

CHAPTER 1

HOMEOPATHY AND ITS USE IN MIDWIFERY

HOW SAFE IS HOMEOPATHY DURING PREGNANCY?

Homeopaths are often asked if homeopathic remedies are safe to give a woman when she is pregnant. Concerned parents are well aware of the warnings from both the Surgeon General and medical researchers that all drugs, even coffee, should be avoided if at all possible during pregnancy. But in actual fact, homeopathic “drugs” or remedies are indeed safe for the mother and the developing infant alike. Mothers (and fathers) who are treated with homeopathic remedies prior to and throughout the pregnancy, labor and delivery are healthier and are far less likely to develop problems. Any problems which do develop would likely be of a milder nature than they would have been without homeopathic care.

Homeopathy is the safest and most effective method of treatment for the pregnant woman’s emotional and physical well-being. It provides safe treatment for almost any problem encountered during her entire pregnancy, labor and delivery. **If used correctly**, there is not the slightest threat or harm to her baby.

The great homeopath, known as the “father of American homeopathy,” James Tyler Kent, once said that “a pregnant woman is more sensitive to the indicated (homeopathic) remedy than at any other time.” During that time, he said, “the physiological functions are more active, and because great changes are occurring throughout the whole organism, the remedy has much better opportunity to do its work.”

In fact, pregnancy is actually the very best possible time to treat a woman homeopathically, and homeopaths consider the treatment of the mother as being in effect the treatment also of her developing baby. In fact, the new life growing in her will bring out more clearly

the symptoms, not only of her needs, but those of her unborn child. This marvelously designed process of giving life will often produce actual personality changes in the woman. For example, she may have been cold-natured all of her life, and suddenly, since her pregnancy she becomes very hot-natured. She may not have been especially thirsty before and had an aversion to orange juice; now however, she cannot seem to get enough to drink and she literally craves orange juice, drinking it by the pitcherful. On the other hand, she may have been a bubbly, outgoing extrovert before pregnancy and now, since pregnancy, she is sullen, pouty, cries all the time and shuns company.

These significant changes observed in the pregnant mother are often strong indications of the developing infant's needs. The mother's uterus is the safest, warmest, most comforting, and ideally suited environment for this new growing life. From the very beginning, this new life will make its needs known. As an example, the sudden or intense food desires and cravings could well be an indication of the nutritional building blocks needed for the thousands of metabolic processes in the construction of life. The fetus is, in a sense, asking for those foods and the nutrients in those foods. If those needs are met, this tiny person will grow and develop with a minimum of trouble and emerge as a healthy baby with fewer problems throughout his/her life. Homeopathy, more than anything else, will help the mother and baby during this most vital process and smooth out any troublesome bumps along the way.

Homeopaths have met every challenge presented by childbirth since the inception of this gentle science. As Dr. Kent said almost one hundred years ago in his *Lectures on Homeopathic Materia Medica*, "Now-a-days we hear so much about this meddlesome midwifery, this curetting, and doing this and that and the other thing, that it makes a homeopathic physician disgusted. Just as if those parts were not made by nature, and could not take care of themselves; as if they must be swabbed out and syringed out. These injections and bichlorides, etc. to keep the germs out of a woman are all nonsense. If a state of order is maintained there will be no germs. A homeopathic physician can manage hundreds of these cases, and have no trouble. If he sees clearly beforehand what remedy the woman needs

there will be no bad cases; they will all take care of themselves. Irregular contractions that bring on abnormal conditions are all avoided if the woman is turned into order before she goes into confinement.”

Therefore, if at all possible, the very best procedure is to begin homeopathic and nutritional care for both the mother *and father* before conception and continue it throughout the pregnancy, labor and delivery. However, if the mother has not had the advantage of homeopathic care before seeking a midwife, even if she comes to you late into her pregnancy, it is *never* too late to receive the benefits of homeopathic care, even if it is only during the actual labor and delivery.

