

Birthing Kit



ACONITE 200c

For fears and anxiety about labour, great fear and anxiety with restlessness. Sharp shooting pains in the womb. After pains with fear and restlessness. Desires lots of cold drinks. The patient will be worse in a warm room.. For fear, panic and anxiety at the start of labour.

ARNICA 200c

Bruised torn feeling after delivery (or after having a breech baby turned).. She will be irritable and want to be left alone. She may say there is nothing wrong and she doesn't want to be touched (examined). Her head feels hot while body feels cold. Arnica can help expel the placenta. A good remedy for over-tiredness at any stage or time. Given routinely during and after labour for the effects of exertion, bruising and stretching. Only use Arnica post delivery for 3 – 5 days and then if still uncomfortable another remedy may be needed.

BELLIS 1M

Uterus feels sore and squeezed. 1 tablet daily for approx. 3 days after delivery. Breasts and uterus feel engorged. Good after Arnica has been used or Arnica is not working.

CAULOPHYLLUM 200c

Rigid cervix which is tight and won't stretch. Contractions are painful and distressing, sharp and cramp like, they seem to shift around, but no progress is made in the labour. Contractions are intermittent and irregular may stop if the midwife comes in the room, or if patient goes to sleep.. The patient wants fresh air. If the patient is overdue and no other remedy is indicated then take 200c 2 - three times daily, for two days.

CHAMOMILLA 200c

Oversensitive to pain can't take it any more. The patient is angry, irritable, wants something then doesn't want it. Labour is progressing normally, pain is intolerable. Useful in transition in labour.

CIMICIFUGA 200c

A contraction that comes and goes and stops at every little distraction then stops the labour. If they start to talk to someone and contractions stop. Pains from hip to hip across the pelvis.. Intolerant to pain, the patient screams as the contractions come on. Complains constantly, says they don't want a baby, they don't like the room, etc. Wants hips rubbed during labour. Says she will go crazy with the pain. The contractions are stronger if they lie on right side. They can be fearful and negative about the health of the baby and also sighs a lot.

GELSEMIUM 200c

Often used to start labour, and in failure to progress. Rigid cervix so rigid it cannot be opened with the fingers. False labour pains. Pains pass up back, Pain extends to back and hips. Sensation as if uterus squeezed. She feels worn out before the action starts. She has short contractions 25 - 30 seconds. She will be weak and trembly, especially in the lower legs. Main remedy for hypotension during labour. She feels better if she urinates. If she cries the cervix will open a little. Anticipatory fears, and fears regarding confrontation with midwife or doctor.

PULSATILLA 200c

CHANGEABILITY!!! On all levels, changeable moods, changeable pain, changeable effectiveness of contractions.

Everything seems normal but nothing happens. She keeps apologizing for keeping you so long. She is very emotional, helpless and weepy and cries because she is not doing a good job. She is very obedient when asked to do something. She does not want to be left alone as she feels very vulnerable. She wants the windows open. She can also be relatively thirstless. Labour pain in the back with a tired feeling
This is one of the main remedy for breach babies to help them turn. .

POST PARTUM

HYPERICUM 200c

Pain in the Coccyx, (tailbone)crushed nerves. Pain in sacrum and hips, from a forceps delivery.
Painful scars in tissues rich in nerves.

IPECAC 200c

Profuse bleeding with NAUSEA. Copious continuous gushing of bright red blood. At the start of the gush she feels sick and nauseated. Pain in the umbilical area. She may gasp for breath.

STAPHYSAGRIA 200c

Cuts and wounds that hurt. Sphincters lacerated and stretched.. Lacerated tissue, e.g. perineum etc. Stitch pains remaining after surgery. Clean cut wounds. Sense of violation, or mortification or suppressed anger. Backache worse before getting out of bed. Painful sensitiveness of genital organs worse from sitting down. Cystitis. Retained urine after delivery.

YOU MAY ALSO LIKE TO PURCHASE

HYPERCAL LOTION

Dilute 1 tsp. to 1 - 2 cups of water for bathing, wounds, and cuts and episiotomy tears..

ROSE CALENDULA CREAM

For cracked nipples. Massage well into nipple, consult Plunket nurse or midwife..