

Post-Partum Homeopathy



Please consult a registered Homeopath for advice, dosages and administration. This is a brief guide designed to give you an overview of a few top Homeopathic preparations used to support new mothers after birth and in the first few months following. These are safe and gentle and can be used alongside any medication you may have been prescribed. These can be purchased as individual remedies to use as required, or you can purchase in a kit prior to birth.

Consider Homeopathic preparations for:

- *After-pains*
- *Healing after a C-section, episiotomy or tear*
- *Breastfeeding difficulties (e.g. low milk supply, painful nipples)*
 - *Mastitis*
 - *Thrush*

Common Post-Partum conditions & how Homeopathy may help:

- *After delivery – Arnica after birth to help with after-pains*
- *After C-section, tearing or episiotomy – Apply Calendula tincture topically in a topical pump spray or apply Calendula cream to the injured/affected area. Arnica for bruising/swelling.*
- *For baby – Following birth –especially instrumental birth, Arnica for bruising and swelling*

Nursing (Breastfeeding) Difficulties:

- *Chamomilla* – For loss of milk flow
- *Urtica Urens* – For the nonappearance of milk
- *Lac Caninum* – The flow diminishes in one breast, then the other
- *Lactuca Virosa* – To be used when the above options don't seem indicated

Mastitis:

- *Phytolacca* – The most frequently indicated homeopathic remedy indicated for those suffering from Mastitis. Breasts will be lumpy with hard knots and nodules
 - *Bryonia* – The breast pain is worse from any movement
 - *Belladonna* – With sudden onset of fever, and throbbing pain
 - *Hepar Sulph* – Breast is extremely painful and worse if exposed to drafts
 - *Silica* – The breasts have painful cracks in the nipples
- ** Apply Calendula cream to help unblock milk ducts**