THE NEED FOR CAUTION

It is very important to remember that in using homeopathy in the practice of midwifery, severe or life-threatening situations should receive some type of professional medical advice or help as soon as possible. Often, however, as emergency situations occur, vital time is lost between the time the crisis arises until professional medical help is obtained. It is in these acute situations where homeopathy makes its greatest contribution as it can often mean the difference between a happy outcome and a heartbreaking tragedy.

Since it is impossible to know ahead of time which keynote symptoms may lead you to choose the right remedy, it is necessary to know your remedies well. Further, since more often than not, you will have only a few minutes at most to choose the right remedy during labor and delivery, form the habit of following correct homeopathic procedures. Learn to “think homeopathically” so that it becomes second nature to you.

Homeopathic remedies are, generally speaking, perfectly safe when used correctly. *Any* remedy, if used when it is not truly indicated, has the *potential* to cause harm. As an example, certain remedies, such as Cimicifuga, Caulophyllum and Thuja should not be used in the *early stages* of pregnancy as they may cause miscarriage.

Therefore, unless you are fairly certain of the indicated remedy, the lower potencies (6C, 12C, or 30C potency) should be used in the beginning of most cases. If the wrong remedy is used in lower potencies and it is not repeated too frequently, it will simply not act. This failure will be apparent after a few doses or a few days, and a new remedy can be considered with no fear of harm to the mother or the baby.

In the case of a threatened miscarriage, if you give the correct remedy and a miscarriage still occurs, this problem is *not* to be considered the fault of the remedy. It simply indicates that there was something wrong with the fetus in the first place, and regardless of whether the correct remedy was given or not, a miscarriage was bound to occur. In fact, in these cases the correct remedy will help the woman to miscarry naturally and expel a nonviable fetus, as is so often pointed out by such homeopaths as Paul Herscu; “If the correct remedy is administered to a pregnant woman and her fetus is nonviable, the remedy will provoke a miscarriage and the woman’s clinical condition will improve.”

GENERAL RULES

1. A dose consists of 3-8 pellets, depending on the size of the pellets. The #20 size pellets are recommended because they are convenient for the mother and are small enough to be given to a newborn infant. The mouth should be clean; that is, the mouth should be free of food, mints, gum, drinks, etc.
2. Homeopathic remedies can be “antidoted” or canceled by coffee and *strong* aromatic odors in the air such as mint, menthol, tiger balm, essential oils, perfumes, aromatherapy, etc. If aromatherapy is used (or other strong essential oils), it would be best to open your remedy bottle in a separate room far away from the aromatic odors and drop a few pellets into a small amount of water which can then be taken to the woman and given to her as a small sip (which would equal one dose). *Do not* open any remedy bottle in a room where strong scents are present.

3. All homeopathic pellets look exactly alike, but each individual medicine, in dilution form, is applied and absorbed directly onto the pellets. Therefore, the pellets should not be handled. It is best to place a few pellets directly into a person's mouth from the *lid* of the vial. Do not allow the lid to touch the mouth when administered.

Touching the inside of the lid or rim of the open bottle with your fingers may contaminate the remedy. You may, if necessary, shake out one dose onto the person's hand who will be taking the remedy. Make sure the hand is clean.

4. Strong aromatic, burning agents such as incense or moxa sticks may antidote the effects of remedies.
5. Sunlight and extreme heat may cancel a remedy in the bottle. KEEP IN A COOL, DARK, ODORLESS PLACE.
6. DO NOT put pellets back in the remedy bottle if they should spill out and fall to the floor. If you think you have canceled a remedy, throw it away and replace it.
7. DO NOT reuse one remedy bottle for another *different* remedy or potency.
8. DO NOT reuse empty remedy bottles for any other purpose.
9. DO NOT store remedies on or near a television, microwave, or other electromagnetic energy sources.
10. In an emergency, if there is some doubt about whether the remedy has been canceled or is inactive (such as in a case where there may be strong odors in the room), it is best to give it anyway. If it is still active, you will soon know by its action. If not, no effect will be noted, and you can quickly choose another course of action.