

National Campaign
on Homoeopathy
for Mother and Child Care

Vomiting of pregnancy and **Homoeopathic Management**



Department of Ayurveda, Yoga &
Naturopathy, Unani, Siddha
and Homoeopathy (AYUSH)
Ministry of Health and Family Welfare
Government of India



Central Council for
Research in Homoeopathy
(An Autonomous Organization of the
Department of AYUSH,
Ministry of Health and Family Welfare)

Vomiting of Pregnancy

Nausea and vomiting of pregnancy occur especially during first three months of pregnancy.

- More common in early morning.
- Begins at 4th - 8th week of pregnancy and continues till 16th to 20th week.
- Sometimes severe nausea and vomiting (**Hyperemesis gravidarum**) may occur that requires urgent medical attention and may lead to:

- Dehydration
- Malnutrition

Probable causes:

- Hormonal changes
- Lower blood sugar during early pregnancy
- Emotional stress, travelling or some foods can worsen the problem.



- Avoid the foods and smells that make you feel worse.
- Drink plenty of fluids.
- Get plenty of rest and sleep whenever you can.

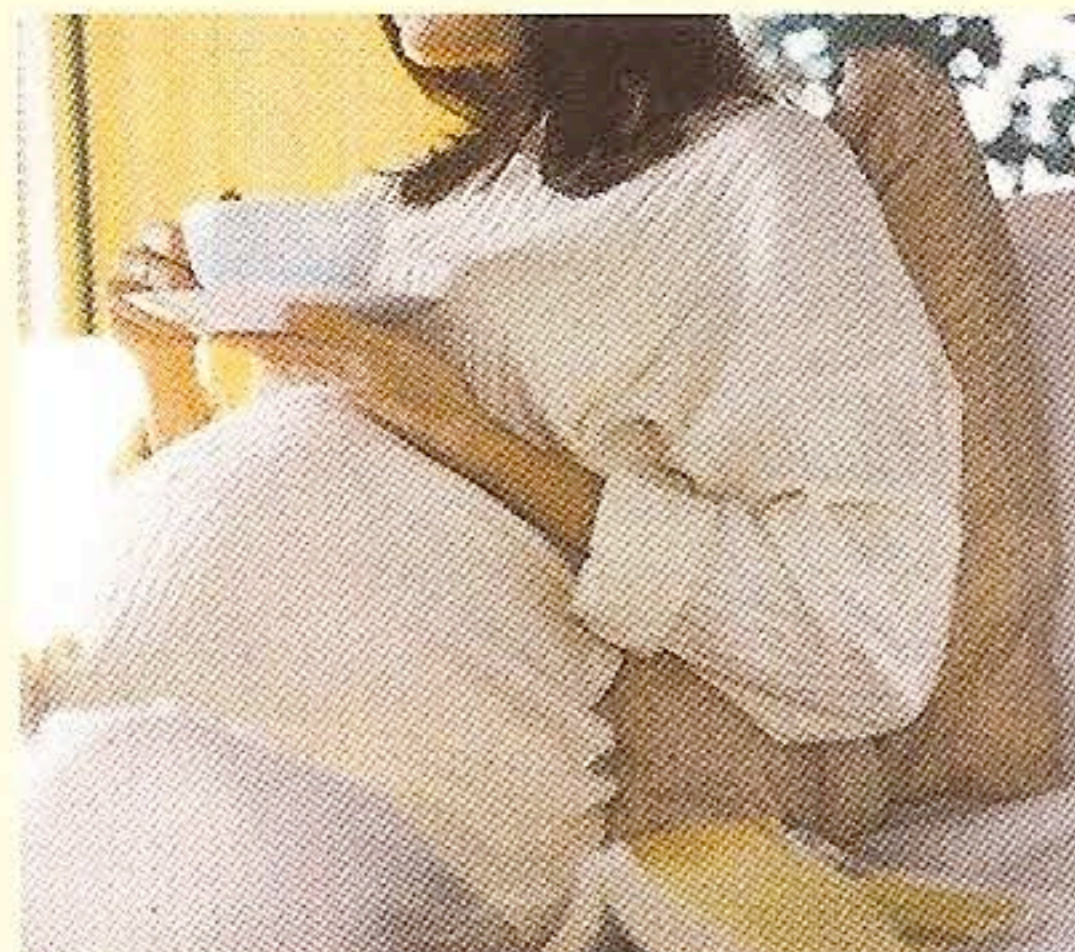


- Ginger and vitamin B₆ rich diet such as whole grains, nuts, seeds, and legumes may help.



Simple measures to relieve nausea and vomiting:

- Eat something like dry toast or a plain biscuit before you get up from the bed in the morning.
- Give yourself time to get up slowly.
- Eat small amounts often rather than several large meals, but don't stop eating.



Must consult a physician, if:

- the above measures fail to improve the symptoms
- you vomit more than 3 times in a day
- you cannot retain food or liquid in stomach

How can Homoeopathy help?

Following are some of the commonly used homoeopathic medicines as a first line treatment for 'Vomiting of pregnancy'. *It is advised that a qualified homoeopathic doctor should be consulted.*

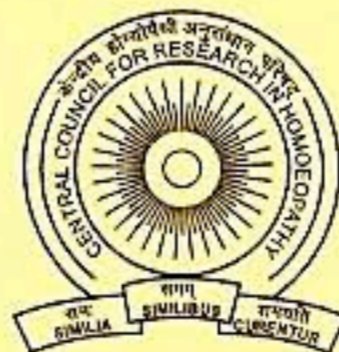
Symptoms	Medicine
<ul style="list-style-type: none"> • Persistent vomiting • Nausea worse from any motion, better while lying on back • Averse to all foods • Rising of acidic fluid in mouth and bitter taste of mouth 	<i>Symphoricarpus recemosa 30</i>
<ul style="list-style-type: none"> • Constant nausea and vomiting • Increased salivation with clean tongue • No thirst 	<i>Ipecacuanha 30</i>
<ul style="list-style-type: none"> • Extreme nausea and vomiting • Feeling of faintness and weakness in upper abdomen • Profuse salivation with good appetite 	<i>Lobelia inflata 30</i>
<ul style="list-style-type: none"> • Nausea and vomiting with much retching • Wants to vomit but cannot (ineffectual urge) 	<i>Nux vomica 30</i>
<ul style="list-style-type: none"> • Nausea at the smell or sight of food <ul style="list-style-type: none"> - worse lying on side - in the morning before eating • Vomiting after eating 	<i>Sepia 30</i>

Follow the instructions overleaf.



General Instructions while taking Homoeopathic Treatment

- Medicines as indicated in this handout should be taken if the symptoms mentioned against each medicine match those of the patient.
- Medicine to be taken - 3 globules of size 40 every 3 hours dry on the tongue or in plain drinking water.
- Medicine should be taken after cleaning the mouth and preferably on an empty stomach.
- If improvement occurs within 24 hours, then medicine should be stopped.
- While taking the medicine, if the patient does not get any relief within 24 hours or becomes worse at any time, then consult the nearest homoeopathic doctor.
- Medicines must be kept away from strong smelling substances like camphor, menthol etc.
- Medicines should be kept in a cool, dry place away from direct exposure to sunlight.
- Medicines should be kept away from the reach of children.



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