

Homeopathic Healthcare
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Morning Sickness of Pregnancy

What a blessed relief homeopathic medicine can provide for this nauseating affliction. Always during pregnancy the consumption of medications can be a cause for concern about fetal welfare. Not so with homeopathic ministrations, which are incredibly safe and, when correctly prescribed, very effective. First we will consider some nutritional/botanical measures which can help.

Nutritional Measures

Vitamin B6 (pyridoxine): 50 mg taken from twice a day to every 4 hours, as needed. One may combine this with Magnesium, 400 mg daily, the combination not to be taken together for longer than 6 weeks.

L-methionine: 1 gram/day

Ginger root powder: 1 gram capsule three times a day.

Consider too: Vitamin K, 5 micrograms/day and Vitamin C, 250 mg twice a day

Diet

Crackers or dry toast, taken before rising.

Eat small, frequent meals and snack on whole-grain crackers with nut butters (not peanut) or cheese.

Do not go without food or drink.

If nausea of pregnancy persists beyond the 12th week of pregnancy, see your physician.

Homeopathic Remedies

After selecting the homeopathic remedy which is most consistent with your symptoms from below, take it in the 30C potency, one dose two to three times a day for three to four days. Stop the remedy if there is either any aggravation of symptoms or a notable improvement. As long as symptoms continue to improve, take no more. Repeat the remedy for a relapse of symptoms. Try another remedy if the first fails to bring relief.

Colchicum (meadow saffron): The nausea is worse from the smell of food, especially cooking food, such as fish, meat and eggs. Nausea, gagging, retching at the mere mention of food. She can't eat or even think of food. Sensitive to any smell. Worse from motion, even slight, such as turning the head. Thirst for effervescent drinks.

Ipecachuana (ipecac): Persistent, constant nausea. Nothing relieves, not even vomiting. The mouth is moist with much saliva. Disgust for food and drink. Worse lying down. The nausea can last all day.

Nux vomica (poison nut plant): The nausea is worse in the morning and after eating. It may be accompanied by stomach cramps with spasmodic retching. Nausea with bloating and difficult belching. Better after vomiting. Sour taste. The region of the stomach is sensitive to pressure. Emotionally touchy, irritable. She may not be able to vomit though she wants to.

Tabacum (tobacco): Violent vomiting. Nausea and vomiting with icy cold perspiration, or she becomes pale and cold after vomiting. Though cold and wanting to be wrapped up, she is better if the abdomen is uncovered. Faint sinking feeling in the pit of the stomach. Worse smell of tobacco, from the least motion. Better lying quiet with eyes closed and in open air.

Cocculus indicus (Indian cockle): The nausea is worse when riding in cars, boats, etc., and worse looking at moving objects. The smell of food disgusts (sense of smell is more acute in Colchicum). Aversion to food and drink. Worse eating. Metallic taste in the mouth. Worse in the afternoon.

Sepia (ink of the cuttlefish): The nausea is worse in the morning, immediately after rising; also in evening after 6 p.m. til sleep. Worse before eating, smell or sight of food (meat especially). Worse lying on the side. Sepia is especially indicated if the woman has nausea from her previously (pre-pregnant) favorite foods. Bad taste in the mouth. Sensitive to odors. Bloated, sour stomach. Sepia mental symptoms which may or may not be present include: averse to being pregnant, aversion to family members, depressed, weepy. Nausea may also be better for a while after eating.

Pulsatilla (windflower): The nausea is worse in the late afternoon and evening. Craving for knows not what food. Thirstless. Heat intolerance. Worse from fatty foods. Belching in which the taste of food lingers for a long time. Bitter taste in the mouth. Nausea worse after eating. Much gas and heartburn. Weepy. May fear not being a good mother and/or that something will happen to the baby.

Anacardium (marking nut): Nausea made better by eating, such that she constantly keeps something in her stomach, nibbling all day.

Bryonia (wild hops): Nausea and vomiting caused by the least motion, even the movement of eating or chewing, or sitting up in bed. Better only by keeping still and quiet. Dry mouth with much thirst. Very irritable personality.

Symphoricarpus (snowberry): If all else fails, try this remedy. It is worse from any motion and has an aversion to all food. Symptoms are better when lying on the back.

Dr. Guess is a family physician and has practiced classical homeopathic medicine since 1978. He maintains a private family practice in Crozet, Virginia, near Charlottesville. He is the past editor of the American Journal of Homeopathic Medicine (a professional homeopathic medical journal) and Vice-President of the American Board of Homeotherapeutics (a national homeopathic specialty board). www.drgeorgeguess.com