National Campaign
on Homoeopathy
for Mother and Child Care

Homoeopathic Treatment of Anxiety and Fears in Pregnancy

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)
Anxiety and Fears in Pregnancy

Mild anxiety is a normal emotional reaction especially during first pregnancy. But undue anxiety and fear may:
- disrupt the normal routine of the pregnant mother
- cause loss of sleep and poor appetite in mother
- affect the health of the unborn baby

Fears and anxieties associated with pregnancy are about:
- Miscarriage or losing the pregnancy.
- Excessive nausea and vomiting.
- Physical changes that occur in the woman's body during pregnancy and after delivery.
- Coping with the pain of labour and delivery.
- Health and well being of the baby.
- How to look after the baby, especially in first time mothers or working mothers.

An anxious woman may:
- be quite unlike her usual self
- laugh or cry over nothing
- be forgetful
- not concentrate on anything for very long
- have severe depression or anxiety

Tips to cope with such anxieties and fears
- Female bodies are made to accommodate labour and delivery, so there is nothing to panic about.
- Discuss your anxiety and fears with your spouse, friends, relations and elderly female members of the family.
- Attend ante natal classes and group discussions to remove the misconceptions and apprehensions related to pregnancy and delivery.

Consult a physician when the anxiety
- is severe and lasts longer than few hours.
- disrupts the normal routine of the pregnant woman.
- affects sleep and appetite of the pregnant woman.

How can Homoeopathy help?
Following are some of the commonly used homeopathic medicines for 'Anxiety and fears during pregnancy'. It is advised that a qualified homeopathic doctor should be consulted.

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Medicine</th>
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<tbody>
<tr>
<td>Great worry, fear and anxiety over trivial ailments</td>
<td>Aconitum napellus 30</td>
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<tr>
<td>Fear of death or of the future</td>
<td>Clinitium 30</td>
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<td>Restless; does everything in great haste</td>
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<td>Music is unbearable, makes her sad</td>
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<tr>
<td>Depression with dreams of impending evil</td>
<td>Pulsatilla 30</td>
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<tr>
<td>Very emotional</td>
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<tr>
<td>Weeps easily</td>
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<tr>
<td>Easily discouraged</td>
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<td>Likes sympathy</td>
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<tr>
<td>Fearful in evening, of being alone, of ghosts</td>
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</tbody>
</table>

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.