

SOUVENIR

WORKSHOP ON HOMOEOPATHY FOR HEALTHY MOTHER & HAPPY CHILD

5th & 6th Nov.
2008

VENUE:
JAYADEV BHAWAN



State Resource Centre:
Dr. Abhin Chandra Homoeopathic
Medical College & Hospital,
Bhubaneswar



Sponsored by:
Department of AYUSH
Govt. India

Organised by:
Dept. of Health & Family Welfare
Directorate, Indian Medicine & Homoeopathy
Govt. of Orissa



IDENTIFICATION OF STRATEGIES FOR INTEGRATION OF HOMOEOPATHY WITH MOTHER AND CHILD HEALTH SERVICES

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Introduction:

If you educate a child, you educate an individual

If you educate a father, you educate a family

If you educate a mother you educate a nation

From above it is envisaged the importance of mother in the society /nation. Mothers and children constitute a priority group in any community. Women and children count 66.7% of the total population in the country.

By virtue of their sheer number they (mother and children) are the major consumers of health care services whatever form. Mother and children not only constitute a large group but they are also a vulnerable or special risk group. The risk is connected with child bearing in case of women and growth, development and survival in case of infants and children. 50% of deaths in developed world are occurring among people over 70 years. The same proportion occurring among the children during first five years in the developing countries.(1)

National health profile 2006 says 45.9% of children under the age of 3 are underweight, 38.4% of children are stunted, 79% of children in the age of 6 to 35 months are anaemic and mortality rate of children in the age group of 0-4 years is very high i.e., 17% are anaemic and under nutrition are contributory factors for 50% of under five death. The major causes of infant mortality continues to be prematurity, low birth weight, poor intrapartum new born care, diarrhoeal diseases, acute respiratory infections and other infections.

Summarizing it can be told that mother confronts with five killer diseases such as:

- Anaemia
- Toxaemia of pregnancy
- Prolonged labor
- Hemorrhage
- Sepsis

Others are: -

- Foetal growth retardation
- Low birth weight baby
- Embryopathy

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- Cytomegalovirus infection
- Herpes simplex virus infection
- UTI
- RTI

Child confronts with

- Retarded growth and development
- Susceptible to infection mainly they are diarrhoeal diseases, respiratory tract infections, skin infection, PEM.

The concepts of MCH from its inception have undergone paradigm shift which are as follows:

In the past maternal and child health services were rather fragmented and provided in piecemeal as personal services by different agencies in different ways in separate clinics.

In early 1960's there was a understanding that problems affecting the health of mother and child are multifactorial in origin the strategy developed to provide M.C.H care services as an integrated package" i.e. MCH/FP services and integration with Basic health services.

Concept of preventive obstetrics gained momentum. Aim of obstetrics and preventive are same i.e., to ensure a good health of mother and child during pregnancy and puerperium.

Concept of social obstetrics has gained currency during last few decades i.e., interaction between the environment and human reproduction. Factors are marriage, child bearing, child spacing, family size, fertility pattern, level of education, economic status customs and beliefs, role of women in society etc.

Prevention paediatrics concept/aims are to prevent disease, promotion of physical, mental and social well being of children. It is divided into a) antenatal paediatrics b) postnatal paediatrics

Concept of social paediatrics is the application of the principle of social medicine on paediatrics. It is concerned with the social factors, which influence child health. Such as:

1. Healthy and happy parents
2. Clean and healthful house
3. Balanced and nutritious diet
4. **Play/amusement/love/affection/security/recognition/recreation/company of children/educational opportunities**

In CAIRO conference of I.C.P.D. (1994) realized that sexual activity/reproduction still pose considerable threat to human health and well being. Beijing (1995) it has



resulted in a move from an emphasis on demographic targets and fertility regulation to an emphasis on Reproductive and sexual health and gender equity.

Reproductive health care includes:

1. Education on sexuality and hygiene
2. Education screening and treatment of R.TI and gynaecological problems resulting from sexuality, age, multiple births and birth trauma.
3. Counseling about sexuality, contraception, abortion, infertility, infectious disease.
4. Choice among contraceptive method
5. Safe menstrual regulation and abortion for contraceptive failure or non-use.
6. Prenatal, supervised delivery and post-partum care.

