Using Herbs and Homeopathy During Pregnancy

We will be covering the following topics...

- Herbs and homeopathy
  - The basics of homeopathy
  - Herbs and homeopathic remedies for each trimester
  - Herbs and homeopathic remedies that should be avoided during pregnancy.

Basics of homeopathy

- What is it?
- How does it work?
- How to administer/take remedies
- How to store remedies
What is Homeopathy?

- The basic law of homeopathy states: “Similia similibus curantur”
  - OR like cures like

What is Homeopathy?

- The first principle:
  - Activate the internal doctor instead of simply administering drugs.
- The second principle:
  - When treating chronic illnesses, the treatments should not produce any damaging side effects, even when carried out over long periods.

How does homeopathy work?

- Homeopathic remedies produce symptoms similar to those exhibited by the ill patient.
- In this way, the body’s own defense system is stimulated to overcome the symptoms produced by the homeopathic remedy and in the process, the symptoms of the original illness.
How does homeopathy work?

• Homeopathic remedies are derived from one of three kingdoms of nature.
  – Vegetable Kingdom NUX VOMICA, THE POISON NUT
  – Animal Kingdom CANTHARIS, The Spanish fly
  – Mineral Kingdom FERRUM PHOSPHORICUM, ferric phosphate

How does homeopathy work?

• How are they made?
  – Remedies are usually made in a laboratory. The method used is the successive dilution technique.
  – Between each dilution, the product undergoes a series of succussions or vigorous shakings that is known as potenization.

How to administer remedies

• Pellets, tablets, or drops should be placed DIRECTLY UNDER THE TONGUE and allowed to dissolve.
• They should never be touched by your fingers.
How to administer remedies

• They should never be taken within 15 minutes of ingesting coffee, or anything with MINT.
  – This includes, mouth wash, toothpaste and chewing gum.
  – The coffee (not caffeine, coffee) and mint will deactivate a remedy.

Storage

• They can be kept for years in a medicine chest, but keep them away from products containing CAMPHOR OR MENTHOL. It too can neutralize a remedy.

Herbs & Homeopathy

• The following is a list of remedies that have been shown to aid in relieving some common symptoms of pregnancy. This list is meant for educational purposes only and should not be used to diagnose or treat.
**Herbs & Homeopathy**

- **First Trimester**
  - **Anemia**
    - Ferrum Metallicum
    - Ferrum Phosphoricum
    - Folic Acidum
    - Black Strap molasses (*1-2 Tbs/Day, not if diabetic*)

**Herbs & Homeopathy**

- **Ectopic Pregnancy**
  - Aconitum Napellus
- **Heartburn**
  - Asafoetida
  - Capsicum
  - Carbo Vegetabilis
  - Papaya Enzyme (*chewables as needed*)

**Herbs & Homeopathy**

- **Miscarriage**
  - Aconitum Napellus
  - Arnica Montana
  - Belladonna
  - Ipecacuana
Herbs & Homeopathy

• **Morning Sickness**
  - Arsenicum Album
  - Ipecacuana
  - Natrum Muriaticum
  - Nux Vomica (my favorite)
  - Phosphorus
  - Pulsatilla (*helps with excess mucous*)
  - Sepia
  - Ginger root tea

• **Second Trimester**
  - Recurrent Thrush
  - (Yeast) Candida Albicans (*homeopathic dilution*)
  - Helonias
  - Pulsatilla
  - Vitamin E (*orally and as a suppository*)
  - Sitz Baths
  - Pao de Arco Tea

• **Cystitis**
  - Cantharis
  - Populus Tremuloides
  - Sarsaparilla
  - Staphysagria
  - Vitamin C
  - Uva Ursi Tea (*caution: lowers blood sugar*)
  - Pure Unsweetened Cranberry Juice
Herbs & Homeopathy

• *Incontinence of Urine*
  – Causticum
  – Natrum Muriaticum
  – Pulsatilla

Herbs & Homeopathy

• *Abdominal Colic*
  – Colocynthis
  – Magnesium Phosphoricum

Herbs & Homeopathy

• *Constipation*
  – Alumina Metallicum
  – Collinsonia Canadensis
  – Nux Vomica
  – Silicea
  – Syrup of Figs
  – Dried apricots & prunes
Herbs & Homeopathy

• **Hemorrhoids**
  – Aesculus hippocastanum
  – Nux Vomica
  – Paeonia *(works almost instantly)*
  – Sulphur
  – Hamamelis Virginica
  – Witch Hazel Compresses
  – Sitz Baths
  – High fiber diet

Herbs & Homeopathy

• **Leg Cramps**
  – Arnica Montana
  – Coffea Cruda
  – Cuprum Metallicum
  – Nux Vomica

Herbs & Homeopathy

• **Fainting**
  – Aconitum Napellus
  – Belladonna
  – Carbo Vegetabilis
  – China
  – Ignatia Imara
Herbs & Homeopathy

• **Palpitations**
  – Aconitum Napellus
  – Arsenicum Album
  – Lycopodium
  – Pulsatilla

Herbs & Homeopathy

• **Varicose Veins**
  – Arsenicum Album
  – Carbo Vegetabilis
  – Floricum Acidum
  – Hamamelis Virginica
  – Pulsatilla
  – Sepia

