

Remedies for Caesarean Delivery

The main issue with Caesarean is the healing process, so many of the remedies are the same as those for any type of surgery. However, emotions can run high after an emergency caesar and it is important to treat this as soon as possible, to reduce the likelihood of emotional issues at a later stage, leading to post natal depression.

1. Surgery Combination: *Arnica 30c* – For bruising, shock, bleeding, pain relief. *Bellis Perennis 30c* – To heal deep muscle tissue in abdomen. *Calendula 30c* – To heal scar tissue and prevent infection. *Carbo Veg 30c* - for weakness or collapse, or bloating from anaesthetic. *Hypericum 30c* – To prevent infection and relieve pain, especially after epidural, *Phosphorus 30* - excessive bleeding, weakness or nausea and dizziness following anaesthetic. We recommend taking 3 doses on the day before surgery, then continuing 4 times a day for 3 days after, then continue as required. Can be taken more frequently for intense pain or add *Arnica 200c* from the kit.

2. Carbo Veg 200c Bloating following abdominal surgery. Better for passing wind. Collapse from shock or loss of blood.

3. Ipecac 200c Haemorrhage after caesar. Violent and persistent nausea following anaesthetic, drugs or generally. No better from vomiting.

3. Pulsatilla 200c Emotional following delivery, bursts into tears easily, needy. Lack of thirst and desires fresh air.

4. Staphysagria 200c Assists healing of incised wounds and pain. Where mother is resentful, angry or distressed, especially if caesarean was unplanned.

5. S.O.S. General support for mum, partner and family members. Soothes emotions and helps with anxiety.

Also consider the remedies on the previous page for healing.

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Notes

- Babies delivered by Caesarean may require remedies to antidote drugs given which can cause colic and reflux. Consult your practitioner.
- Any remedy you are taking yourself will pass through the breast milk to benefit baby too. Therefore the Labour Drops or *Arnica* you take after the birth will help ease baby's transition into the world too.
- If you need to give baby a remedy you can either take yourself if breastfeeding or, more effectively, crush one pilule between 2 teaspoons and tip a tiny amount inside baby's bottom lip. Homeopathics may be used for newborns and during breastfeeding, and can be used alongside conventional medicine if required

Dose

- The dose for all remedies is 1 pilule or 1-4 drops. (1 drop up to 6 months old, 2 drops up to 12 months old).
- If the situation is intense give a dose every 5-10 minutes for up to 5 doses, then spread out to hourly, 2 hourly and 4 hourly as improvement is seen over a few days.
- For less intense situations, we suggest taking the remedies 3 times a day for 3 days, then continue to reduce as improvement is seen. Doses can be increased to more frequently if required.
- If there is no improvement after 5 doses, change your remedy or seek advice from your homeopath or health care provider.

Care of your remedies

1. Do not touch the remedies with your hands. Roll into lid of container and drop under tongue. Remedies are absorbed in the mouth, so allow to dissolve there.
2. Try to take remedies 10 or 15 minutes before or after food, drink, smoking, and brushing teeth. This promotes the best remedy action, but in a really acute situation (eg during labour) *just take the remedy!*
3. Discard any pilules which are dropped as they may be contaminated.
4. Store remedies away from direct light & heat, strong smells (such as essential oils) and electrical appliances.

Use only as directed. Always read the label or information supplied. If symptoms persist see your health care practitioner.

Our kits and remedies contain homeopathic medicines selected for use in minor ailments and injuries only. They are not suitable for home treatment of chronic, ongoing or serious conditions or diseases.

Homeopathy is deemed to be low risk by the Therapeutic Goods Administration. The remedies are effective when used in accordance with the homeopathic indications. The indications given in this flyer are as per homeopathic traditional use.

If in doubt as to their appropriateness to a particular situation, consult your health care practitioner.



Homeopathy for Birthing

Homeopathy is a system of natural medicine which is gentle and low risk, but dynamic in its action. It is useful for treating minor accidents, injuries and acute illness and a few remedies can serve a wide range of situations. If applied correctly they may work very rapidly.