Summarisely it is called.

- Maternal health
- Abortion
- RTI
- AIDS & HIV
- Contraception
- Sexual health

To my mind it is old wine in new bottle with obscene of a major ingredients like child health and addition of new ingredient like sexual health. We can take a new dimension but cannot leave old i.e., mother and child health.

Let us delineate what is Homoeopathy? It's strength and it's weakness?

Homoeopathy consists in the administration of a remedy for a disease which, if given to a person in health is capable of producing symptoms similar (not identical) to disease- Similia Similibus Curentur- Likes by likes are cured is the basic principle on which it stands.

You are palsied- you use strychnine, which produces palsy

You are gripped- you use colocynth, which gripes.

You have Asthma- You use Spongia which produces asthma.

You have constipation- you take Bryonia alb. which produces constipation.

This is the law of likes curing likes.

1. What is Homoeopathy?

- Dynamic medicine/quantum medicine/nano medicine
- Regulatory medicine
- Treatment of choice for chronic/allergic/immunologic/non surgical diseases
- Medicine of choice for prophylaxis (since it stabilizes unstable auto- regulatory mechanism)



2. The strength of Homoeopathic Medicines

- ♦ Natural based product
- ♦ Low cost/cost effective
- ♦ The holistic nature
- ♦ Safe mode of administration (i.e. oral)
- ♦ Medicine is child friendly
- ♦ Homoeopathy stimulates body's own defensive system and adjust body to heal itself.
- ♦ Safe, gentle and non-toxic.
- ♦ Highly beneficial for many diseases related to women and children.
- ♦ Safely can be administered during pregnancy without any side effects.
- ♦ Can be used during child birth to contain the problems associated with labor.
- ♦ Effective for post delivery and lactational complaints.

3. Possibility of Homoeopathy

- ♦ It is impossible that there can be another true, best method of curing dynamic, non surgical diseases besides Homoeopathy. (2)

4. Weakness of Homoeopathy

- ♦ In most urgent cases where danger to life and imminent death allows no time for the action of Homoeopathic medicine.
- ♦ In sudden accident in previously healthy individual, organic disturbances without any preceding stage of dynamic pathology. Example: Accidents, Fracture, Dislocation, Drowning, Poisoning.
- ♦ Surgical diseases. (2)
- ♦ Homoeopathy medicines does act in
 - ♦ Absolute deficiency of food/vitamins – pseudo chronic diseases
 - ♦ Compensate a component of system by the direct method
 - ♦ Counteract reactive processes and suppress them.
 - ♦ Limited in well-advanced structural damages.
 - ♦ Artificial chronic disease.
 - ♦ where exciting/maintaining cause persists
 - ♦ Repeated doses of Homoeopathic medicines used for palliation



5. Homoeopathy and recurrent infection

- Our approach is simple
- Let the paediatricians manage the acute episodes.
- Let Homoeopaths manage
Resistance
Recurrence.

6. Homoeopathy and immunization

- Homoeopathy offers short-term immunization to viral infections
- Homoeopathy offers safe solution to all adverse reactions to Vaccination
- Our approach is on genus- epidemicus, which can be used for new emerging diseases like chikungunya, avian flu etc

7. Homoeopathy and Antibiotics/Pharmaco-therapeutic agents

Antibiotics or other indicated therapeutic agents are invaluable and its usage must not be delayed in

- Overwhelming infections
- Where indication for Homoeopathic medicines are not clear
- Apparently well chosen remedy does not work.

However previous experiences say that integration ushers in excellency therefore recently the concept of integration has been extended to various system of medicines like Homoeopathy and other alternative medicines.

As we belong to Homoeopathy let us delineate what are the strategies and how Homoeopathy can be integrated with other systems of medicines.

Strategies are as follows:

Preconception cares and cautions

Principle: -

- Look to physical and mental condition.
- Control Anaemia/Diabetes/Hypertension
- Assessment of renal and cardiac patients
- Vitamin and folic acid supplement may reduce congenital defects like neural tube defects
- Test for carrier status of specific gene in case of β thalassemia and sickle cell disease
- Modification of drug regimen (anti epileptic, anti coagulant and steroids)
- Smoking and alcohol should be curtailed.

