

Homeopathic Remedies

Learning Objectives

Review the following Learning Objectives as an organized beginning to your study of this module. As you read the Learning Objectives, note key words which will aid you in finding the information in the texts. When you complete the module, revisit this list and check for areas that require further investigation.

- Understand the basic concepts of homeopathy.
- Understand the use of basic homeopathic texts.
- Identify the two main remedies for women.
- Review informed consent/informed choice.
- Identify remedies for use in resolving nausea and morning sickness.
- Identify remedies for use in labor support.
- Identify remedies for use in newborn resuscitation.
- Identify remedies for use in engorgement and breastfeeding.
- Create a reference list for use in your own practice.
- Create a referral list for local homeopaths.

Study Sources

The following texts are recommended for completion of this module. Use them to cross reference and build a more comprehensive understanding.

Using key words from the Learning Objectives, search the index. Read those pages listed, and read the chapter in which they are found. Establish a context for the information so that you understand how other topics are related. In addition, read the chapter headings in the Table of Contents, and flip through each text to familiarize yourself with the content of chapters. As you work through Study Group modules, you will eventually read each text in its entirety.

Everybody's Guide to Homeopathic Medicines, Cummings and Ullman

Homeopathic Medicines for Pregnancy and Childbirth, Moskowitz

The Natural Pregnancy Book, Romm

Acoucher's Emergency Manual, YinglingUnderstanding

Understanding Diagnostic Tests in the Childbearing Year, Frye

Heart and Hands, Davis

Homeopathic Remedies

Related Topics

- ◇ Birth Bag and Set Up
- ◇ Breast Feeding
- ◇ Breech and Twins
- ◇ Cesarean and VBAC
- ◇ Charting and Practice Guidelines
- ◇ First Stage
- ◇ General Pregnancy and Post Partum Ailments
- ◇ Hemorrhage
- ◇ Herpes
- ◇ Hypertension
- ◇ Jaundice
- ◇ Meconium
- ◇ Newborn Apnea, Hypoxia and Respiratory Distress
- ◇ Nutrition
- ◇ Physical and Sexual Abuse
- ◇ Post Partum Care
- ◇ Post Partum Depression
- ◇ Post Dates Management and Post Maturity
- ◇ Preterm Labor
- ◇ Second Stage
- ◇ Suturing
- ◇ Third Stage
- ◇ Transporting
- ◇ Urinary Tract Infection

Homeopathic Remedies Questions

Essay

1. Discuss the history and basic concepts of homeopathy. How prevalent is the use of homeopathic medicine globally? In the United States? Do you have personal experience with homeopathy? Have you used it in your practice?
2. Explain how you utilize informed consent/informed choice during discussions or recommendations of the use of homeopathy.

Questions

1. What is the Materia Medica?
2. How is prescribing of homeopathic medicines performed?
3. What are the two main remedies for women?
4. What are the rules about storing and handling homeopathic remedies?
5. When offering homeopathic support, what instructions do you give regarding substances that are known to antidote remedies?

Projects (send completed projects with the rest of your course work for this module)

1. Create a reference list of remedies and indications for the following applications. This is intended to aid you with a quick reference source for in using homeopathy in your own practice.

Identify the uses of the following remedies for nausea and morning sickness:

Sepia
Pulsitilla
Nux Vomica
Ignatia
Phosphorus
Natrum Mur.
Cocculus
Colchicum
Ipecac
Symphoricarpus

Continued...

Homeopathic Remedies Questions, continued

Identify the uses of the following remedies for labor:

Pulsitilla
Sepia
Caulophyllum
Cimicifuga
Arnica
Chamomilla
Gelsimium
Aconitum

Identify the uses of the following remedies for newborn resuscitation:

Antimonium Tartar
Carbo Veg
Arsenicum
Aconitum
Camphora

Identify the uses of the following remedies for post partum recovery:

Arnica
Staphysagria
Hamemelis
Sepia
Pulsitilla

Identify the uses of the following remedies for mastitis or milk fever with engorgement:

Bryonia
Phytolacca
Belladonna

2. Research in your own community and identify places that sell homeopathic remedies, and note which ones they carry. Make a list of the remedies you want to have available for clients. Identify a resource for obtaining those remedies.
3. Make a referral list for clients. List homeopaths in your area. Contact these practitioners and introduce yourself. Ask about resources they may have available and indicate your intention regarding use of homeopathy in your midwifery practice. They may have input or advice to offer.