Homeopathy is an ideal modality for use during pregnancy, labour, for the post natal period and for the newborn. The remedies can be very helpful when used according to homeopathic indications. It is also valuable for the aches, pains and discomforts some women experience during pregnancy, and is very helpful after the birth for emotional issues, breastfeeding problems and minor baby complaints.

Our selection of well chosen remedies will not only help you through this time, but can be used in the months and years ahead as your family grows and experiences the minor health problems of life.

If you wish to use birthing remedies during labour, bear in mind you will need to coach your support people in using the remedies, as you may not be able to self-prescribe.

The remedies in this flyer are only a selection of those you may want to include in your birthing kit and further reading will help you make your choice. Most of the remedies mentioned here are available in our online store. Some require dispensing via a consultation.

We would be happy to organise a consultation to talk through your personal requirements in relation to your birth plan.

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Remedies for Labour

1. Aconite 200c Fast, violent labour with fear and anxiety about death of self or baby, severe pains. Symptoms of shock during or after the birth. Gushing of bright red blood and after pains with great anxiety.

2. Arnica 200c Take throughout labour to reduce bruising and trauma, then continue three times a day for up to one week after the birth. Take more frequently if it helps with pain relief. For bruising if baby is delivered by forceps or vacuum extracted.

3. Calendula 200c Speeds healing of tears or episiotomy wound.

4. Carbo Veg 200c Exhaustion during labour, wants to be fanned. Collapse states. Face may be deadly pale or even blue with bluish lips.

5. Caulophyllum 200c Slow labour, contractions ineffective or cease, short and painful. Exhaustion and shaking, neuralgic pains. Cervix does not soften. Pains may move from one place to another. Take first three doses at 5-10 minute intervals, then reduce frequency.

Caution: Over use may bring contractions one on top of the other, with no breaks. Can be used if baby overdue, but call a practitioner for advice before administering.

6. Chamomilla 200c Very painful labour, backache labour, obnoxious, angry, impossible to please, orders people (even the doctor) out of the room - uncharacteristic behaviour!

7. Cimicifuga 200c Baby overdue by dates, fear of the birth—can use with Caulo but consult your practitioner. Cervix doesn't soften, contractions stop or slow down and are weak. Cramp in the hips and/or shivering/trembling. Feels faint. Retained placenta with exhaustion, trembling, shaking or shivering. Intense after pains, worse in the groin.

8. Gelsemium 200c Backache labour with pains passing up spine or into hips; lethargic, lifeless, dazed, thirstless. Anxiety with diarrhoea and general shakiness, trembling hands, legs, etc.

9. Hypericum 200c Pain in coccyx, especially after forceps delivery, painful piles. Use after epidural for healing. Speeds healing along with Calendula.

10. Ipecac 200c Labour pains with constant, violent nausea but vomiting difficult and does not improve. Nausea and vomiting worse after eating, for smell of food, movement, bending down. Haemorrhage after childbirth with bright red blood and nausea.

11. Kali Carb 200c Backache labour, weakness and pain in small of back. Irritable, anxious and bossy. Sometimes profuse sweating in painful area

12. Kali Phos 200c Simple tiredness in labour with no other symptoms. Take as required, can be dissolved in warm water and sipped.

13. Nux Vomica 200c Patient cold & irritable. Sacral pain

during labour. Constipation, ineffectual urge for stool or urine during or after birth.

14. Phytolacca 200c Breastfeeding problems. Breasts become inflamed, lumpy, hard, nodular, nipples are cracked and sore. Abscesses. Pain radiates from the nipple all over the body, pain while nursing. Can take 12-24 hours to act.

15. Pulsatilla 200c Weepy, clingy and very emotional. Gives up during labour, loses courage, wants to "go home". Hot but thirstless and craves fresh air.