Practice

Homoeopathy can play a key role and an effective role during this preconception stay.^{te}



1. Physical and mental condition relating to diseases chronic in nature can be prescribed with Homoeopathic indicated drugs.
2. Anaemia not responding to Haematinic due to defect in absorption and due to any other chronic sickness can be handled with homoeopathic medicine.
3. Early stage of hypertension and diabetes can be corrected by homoeopathic constitutional therapy.
4. For vitamin and folic acid supplement, Homoeopathy has no objection. Vitamins, iron and calcium can be administered during the administration of Homoeopathic medicine.

Timing of pregnancy should be selected by choice not by chance.

Antenatal care and caution

- 1) Antenatal advices include

Principle:

- Diet
- Hygiene
- Immunization

For both the system above three are the common practices.

Most common condition which is confronted during pregnancy is **Anaemia**.

Anaemia in pregnancy:

Principles:

1. Deficiencies causing anaemia are to be controlled.
2. Haemolytic/Blood loss/Aplastic anaemia/ Haemoglobinopathies are to be treated with constitutional/symptomatic treatment along with auxillary measures.

Practice:

A. Prevention:

1. Quality antenatal cares can prevent nutritional anaemia.
2. Before pregnancy diet must supply sufficient amount of right kind of foods to enable the mother to begin her pregnancy with sufficient store of nutrition.
3. Iron fortified salt may be used for prevention of anaemia.
4. Oral 200mg of ferrous sulphate tablet a day and addition of 500mg of folic acid.
5. Food containing iron like animal protein (egg/meat/liver) and vegetable (peas, green leaves, spinach and fruits are to be given.
6. Food containing folic acid



- Fresh green vegetable
- Fruits
- 7. Food containing Vit B – 12
- Animal food (liver, meat)
- 8. Infection like round worm may be treated with Homoeopathic medicine
- Embelia ribes Q/1 dr. at bedtime.

For hookworm –

Thymol Q/20 tid)×3

Carbon tetrachloride -1x

For dysentery as per symptoms

Nux vom. Aloes soc.

Arsenic alb. Thrombidium

Pulsatilla Colchicum

Merc sol. Leptandra etc

Merc. Cor

For malaria

Chiratra -Q

Chininum ars.

Chininum sulph.

China

Arsenic alb.

Natr. mur.

Alstonia scholaris

Eupatorium perf.

Malaria officinalis

For bleeding piles

Hamamelis

Millefolium

Collinsonia

Nux vomica

Mucuna Q

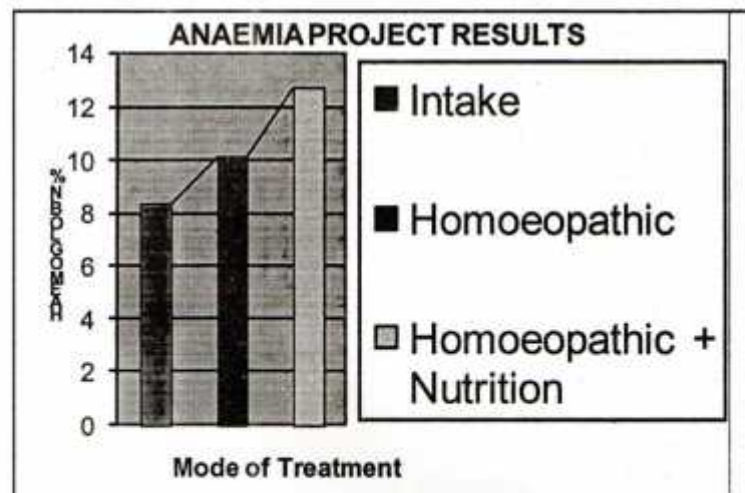
Suphur etc

B. Curative:

1. Oral iron and food is properly prepared.
2. In some cases rarely blood transfusion is advised i.e.
 - Severe anaemia
 - Anaemia not responding to haematenics
 - Anaemia of infection
 - Aplastic/hyperplastic anaemia



- Chronic haemolytic anaemia
- PPH/Shock
- 3. Treatment of sickle cell anaemia
 - Constitutional medicine
 - Manganum aceticum 30
 - Folic acid 5mg/days
- 4. Aplastic anaemia
 - Constitutional medicine
 - Removal of cause (like cytotoxic drug intake)



Prescribing haematonic we have no inhibition. But certain cases despite this supplementation there is no proper absorption and condition don't improve them when it is complemented with homoeopathic constitutional treatment it improves the condition. Recent study by Dr. M. L. Dhawale is given which is convincing regarding the efficacy of homoeopathy.

