

Labour Remedies

The following remedies can be used during labour according to need. A full remedy kit for childbirth contains at least 18 remedies; those listed below are the most commonly used. As with every homeopathic remedy, they are non-toxic and cannot harm mother or child, nor do they interact with medications or supplements.

Caulophyllum

This plant remedy, also known as Blue Cohosh, is beneficial for toning the uterus. Many moms past due dates have started their labours using Caulophyllum. It can be continued once labour has started if the contractions are erratic or weak. It also helps to stave off exhaustion. Use if the cervix fails to dilate. To start labour post-dates, take 30CH or 200CH once every 30 minutes. If needed to keep labour progressing, continue or resume at 15 minutes between doses or as needed. Other indications - pains down the thighs or around the groin; fever or trembling during labour.

Aconitum napellus

This is a remedy for fear and panic and can be very useful at any stage of labour, or on the way to the birth location, if not at home. Use 200CH and repeat whenever the feeling of panic returns.

Pulsatilla

At any point during late pregnancy or labour when the mother is weeping and sad for no apparent reason and needs reassurance that she's loved - this is the remedy to get things moving along. Use 30CH or 200CH.

Gelsemium

This can be used if Caulophyllum fails to produce strong contractions. This is also for a paralyzed feeling from exhaustion or for 'stage fright.' Use for chilliness, weakness or a stupefied feeling, they may experience shivers up and down the spine. 200CH every 10 to 30 minutes as needed.

Chamomilla

Is great for the alleviating the feeling that pains are unbearable, and when you'd like to slug someone (often the dad). This can bring relief when nothing else is helping. 200CH every 10 to 30 minutes as needed.

After the Birth

Arnica is the first remedy to use once baby is born. It's very helpful for trauma and bruising and can be given to baby as well, if needed. It can assist the body in healing.

Bellis perennis is very useful for after pains, and for healing following caesarean section. Alternate with Staphysagria for the first few days for pain management and to help speed recovery.

Nux vomica can be used if there were medications involved with delivery, and also to assist with moving the bowels again.

Staphysagria is excellent to help speed healing if there are incisions from caesarean section. or episiotomy. Alternate with Arnica every 30 minutes for 4 or 5 doses, then as needed. Use 200CH right after labour, 30CH if needed for a longer period.

Calendula Mother Tincture can be added to the perineal cleansing bottle (20-40 drops) to speed healing. It can be diluted and used topically as well. It is wonderful in helping heal tears or cuts in tissue. Tincture are prepared with alcohol, so to be sure to dilute with water. This can also be applied in a similar dilution to the umbilical cord if it is red or irritated. The tincture can be used to soak a sanitary pad which you can freeze and use for pain relief of the perineum.

Probiotics If you have taken antibiotics during or after delivery, probiotics may prevent thrush and vaginitis. There are homeopathic remedies which can also help with these issues. Consult one of our Certified Homeopaths if this persists.

Mastitis, Sore Nipples - Help! Homeopathy offers safe and effective help for these challenges.

Post Partum Depression Please see a homeopath. Constitutional treatment during or after the pregnancy will help deal with emotional as well as physical challenges. You are not alone in this, and there is real help.