

National Campaign
on Homoeopathy
for Mother and Child Care

Homoeopathy

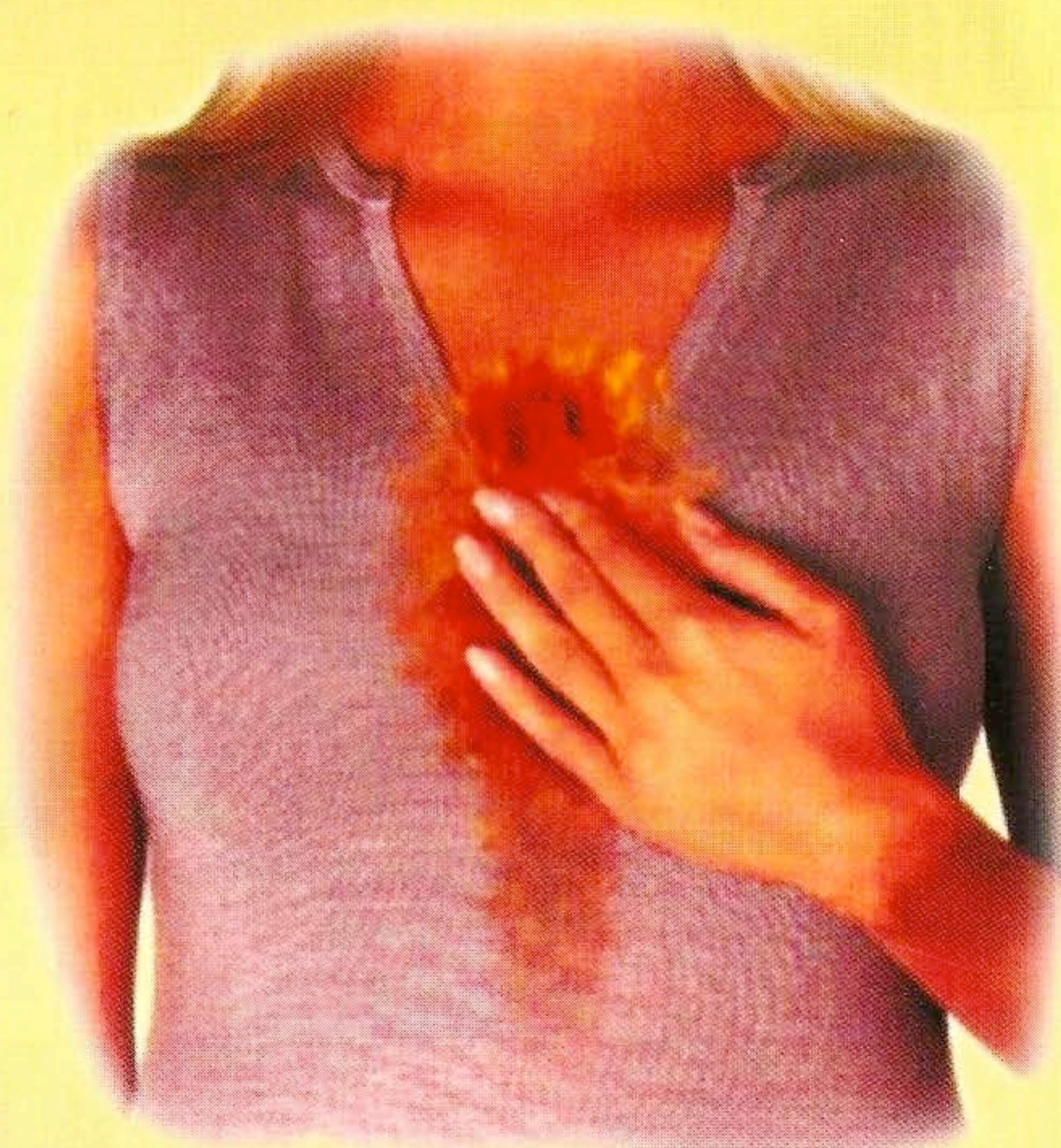
for Heartburn and Indigestion during Pregnancy



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)