Next is **Toxaemia of pregnancy** it can be tackled with homoeopathic medicine.

Principles:

1. Early diagnosis by screening of asymptomatic phase of H.I.P. by frequent B.P. check up.
2. Hypertension is to be mainly treated by the
 - a) Physical and mental rest
 - b) Restriction of extra salt and symptomatic drugs.
3. Oedema is treated mainly by bed rest and restriction of extra salt.



4. Proteinuria needs no treatment for itself by lowering B.P. it clears up.
5. Central idea should be to prescribe Constitutional Homoeopathic drug along with symptomatic drug to relieve acute complaints.

Practice:

1. Bed rest

- Minimum 2 hours bed rest after midday meal
- 8 hours sleep at night
- Must lie on side, with elevation of one leg on a side pillow as much as possible (it causes disappearance of oedema, lowering of B. P diuresis and increase in uterine and placental blood flow).

2. **Diet and salt restriction:**

- Extra salt is restricted.

3. **Fluid:**

- Excess fluid intake is avoided. It is allowed as per thirst but not less than 1.5 litre/day

4. **Drugs:**

- Selection of drugs must be on the principles of totality of symptoms. Probable drugs are:
- Apis mellifica
- Nat. mur.
- Lycopodium
- Rauwolfia Q
- Boerhaavia diffusa Q
- Passiflora Q etc.

To cause diuresis, lowering hypertension and sedation.

5. Obstetrics treatment:

- A 39-40 weeks a proportion comes to spontaneous labour.

In others pregnancy is terminated by completed 40 weeks as there is foetal risk.

Procedures of termination

Indication of labour is done on appearance of cervical inducibility an uterine maturity sign by low amniotomy followed by medicine to cause uterine contraction for expulsion of product of conception.

Like:

Caulophyllum
Actea racemosa
Sec. cor.



Pulsatilla
Gossypium Q
Cantharis etc.

N.B: The patient comes to labour successfully in all cases except in pre – eclampsia, the uterus is sensitive to labour.

We have limitation and case is referred to obstetricians for elective caesarean section.

Severe Pre – eclampsia (Grade – 2 H.I.P)

About 10% of all pre – eclampsia under intensive care runs to severe type.

1. Total bed rest – She should be on a lateral posture as much as possible.
2. Diet – Liquid diet (Glucose drink/fruit juices/milk/tea/barley) is given for first 24 hours.
3. Drugs – For vomiting medicines like:
 - Ipecac
 - Ars.alb.
 - Colchicum
 - Nux vom. etc.
 - For sedation – Passiflora Q/Nux vom/Kali. Phos,Piscidia-Q
 - Diuretic – Apis. mel/Acetic. acid/Apocynum
 - Hypotensive drugs – Rauwolfia Q
 - Boerrhavia Q
 - Allium sativa Q

May be kept nearly but the presentation should be made strictly on the principle of totality of symptoms.

Follow up care

Careful maternal/Foetal monitoring is done.

2) Minor ailments which are usually confronted by the pregnant women are following. These can be easily taken care by the homoeopathic treatment.

- Nausea and vomiting

Assurance

To take dry toast of bread before rising from the bed.

Avoidance of taking fatty foods and liquid in empty stomach

Homoeopathic medicines are Nux vom./Ipecac/Colchicum etc are indicated.

- Backache

Advice to take bed rest in hard bed.

Homoeopathic medicines like Bryonia alb./Rhus tox. Etc.are indicated.