Homeopathic Skills

Skills

Following are excerpts from the NMI forms for assessment of midwifery skills, which include all skills identified and required by NARM. Review the following skills and consider how they each relate to the content of this module. If you are currently working with a preceptor, take this opportunity to focus on these areas. During Supervised Primary Care you will formally evaluate these skills together using the NMI form *Preceptor Evaluation/Student Self-Assessment of Midwifery Skills*. If your preceptor does not use homeopathy with clients, use this module as an introduction to homeopathy and consider the benefits for your own future practice.

2. General Health care Skills:

F. Uses alternate health care practices (non-allopathic treatments) and modalities

1. Herbs
2. Hydrotherapy (baths, compresses, showers, etc.)

G. Refers to alternate health care practitioners for non-allopathic treatments

4. Labor, Birth and Immediate Postpartum

B. Evaluates and supports a laboring mother during the first stage of labor by assessing a variety of factors

2. Knows a variety of treatments for anterior/swollen lip:

- a) position change,
- b) light pressure or massage to cervical lip,
- c) warm bath,
- d) pushing the lip over the baby's head while the mother pushes,
- e) deep breathing and relaxation between contractions,
- f) non-allopathic treatments

D. Assesses the condition of, and provides care for the newborn by:

7. Stimulating newborn respiration by:

- a) rubbing up the baby's spine,
- b) applying percussion massage for wet lungs,
- c) encouraging parental touch and calling newborn's name,
- d) flicking or rubbing the soles of the baby's feet,
- e) placing baby in towel with hot water bottle or heating pad on top,
- f) rubbing skin with blanket,
- g) non-allopathic treatments

8. Responding to the need for newborn resuscitation by:

Continued...

Homeopathic Skills

3. Maternal Health Assessment:

K. Recognizes and responds to potential prenatal complications by:

10. Treating a post-date pregnancy by:

a) Stimulating the onset of labor by encouraging:

- 1) Sexual/nipple stimulation,
- 2) Assessment of emotional blockage,
- 3) Stripping the membranes,
- 4) Cervical massage,
- 5) Castor oil induction,
- 6) Non-allopathic therapies,
- 7) Physical activity

4. Labor, Birth and Immediate Postpartum

B. Evaluates and supports a laboring mother during the first stage of labor by assessing:

3. Posterior, asynclitic position by encouraging/supporting:

a) the mother's choice of positions,

b) the use of various laboring positions such as:

- 1) on side, with top leg up, bottom leg back,
- 2) on hands and knees,
- 3) knee/chest,
- 4) mother pulling up lower segment of uterus during contraction, while on hands and knees,
- 5) standing, leaning forward with legs spread and knees bent (mother supported),

c) physical activities (pelvic rocking, stair climbing, walking, etc.),

d) non-allopathic treatments,

f) rest of relaxation

4. Pendulous belly inhibiting descent by: a) position in semi-reclining on back,

b) assisting the position of the uterus over the pelvis

5. Labor progress by providing:

a) psychological support measures,

b) nutritional support,

c) non-allopathic treatments,

d) physical activity,

e) position change,

f) perineal massage,

g) rest, h) nipple stimulation

Continued...

Homeopathic Skills, continued

C. Demonstrates the ability to evaluate and support a laboring woman during the second stage of labor by:

- 1) waiting for the natural urge to push,
- 2) encouraging aggressive pushing in emergency situations,
- 3) allowing the mother to choose the birthing position,
- 4) recommending position change as needed,
- 5) massaging the perineum,
- 6) supporting the perineum,
- 7) encouraging the mother to touch the newborn head during crowning,
- 8) assisting in normal spontaneous vaginal birth with hand maneuvers (ritgen maneuver) to assist delivery,
- 9) providing an appropriate atmosphere for the moment of emergence,
- 10) documenting labor and birth

D. Assesses the condition of, and provides care for the newborn by:

8. Responding to the need for newborn resuscitation by:
 - a) administering several mouth-to mouth breaths,
 - b) applying positive pressure ventilation for 15-30 seconds,
 - c) administering oxygen,
 - d) consulting,
 - e) transporting