Heartburn and Indigestion during Pregnancy

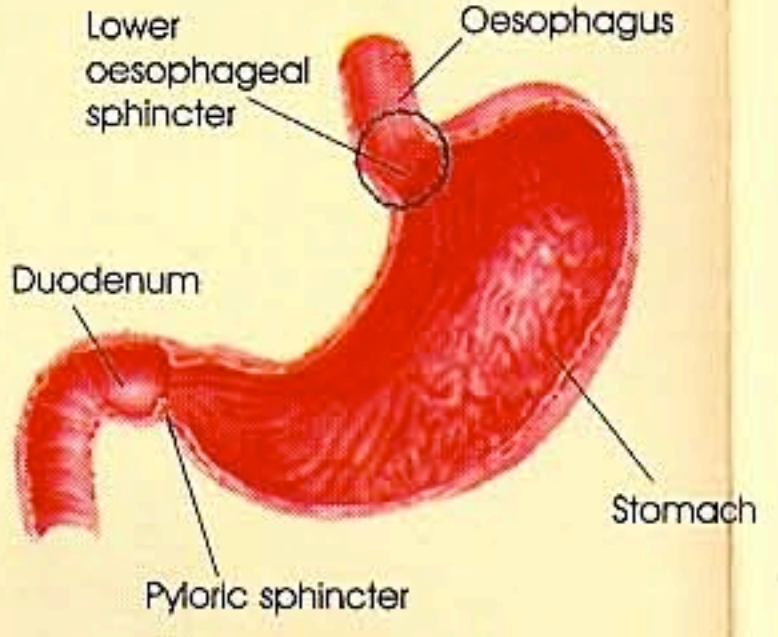


Heartburn

- Heartburn is a burning sensation in the center of the chest.
- It actually has nothing to do with the heart.
- It may get severe during the second (4 -6 months) and third trimester (7-9 months) of pregnancy.

Causes

Increased secretion of female hormones during pregnancy relaxes the sphincter between the stomach and the food pipe (oesophagus) that normally prevents the stomach acids from passing back into the oesophagus. This allows the stomach acid to pass into the oesophagus and irritate its lining.



Indigestion

Indigestion or dyspepsia is the digestion-related discomfort in the abdomen.

Causes:

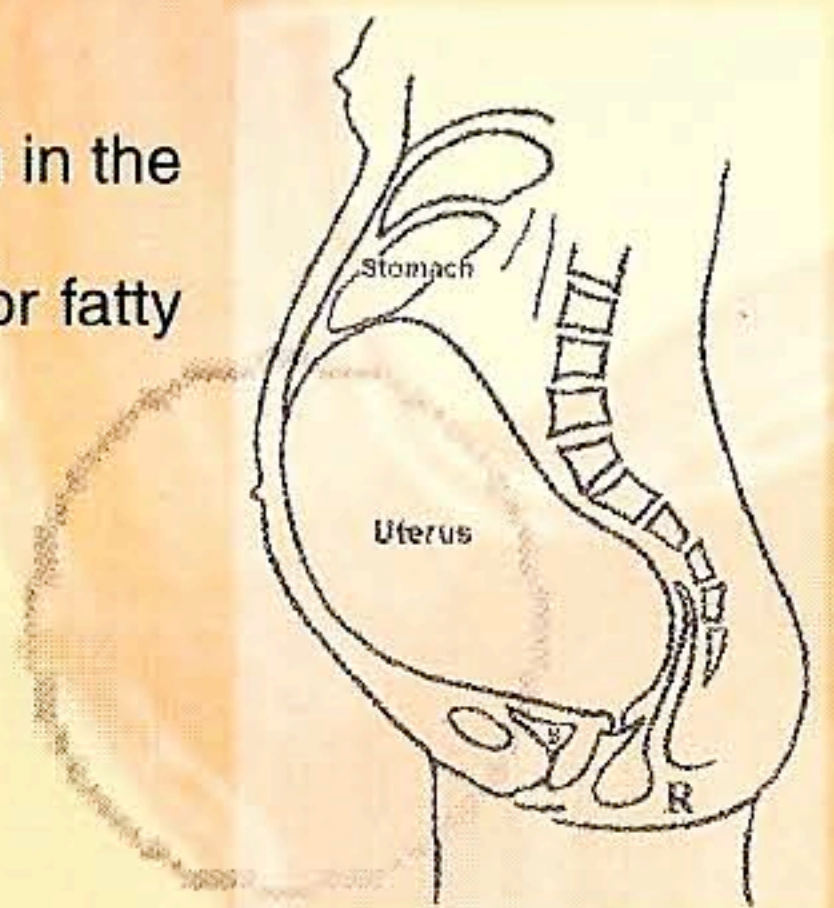
- Hormonal changes during early pregnancy
- Pressure of the growing womb on the stomach in the later pregnancy
- Excessive intake of tea, coffee, caffeine, fried or fatty food or less intake of water may worsen it.