- Constipation
Due to atonic uterus and pressure of gravid uterus
Homoeopathic medicine like Nux vom./Bry.alb./Alumina etc are indicated.
- Leg cramp
Supplement with calcium
Homoeopathic medicines like Cup. met./Calc. f. etc. are indicated.
- Acidity and heart burn
Regular bowel action
Restriction of fatty foods
Homoeopathic medicines like Nux vom./Puls./Robinia/Iris ver. etc are indicated.
- Varicose vein
Elastic crape bandage during movement
Elevation of limbs during rest.
Homoeopathic medicines like Fer.met./Puls.etc. are indicated.
- Ankle oedema
Provide rest
Slight elevation of the limbs
Homoeopathic medicines like Apis mel./Bry.alb. etc
- Vaginal discharge

Assurance

Advices for local cleanliness are required.

Homoeopathic medicines like Sepia/Merc.sol etc. are indicated.

Apart from these conditions as usual individual can suffer from any sickness like upper respiratory infection, G.I disorders, skin infection etc. For them Homoeopathic should be choice of medicine as it is safe non-toxic in nature. In following conditions the treatment should be left to allopathic physicians.

Pregnancy with medical complications:

Diabetes mellitus, Hypertension, Epilepsy, Renal and Cardiac disease, infection (Tuberculosis)

Pregnancy with Obstetric complications:-

IUGR, Multiple pregnancy, polyhydramnios, Oligohydramnios, Rhesus alloimmunisation

Others:

Advanced maternal age (>35 years), previous stillbirth or recurrent abortion, previous birth of a baby with structural (anencephaly, spina bifida) or chromosomal (autosomal trisomy) abnormalities should be handle by obstetricians.



Intrapartum cares and caution:

In this period there can be prolonged labour and haemorrhage which require attention of the physician.

Prolonged labour:

Practice:

1. During pregnancy (pre – operative)

- Maternal health promotion
- Psychological support
- Identification of high risk factor of prolonged labour.
- Homoeopathic medicine like *Caulophyllum* & *Cimicifuga* are the remedies which are to be prescribed.

2. During labour (curative)

- Careful clinical assessment of C.P.D.
- Bed rest
- Evacuation of bowel and bladder
- Proper sleep by *Passiflora* and other Homoeopathic drugs.
- To relieve spasm & constriction rings drugs are: –
 - Mag. phos.
 - Cimicifuga*
 - Caulophyllum*
 - Sabina* etc.
- Fluid and electrolytes 5% glucose saline but no food in mouth.
- Reassurance.
- Close observation on progress of labour.
- Cases where we find following conditions those are to be referred to Obstetricians.
 - a) Foetal head is not in pelvic cavity but Os is fully dilated.
 - b) Hypertonic uterine contraction not responding to Homoeopathic medicine
 - c) Foetus is dead during 2nd stage or 3rd stage of labour
 - d) Maternal & foetal distress appears
 - e) Presence of clinical C.P.D
 - f) Cervical dystocia.

Haemorrhage:

Principle:

Slight bleeding

- i. Bed rest
- ii. Medicine for contraction of uterus
- iii. USG to identify placental bit.



Practice:

1. Careful antenatal care of all women.
2. Elevation of Hb to above 12 gm% and haematenics and correction of constitutional dyscrasia.
3. Proper care for 3rd stage labour.
4. Proper drug to contract uterus atonic uterus like – Secale cor, Sabina etc.
5. Blood transfusion.

During this period if there is no maternal distress and foetal distress, depending upon the condition like malpresentation/ rigid os, colicky uterus, asymmetric uterine contraction, post term Homoeopathic medicine can be tried which can reduce down the rate of caesarean section

Both for preterm, contracted pelvis, spastic lower segment, cervical dystocia, cord prolapse, generalized tonic contraction care should be taken by obstetrician.

Post natal cares and caution:-

- Primary post partum hemorrhage
 - a) Atonic uterus 80%
 - b) Traumatic 20%
 - c) Blood coagulabilityNon-separated/ retained placenta
Homoeopathic drugs for hemorrhage and retained placenta are like Hamamelis/Millefolium/Cantharis/Sepia/Sabina/Secale cor./Puls.
- Traumatic repair- It is a surgical condition should be dealt by
- Sepsis (during puerperium)
Pyrogen/Ars.alb. indicated homoeopathic medicine should be given if it is not overwhelming.
- Psychosis
Cimicifuga/Ignatia/Natrum mur. etc are indicated remedies which must be selected as per homoeopathic principle.

