

National Campaign
on Homoeopathy
for Mother and Child Care

Homoeopathic Management of Backache during 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)



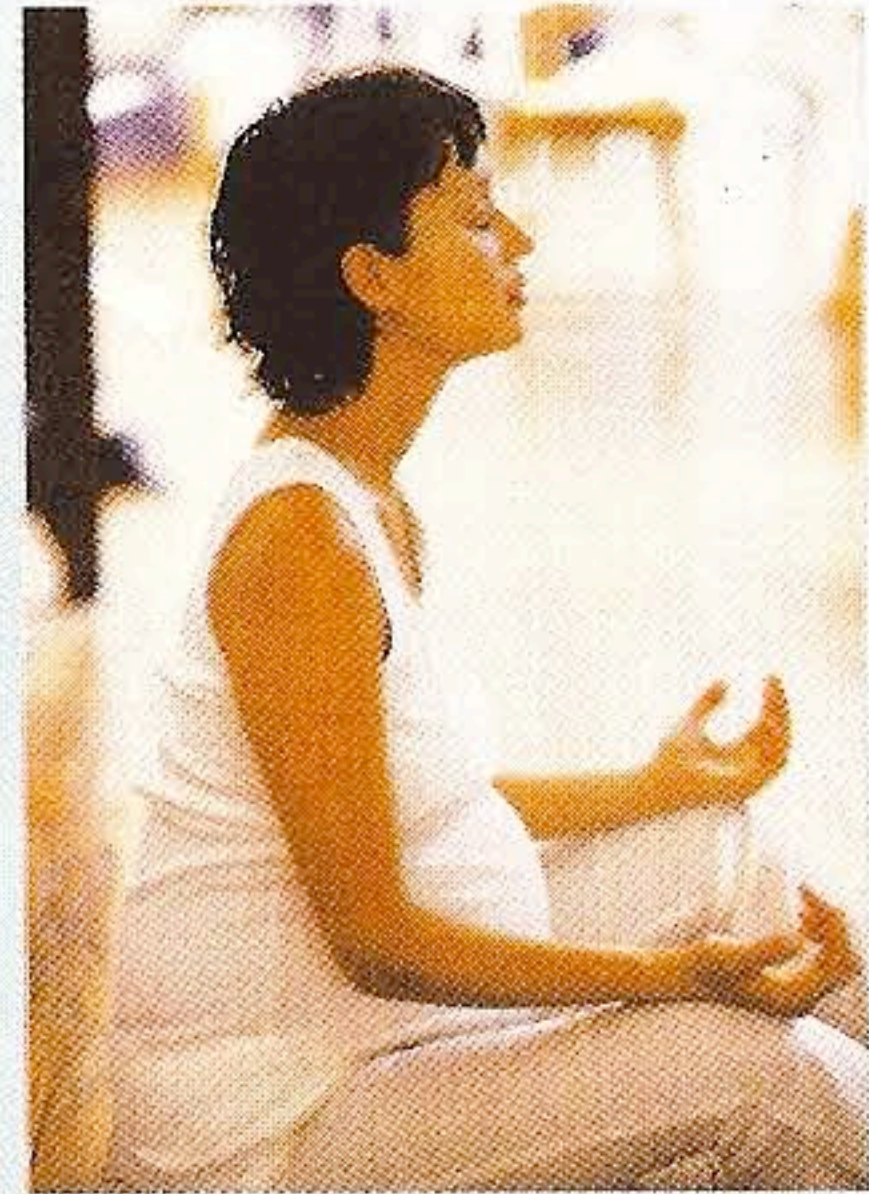
Backache during Pregnancy



Back pain is one of the most common discomforts during pregnancy. Half of all pregnant women can expect some back pain.

Causes

- Ligaments stretch and become softer due to hormonal changes.
- Hollow in the back increases as the baby grows.
- Shift of the centre of gravity of the body due to increasing weight in the front part of the body.
- Muscles of the back have to work more due to increased weight.