Symptoms:

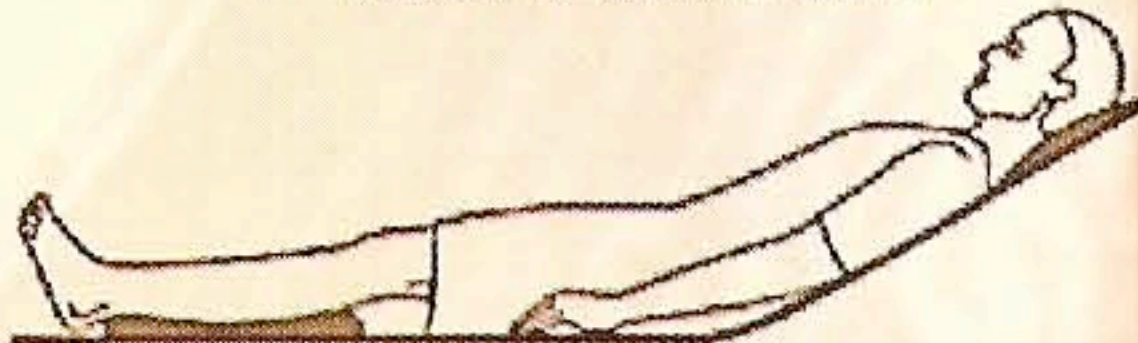
- Heartburn
- Excess gas
- Bloating of abdomen
- Burping
- Feeling of fullness after a normal meal

Do's

- Eat smaller meals more often rather than three large meals.
- Eat yogurt (curd) or drink a glass of milk.
- Sit up straight when you are eating.
- Sleep well propped up, raising the head side of your bed.



Head of Bed Raised



Don'ts

- Don't eat foods, which cause trouble. Avoid fried, spicy or rich foods.
- Don't drink much while eating
- Don't eat or drink for a few hours before going to bed.
- Don't lie down immediately after eating.

How can Homoeopathy help?

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

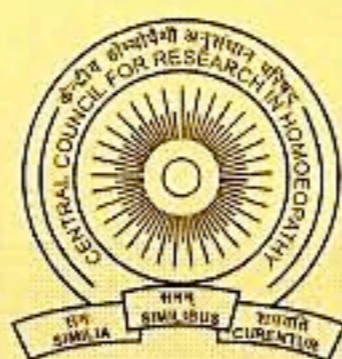
| Symptoms | Medicine |
|---|----------------------|
| <ul style="list-style-type: none"> • Empty feeling in the stomach • Eating relieves the symptoms of indigestion | Anacardium 30 |
| <ul style="list-style-type: none"> • Bloating and sensation of weight in the stomach, as of a stone, worse sometime after eating • Indigestion from drinking strong coffee • Stomach region sensitive to pressure | Nux vomica 30 |
| <ul style="list-style-type: none"> • Indigestion from eating rich food, cake, pastry, etc. • Aversion to fatty and warm food • Taste of food remains for a long time after eating • Bad taste and rising of acidic fluid in the mouth in the morning • Tongue dry, yet no thirst | Pulsatilla 30 |
| <ul style="list-style-type: none"> • Feeling of emptiness in abdomen, not relieved by eating • Craving for vinegar, acids and pickle • Acidity with bloated abdomen and sour belching | Sepia 30 |

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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*(An Autonomous Organization of the Department of AYUSH,
Ministry of Health and Family Welfare)*

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