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## **PROMOTING SAFE MOTHERHOOD THROUGH HOMOEOPATHY: A HOLISTIC APPROACH**

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### **INTRODUCTION:**

Safe motherhood is a global health priority that aims to ensure that women can experience pregnancy, childbirth and the postpartum period without risking their lives or the lives of their newborns. While modern medicine has made significant strides in improving maternal health outcomes, complementary and alternative approaches such as homeopathy offer additional avenues to promote safe motherhood. Homeopathy, with its holistic principles and gentle remedies, can play a supportive role in addressing various aspects of maternal health, including pregnancy discomforts, labor pains, postpartum recovery, and emotional well-being. Homeopathy offers gentle remedies that can relieve common discomforts such as nausea, vomiting, fatigue and insomnia without adversely affecting the mother or the developing fetus.

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### **HOMEOPATHIC REMEDIES:**

**PULSATILLA:-** Pulsatilla is useful in all the problems that a female usually suffers from during pregnancy. The pains are shooting type and keep changing their locations. If these pains are greater, they feel colder. Bitter taste in mouth with soapy water. After eating, a weight is felt in the abdomen with severe pain. There is significant variability in each disease. Uterine inertia with lack of expelling force causing fetal retention. Intermittent blood flow. Uterine contractions are weak and weak. They are also rare, so labor is prolonged. He feels less pain in the 1st and 2nd stages. Itching and burning eyes with a high degree of fever appear in the sixth trimester. In a febrile state, there are looming severe pains in the thighs and legs with restlessness, insomnia and chills. During pyrexia, she complains of headache, nausea, diarrhea and loss of appetite.

The milk is thin and watery, containing almost no milk globules. Lactating women experience a sudden decrease in milk supply. Breasts are swollen and engorged. It is difficult for the baby to suck on the breast because of its sensitivity. The pain spreads throughout the chest from the nipple.

Mentally, the patient is very emotional and hypersensitive. He cries easily. He constantly changes his mood.

- **SEPIA:** - All feeling in the stomach gone. He has typical hunger and a feeling of emptiness in the stomach that is not relieved by food. Nausea with voluminous nausea, cured as morning sickness. The patient is weak and emaciated with repeated vomiting because she keeps very little in her stomach. Nausea at the thought or smell of food.  
Weak, drawing, or drooping sensation, as if everything would escape from vulva, must cross limbs or hold parts to prevent protrusion. Psychologically, she is angry, sensitive, irritable, easily offended. Anxious fear of little things. Irritability alternating with indifference. He cries when he tells her the symptoms.
- **NATRUM MURIATICUM:-** Loss of taste, foamy coating on the tongue. Unquenchable thirst and craving for salt. During pregnancy, instead of gaining weight, there may be cachexia and relief. Has an intense taste for salt, milk and fish. Heartburn with palpitations. Feels better on an empty stomach.  
Mentally, she is very clumsy and impetuous. Depressed but extremely irritable. Desire to cry. Comfort worsens her psychological and general symptoms.
- **NUX VOMICA:-**Complains of nausea and bitter taste in the mouth in the morning and after eating. She feels that she will get better only after vomiting, so she tries to vomit, but she does not succeed. Craves stimulants and fatty foods.  
Lack of milk in a lactating woman can best be treated with this medicine. Poured breasts on the 3rd or 4th day. Acute mastitis with an increase in temperature on the 4th day. An unpleasant feeling of emptiness in the chest. Breast pain when sucking the baby.  
Nux Vomica postpartum hemorrhage is always associated with a complaint of constipation. She has uterine cramps and intense labor pains. Psychologically, the lady is sensitive and emotional. He gets angry very easily. Low muttering delirium.
- **HELONIAS:-**The breasts of Mrs. Helonias are very hot, swollen, and painful. The nipples are cracked and cracked so she cannot nurse her baby. There is intense itching and burning pain in the nipples and areola. The nipples are sensitive and she can't stand the touch or the clothes. Any movement worsens the pain and she is irritated.

- **NITRIC ACID:**-Profuse uterine bleeding, when the 3rd stage of labor is delayed. The placenta is very difficult to release and **remains** attached to the uterus for a long time. Nitric acid is known for profuse bleeding after a long labor. Tachycardia, pallor and hypotension, these signs of shock are observed. There is a sharp pressure in the abdomen, as if everything would come out.
- **STRAMONIUM:**-This medicine cures puerperal spasms well. Anxiety and convulsions appear from the 1st trimester. Puerperal cramps are septic in nature. Cramps occurred during pregnancy or during childbirth. He has a feeling of tightness or pressure in his chest, so he can't breathe freely. Cerebral congestion with delirium.
- **TEREBINTHINA:**-Fever two days after delivery. Warm yourself with a violent thirst. Dry, brown tongue. There is a heavy cold and damp sweat. Uterine bleeding like dirty mud. The pulse is thready and fast.
- **CIMICIFUGA:**-Non-progressive labor pains. Sensation as if she had a stool during labor. False labor pains, much earlier than expected. Uterine contractions are non-rhythmic, i.e. the course of labor is not accompanied by pain. Pain settles after stool. Cramping pains in abdomen. Theos is tough. There is a characteristic feeling of falling down. Pain in the region of the ovaries, which spreads up and down the thighs. Ovarian neuralgia during pregnancy and during childbirth is well treated with this medicine. These pains move through the hips in the first stage of labor. The lady is sleep deprived and constantly nauseous. Puerperal psychosis is caused by high fever, after the 2nd or 3rd day of puerperium, with anxiety, restlessness and full of tears, she calls for this medicine. Great suspicion of the mind. Even when he gives her medicine, she refuses it, thinking there might be something wrong with it.
- **FERRUM PHOSPHORICUM:**- It is one of the great antihemorrhagic remedy. APH with profuse discharge of partly liquid, partly black and coagulated blood. There is a feeling of descent and pain in the uterine region. Vaginal bleeding is severe and persistent. Many times blood collects between the placenta and the uterine wall and the amount of blood cannot be determined. But as the blood pressure lowers and the pulse quickens as a result, occult bleeding can be diagnosed. Therefore, it should be remembered that in pale, anemic individuals with violent local congestion and profuse vaginal bleeding, which is bright red before delivery, the remedy is Ferrum Phos.

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## CONCLUSION :

Homeopathy recognizes the interconnectedness of physical and emotional health and offers tailor-made remedies to address emotional imbalances during pregnancy and the postpartum period. Safe motherhood not only involves women's physical well-being, but also their emotional, social and spiritual health. By integrating homeopathy with conventional medical care, we can promote safe motherhood and enable women to experience pregnancy and birth with confidence, comfort and dignity.

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