Do's

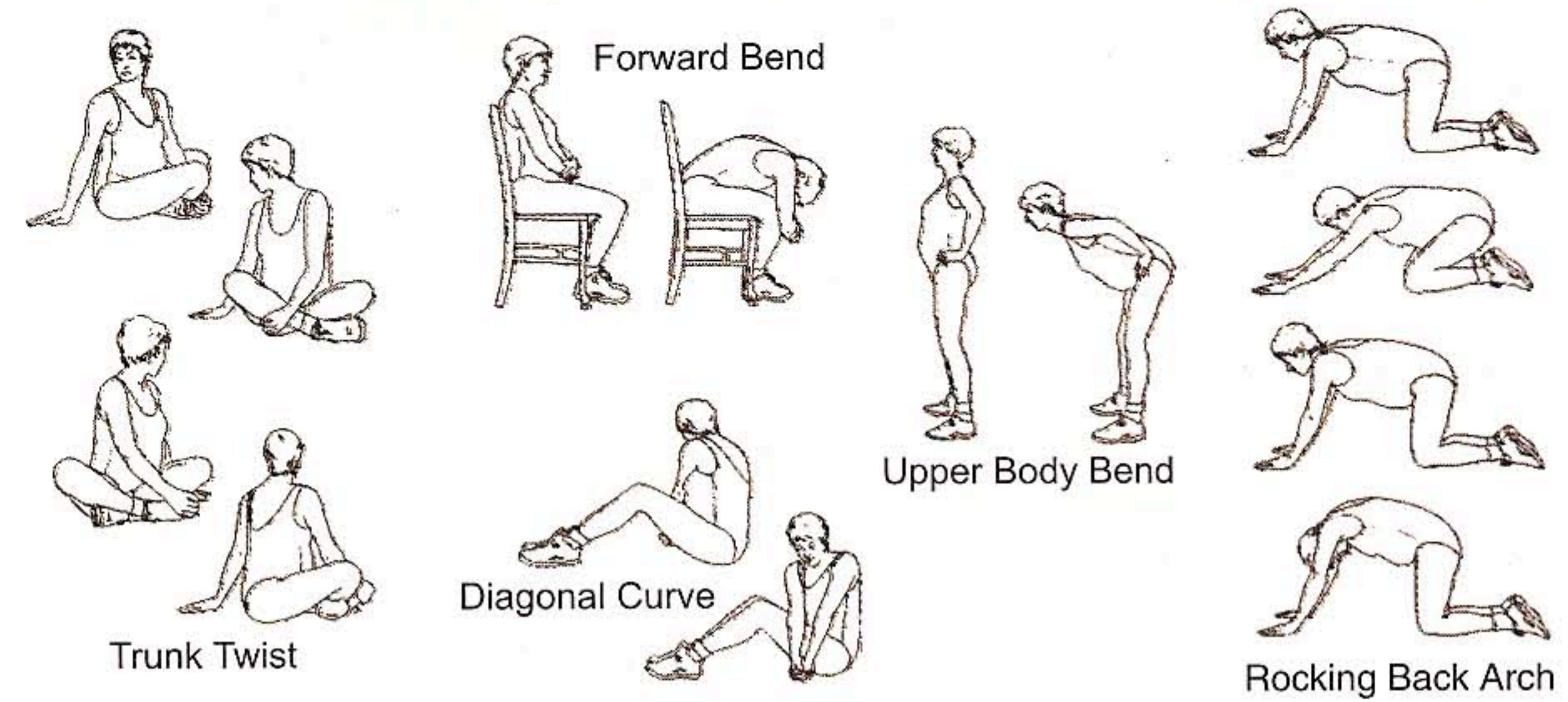
- Practice good posture.
- Sit and stand with care.
- Wear low-heeled (but not flat) shoes with good arch support.
- Sit with good back support.
- Apply hot pads to the painful area.
- Do special exercises for the back to strengthen the back muscles under the supervision of an expert.

Don'ts

- Don't sleep on a soft bed.
- Don't sleep on your back. Try to sleep on your side.
- Don't bend over from the waist to pick things up - squat down, keep your back straight and pick up things.
- Don't lift heavy objects.
- Avoid excessive weight gain.



Some common Exercises to strengthen the back during pregnancy:



How can Homoeopathy help in 'Backache during pregnancy'?

Following are some of the commonly used homoeopathic medicines for 'Backache during pregnancy'. **It is advised that a qualified homoeopathic doctor should be consulted.**

Symptoms	Medicine
<ul style="list-style-type: none"> • Severe, continuous, dull ache in lower back and hips • Back feels tired and weak when walking • Backache worse when walking or stooping 	<i>Aesculus hip. 30</i>
<ul style="list-style-type: none"> • Backache due to strain on back muscles or injury • Sore lame, bruised feeling as if beaten • Bed seems too hard • Cannot walk straight 	<i>Arnica montana 30</i>
<ul style="list-style-type: none"> • Pain and stiffness in the lower back • Pain better when moving, lying on something hard and on hot fomentation • Pain worse while sitting 	<i>Rhus toxicodendron 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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