Homoeopathic Management of Backache during Pregnancy
**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 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:**
- Forward Bend
- Upper Body Bend
- Trunk Twist
- Diagonal Curve
- Rocking Back Arch

How can Homoeopathy help in ‘Backache during pregnancy’?

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

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Medicine</th>
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<tbody>
<tr>
<td>Severe, continuous, dull ache in lower back and hips</td>
<td><em>Aesculus hip. 30</em></td>
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<tr>
<td>Back feels tired and weak when walking</td>
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<tr>
<td>Backache worse when walking or stooping</td>
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<tr>
<td>Backache due to strain on back muscles or injury</td>
<td><em>Arnica montana 30</em></td>
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<tr>
<td>Sore lame, bruised feeling as if beaten</td>
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<td>Bed seems too hard</td>
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<td>Cannot walk straight</td>
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<tr>
<td>Pain and stiffness in the lower back</td>
<td><em>Rhus toxicodendron 30</em></td>
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<tr>
<td>Pain better when moving, lying on something hard and on hot fomentation</td>
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<tr>
<td>Pain worse while sitting</td>
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</tbody>
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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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