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 - 6th 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.

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.

• 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 B, rich diet such as whole grains, nuts, seeds, and legumes may help.

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 homeopathic medicines as a first line treatment for 'Vomiting of 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>Persistent vomiting</td>
<td>Symphoricarpus racemosus 30</td>
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<tr>
<td>Nausea worse from any motion, better while lying on back</td>
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<tr>
<td>Averse to all foods</td>
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<tr>
<td>Rising of acidic fluid in mouth and bitter taste of mouth</td>
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<tr>
<td>Constant nausea and vomiting</td>
<td>Ipecacuanha 30</td>
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<tr>
<td>Increased salivation with clean tongue</td>
<td></td>
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<tr>
<td>No thirst</td>
<td></td>
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<tr>
<td>Extreme nausea and vomiting</td>
<td>Lobelia inflata 30</td>
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<tr>
<td>Feeling of faintness and weakness in upper abdomen</td>
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<tr>
<td>Profuse salivation with good appetite</td>
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<tr>
<td>Nausea and vomiting with much retching</td>
<td>Nux vomica 30</td>
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<tr>
<td>Wants to vomit but cannot (ineffectual urge)</td>
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<tr>
<td>Nausea at the smell or sight of food -worse lying on side -in the morning before eating</td>
<td>Sepia 30</td>
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<tr>
<td>Vomiting after eating</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.