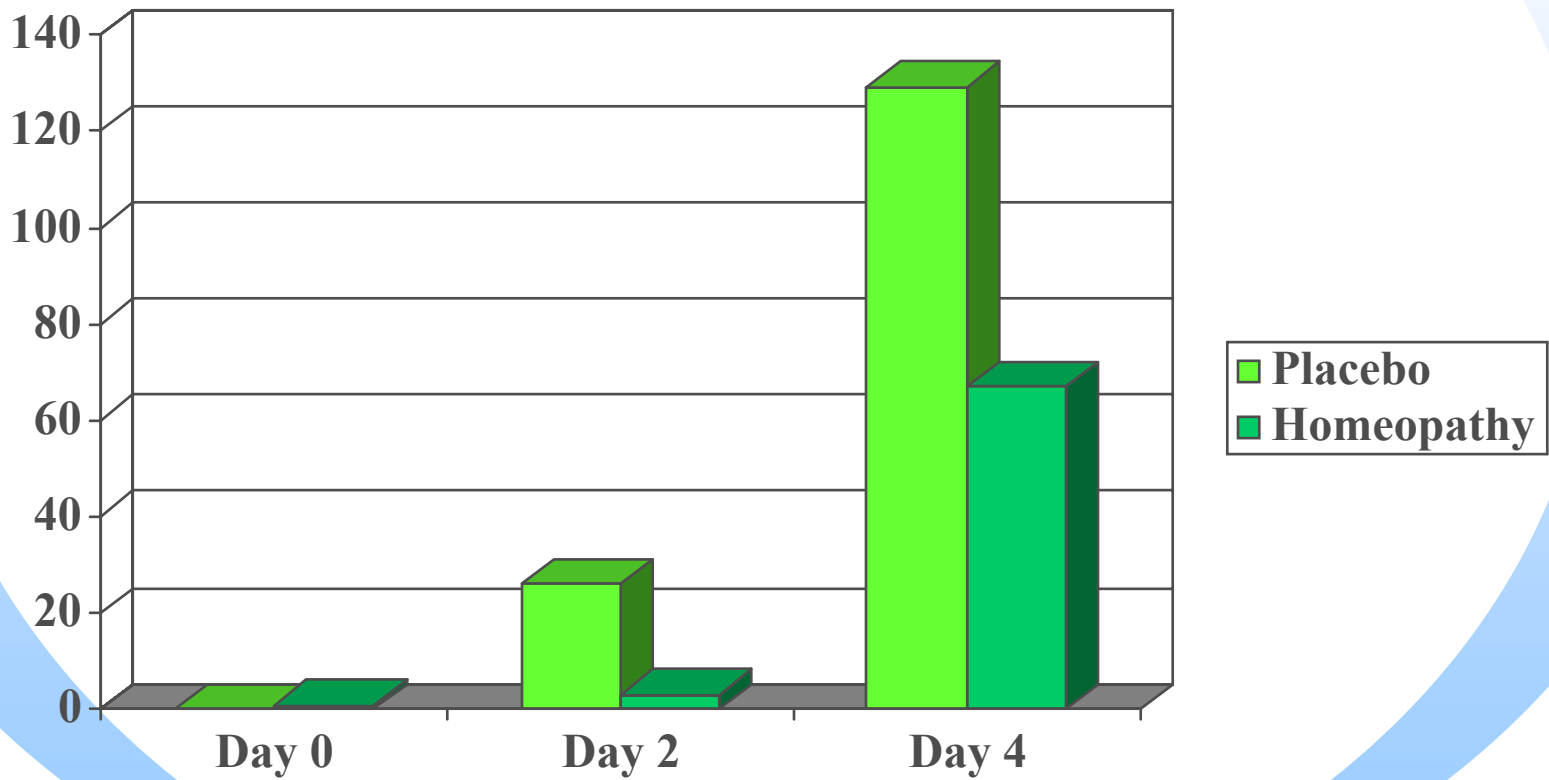
In association with (both groups: verum and placebo)

- Anti-inflammatory b.d.
- Water input restriction

RESULTS

The results are given by adding the different marks on the scale

- 0 being no pain to
- 10 maximum pains.



Infant

- **Bruising**
- **Fussy Babe (Colic)**
- **Teething**
- **Candida**

Bruising in Infant Post Birth

- Arnica Pellets or potency
- Calendula mother tincture....

Jaundice

- ***Nux Vomica*** for the babies with constipation
- ***Lycopodium*** for those with gas.`
- ***Chelidonium*** for the little ones ...helps the liver to adjust to life outside the uterus

Colic in Babies

- ***Chamomilla***
- ***For the angry, excitable, tolerates nothing***
- ***Stretches out***
- ***Parents will talk of adoption***
- ***Colocynthis***
- ***Anguish, restlessness & irritability***
- ***Baby arches***
- ***Better after passing gas and stool***