



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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National Campaign
 on Homoeopathy
 for Mother and Child Care

Homoeopathic Management of Backache during Pregnancy



Department of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH)
 Ministry of Health and Family Welfare
 Government of India

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Backache during Pregnancy

Back pain is one of the most common discomforts during pregnancy. Half of all pregnant women can expect some back pain.

Causes

- Ligaments stretch and become softer due to hormonal changes.
- Hollow in the back increases as the baby grows.
- Shift of the centre of gravity of the body due to increasing weight in the front part of the body.
- Muscles of the back have to work more due to increased weight.



Do's

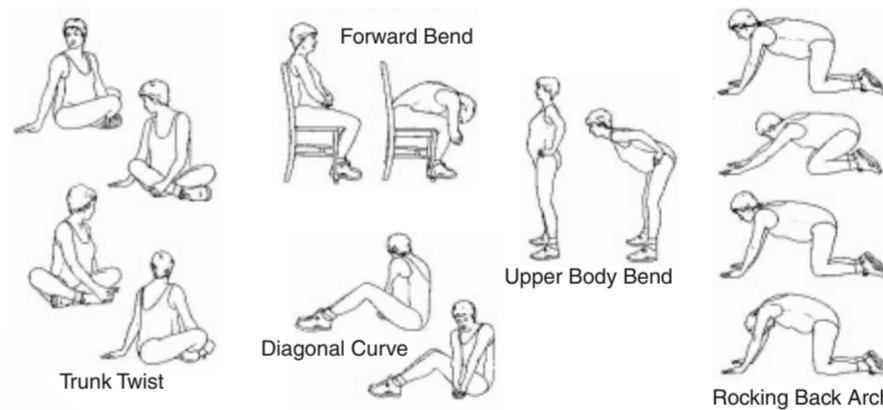
- Practice good posture.
- Sit and stand with care.
- Wear low-heeled (but not flat) shoes with good arch support.
- Sit with good back support.
- Apply hot pads to the painful area.
- Do special exercises for the back to strengthen the back muscles under the supervision of an expert.

Don'ts

- Don't sleep on a soft bed.
- Don't sleep on your back. Try to sleep on your side.
- Don't bend over from the waist to pick things up - squat down, keep your back straight and pick up things.
- Don't lift heavy objects.
- Avoid excessive weight gain.



Some common Exercises to strengthen the back during pregnancy:



How can Homoeopathy help in 'Backache during pregnancy'?

Following are some of the commonly used homoeopathic medicines for 'Backache during pregnancy'. It is advised that a qualified homoeopathic doctor should be consulted.

Symptoms	Medicine
<ul style="list-style-type: none"> • Severe, continuous, dull ache in lower back and hips • Back feels tired and weak when walking • Backache worse when walking or stooping 	Aesculus hip. 30
<ul style="list-style-type: none"> • Backache due to strain on back muscles or injury • Sore lame, bruised feeling as if beaten • Bed seems too hard • Cannot walk straight 	Arnica montana 30
<ul style="list-style-type: none"> • Pain and stiffness in the lower back • Pain better when moving, lying on something hard and on hot fomentation • Pain worse while sitting 	Rhus toxicodendron 30

Follow the instructions overleaf.