Herbs & Homeopathy

**Third Trimester**

• *Abdominal pain from Baby kicking*
  – Arnica Montana

• **Backache**
  – Bellis Perennis
  – Kali Carbonicum
  – Natrum Muriaticum
  – Rhus Toxicodendron
**Herbs & Homeopathy**

- *Braxton Hick’s Contractions*
  - Cimicifuga racemosa (only after 36 weeks)
  - Chamomile Tea

**Herbs & Homeopathy**

- *Emotional Difficulties*
  - Aconitum Napellus
  - Argentum Nitricum
  - Arnica Montana
  - Gelsemium

**Herbs & Homeopathy**

- *Fear of giving birth*
  - Cimicifuga Racemosa
- *Preparing for labor*
  - Caulophyllum *(not before 37 weeks)*
  - Red Raspberry Leaf tea
Herbs & Homeopathy

- **Analgesics during Labor**
  - Belladonna
  - Chamomilla
  - Cimicifuga Racemosa
  - Chamomile Tea
  - Lavender Essential Oils (for aromatherapy NOT ingestion)

Herbs & Homeopathy

- **After Pains**
  - Caulophyllum
  - Sabina
  - Secale
  - Chamomile Tea
  - Cramp Bark
  - Chamomilla
  - Lavender Essential Oils (for aromatherapy NOT ingestion)

Herbs during pregnancy

- The following is a list of herbs that are believed to help the mother and baby in the early development stages. Again this list is meant for educational purposes only and is not intended to treat or diagnose.
Herbs during pregnancy

• **Black Haw** - used in the early stages of pregnancy to help prevent miscarriage
• **Blessed Thistle** - used in the latter stages of pregnancy as a liver tonic as well as a stimulant of blood flow to the mammary glands, and used to increase milk production; also reduces hemorrhaging during childbirth

Herbs during pregnancy

• **Burdock Root** - has a high concentration of vitamins and minerals and is a liver function enhancer.
• **Chamomile** - lifts the spirits and calms the nerves, and is used for digestive disorders during pregnancy. It can be combined with ginger to help morning sickness, and has high calcium content. It can also work as an anti-inflammatory aid

Herbs during pregnancy

• **Cramp Bark** - a remedy to have handy in case of spotty bleeding during early stages of pregnancy. It can help to prevent miscarriage due to stress and anxiety
Herbs during pregnancy

• **Dandelion** - The greens and root are a high source of vitamins and minerals. It can: aid the digestion, act as a mild diuretic and is useful for fatigue and exhaustion.

• **Ginger Root** - used for morning sickness and digestive problems, safe during pregnancy for treating colds, sore throats, and congestion.

• **Kelp** - high in vitamins and minerals like iodine, aids thyroid

• **Nettle Leaf** - rich in many vitamins and minerals, especially iron. It can be useful for those suffering from chronic fatigue and exhaustion due to low iron. It can aid in enriching and stimulating the flow of milk; is safe to use in all stages of pregnancy.

• **Red Raspberry Leaf** - tones and nourishes the uterine muscles, rich in vitamins and minerals, enriches and increases milk flow, restores the system after childbirth; good for the entire pregnancy.
Herbs to Avoid During Pregnancy

- Many herbs contain steroids that can affect the baby's development during pregnancy and/or nursing. Others may be toxic. There are also herbs that are strong uterine stimulants. Please pay close attention to section and take heed. Again this information is intended for educational purposes only.

Herbs to Avoid During Pregnancy

- **Angelica** - stimulates suppressed menstruation
- **Black Cohosh** - uterine stimulant - mostly used during labor.
- **Blue Cohosh** - a stronger uterine stimulant
- **Borage oil** - a uterine stimulant - use only during the last few days of pregnancy.

Herbs during pregnancy

- **Comfrey** - can cause liver problems in mother and fetus - use externally only for brief periods of time, for treating sprains and strains
- **Dong Quai** - may stimulate bleeding
- **Elder** - do not use during pregnancy or lactation
- **Fenugreek** - uterine relaxant
Herbs during pregnancy

- **Goldenseal** - too powerful an antibiotic for the developing fetus, also should not be used if nursing
- **Henbane** - highly toxic
- **Horsetail** - too high in silica for the developing fetus
- **Licorice Root** - can create water retention and/or elevated blood pressure
- **Motherwort** - stimulates suppressed menstruation

- **Mugwort** - can be a uterine stimulant
- **Nutmeg** - can cause miscarriage in large doses
- **Pennyroyal Leaf** - stimulates uterine contractions (Note: Pennyroyal essential oil should not be used by pregnant women at any time!) - do not handle if pregnant or nursing
- **Rue** - strong expellant

- **Saffron** - can cause miscarriage and other problems
- **Shepherd’s Purse** - used only for hemorrhaging during or after childbirth
- **Uva Ursi** - removes too much blood sugar during pregnancy and nursing.
- **Yarrow** - uterine stimulant
Resources

- The Safety of Four Popular Herbs & Their Use By Pregnant Women  Lisa Barger  Mar 6, 2007
- *Homeopathy for Midwives (and All Pregnant Women)*