Breast complications:

- Breast engorgement (Bell. /Bry alb. /Phytolacca etc.)
- Cracked retracted nipple (Sepia/Graph. /Merc sol.etc. Local Hydrastis/Calendula-Q application can be recommended.
- Acute mastitis-Breast abscess (Phytolacca/Merc sol./Hep. sulph./Silicea)

Sepsis:

A. Antepartum:

1. To improve the health and nutrition of the mother and treat the anaemia.
2. Any septic focus in the body should be treated with constitutional medicine.
3. Avoid unnecessary vaginal examination and no vaginal douche.



4. No sexual intercourse in later two months of pregnancy.
5. Care should be taken for personal hygiene daily bath, daily change of clothes.
6. Avoid contacting any domestic infection.

B. Intrapartum:

1. Aseptic measures should be taken strictly.
2. Unnecessary vaginal examinations/ routine bladder catheterization is avoided.
3. In normal labour presentation of membrane is desirable till full dilatation of cervix.
4. Trauma due to manipulation is avoided.
5. Any injury to birth canal should be properly repaired under strict aseptic operation.
6. Prophylactic medicines to prevent sepsis like Pyrogen/Arnica mont. in higher dilutions.

C. Post partum:

1. Each case of puerperal pyrexia is isolated.
2. Infant developing septic spot should be isolated.
3. Too many visitors be discouraged the lying inward.
4. Atmosphere is kept clean.

Treatment of sepsis:

1. Absolute rest in well ventilated room.
2. Diet adequate but easily assimilable and of high calorie.
3. Fluid – plenty of fluid by mouth.
4. In hyperpyrexia – Hydrotherapy

Ice bag on head

Tepid sponging

5. Bowel -

If constipated –indicated medicines

If diarrhea – medicines are prescribed on indications.

6. Anaemia – Supplementation of iron or blood transfusion if it is severe.
7. Treatment with indicated drug like Pyrogen, Arn.mont, Silicea, Hep.sulph, Merc.sol. and Echinacea etc.

Local application with Calendula Q, Hypericum Q, Echinacea Q is recommended.

Care of the newborn

- There are number of conditions which can be safely treated with indicated homoeopathic medicines. Few diseases with few indicated medicines are delineated below:



- Stuffy nose: - Samb.nig./Am.carb./Hep.s.
- Sticking eyes: - Arg.nit./Euphrasia/Bell.
- Skin Rash (Napkin rash perianal dermatitis/Thrush): - Bell - Merc sol- Borax
Use lactose instead of glucose for perinatal dermatitis
In napkin rash change the napkin after each soiling
- Jaundice neonatal: - Acon/China/Bovista/Nat.sulph.
- Vomiting: - Arsenic alb./Ipecac/Pulsatilla/Aethusa/Nux vom/Antim crud
- Constipation: - Nuxvom/Nat mur/Mag mur/Opium.
- Asphyxia neonatorum: -Antim tart/Camphora/Cuprum met/Laurocerus/Bell/Opium
- Apoplectic conditions (Includes haemorrhage): - Aconite/Bell.
- Obstetric paralysis: - Arnica mont./Hypericum/Ruta/Rhus tox.
- Omphalitis: - Aconite nap./Belladonna/Apis mel./Arsenicum alb.
- Tetanus:Gelsemium/Bell./Cuprum met./Cicuta vir./Nux .vom./Stramonium/Hypericum.
- Erysipelas: - Bell./Apis mel./Rhus tox./Graphites.
- Oral thrush: -Borax, Merc.sol./ Kali chlor/ Mur.acid.
- Enterocolitis: - Ars. alb./ Phos./ China/Aloes soc./Podophyllum/Carb.veg./Ipecac

Integration

Finally I can say integration not only with Homoeopathy but also with Dieticians, Antenatal exercise, specially with Counsellor (to prepare patient for motherhood, delivery, breast feeding and role of parenting.) is essentially to be taken up.

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