16. Sepia 200c Gives up completely during labour, sags on every level. Pain in small of back, better for firm pressure. May have history of dragging pains with menses and prolapse. Retained placenta with bearing down pains. Difficulty bonding, feels overwhelmed, irritable, wants to escape.

Combination Remedies

Our combination remedies can be a good alternative if you are not familiar with homeopathy or just as a quick and simple option for ease of use. Below are some specific to delivery and the post natal period:

S.O.S. Our own version of Rescue Remedy which can be helpful to calm and reassure all participants.

Labour Drops Useful if you don't have a birthing partner familiar with homeopathy. Includes remedies for bruising, soreness, bleeding, healing, exhaustion and pain, as well as strong emotions which can arise during labour. Can be used throughout the labour and until after-pains subside. Follow with Arnica 30c for a few days and other remedies from the selection over leaf as required.

Surgery Combination (see over) is also suitable as a general remedy for recovery containing remedies which not only have an affinity for surgery but healing of bruises, prevention of infection and reduction of bleeding.

Lactation Support This combination remedy derives from homeopathics most indicated to support and enhance milk supply in the early days. Take 2 or 3 times a day until milk is established. May also assist in reducing over-supply - use as above.

Mastitis Support This combination contains three traditionally used remedies which are most often indicated for mild mastitis/breast inflammation during breastfeeding.

Beautiful Birthing Essence

Our Beautiful Birthing Essence is one of our more esoteric products to create an aura of love, peace, calm and strength in which to carry and birth your baby, whether at home or in hospital, naturally or by caesarean. Use before meditation, sleep or just at times of relaxation to connect with your baby.

Tissue Salts Pregnancy Program

The tissue salts pregnancy program has been around for decades and is a useful adjunct to pregnancy care. It comprises four bottles of combination tissue salts to support eight months of the pregnancy.

The program helps mum and baby stay fit and strong during pregnancy, delivery and breastfeeding. The tissue salts support the immune system, help build strong and healthy bones and tissues, assist with assimilation of nutrients and enhance overall function and development of the baby

Post Natal Remedies for Mother

After-Pains

If using Labour Drops, continue for a few days after the birth—Mag Phos and Arnica are helpful for after-pains. Otherwise just use Arnica and continue for up to a week following the birth if required. Helpful if pains are worse when baby feeds. *Mag Phos* - spasmodic and cramping after-pains. *Pulsatilla* - weepy and pathetic with pains. *Staphysagria* with resentment/anger. *Secale* - severe after-pains. May help expel retained placenta—also take 2 or 3 doses if drugs administered. Contact your practitioner.

Remedies for Healing

Bellis Perennis - generally feels bruised and sore, finishes off what Arnica began. *Calendula* for tears or episiotomy. *Hypericum* same as Calendula but more stitching pain, also pain in coccyx or spine after birth.

Insomnia after Birth

Possibly from "hormonal high" - *Coffea* or *Kali Phos*.

Breastfeeding Problems

Belladonna - engorgement, throbbing pains, red streaks, breasts hot, often right breast. *Bryonia* - engorgement, stitching pains, breasts hard and pale, much worse for any movement. *Phytolacca* - cracked nipples, blocked ducts, lumpy breasts, abscess. Also consider *Hepar Sulph*, *Silica* and *Merc*. *Urtica U*, *Lac D*, *Secale*, *Dulc* - low milk supply

Belladonna, *Bryonia*, *Pulsatilla* - excess supply.

Post natal Blues

Pulsatilla - Weepy and clingy, better for fresh air. *Ignatia* - grief that the pregnancy is over, may be slightly hysterical - laughing alternating with crying. *Sepia*, *Silica* or *Nat Mur*—Cannot cry or want to be alone to cry, irritable. *Nux V* - irritable, anxious, constipated.

Exhaustion

China - Anaemia, exhaustion from breast feeding, loss of blood or fluids. *Phos Ac* - exhaustion from feeding, apathy. *Cocculus* - exhaustion with nausea and dizziness from loss of sleep.