



National Campaign  
on Homoeopathy  
for Mother and Child Care

## Vomiting of pregnancy and Homoeopathic Management



### 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



**Central Council for Research in Homoeopathy**  
(An Autonomous Organization of the Department of AYUSH,  
Ministry of Health and Family Welfare)

61-65, Institutional area (opp. 'D' Block) Janak Puri, Delhi- 110058  
Tel: 91-11-28525523 Fax: 91-11-28521060  
Email: ccrh@del3.vsnl.net.in Website: www.ccrhindia.org

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 4<sup>th</sup> - 8<sup>th</sup> week of pregnancy and continues till 16<sup>th</sup> to 20<sup>th</sup> week.
- Sometimes severe nausea and vomiting (**Hyperemesis gravidarum**) may occur that requires urgent medical attention and may lead to:
  - Dehydration
  - Malnutrition

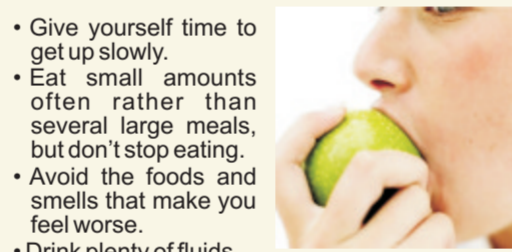


### Probable causes:

- 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<sub>6</sub> 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 homoeopathic medicines as a first line treatment for 'Vomiting of pregnancy'. *It is advised that a qualified homoeopathic doctor should be consulted.*

Symptoms	Medicine
<ul style="list-style-type: none"> <li>• Persistent vomiting</li> <li>• Nausea worse from any motion, better while lying on back</li> <li>• Averse to all foods</li> <li>• Rising of acidic fluid in mouth and bitter taste of mouth</li> </ul>	<i>Symphoricarpus recemosa 30</i>
<ul style="list-style-type: none"> <li>• Constant nausea and vomiting</li> <li>• Increased salivation with clean tongue</li> <li>• No thirst</li> </ul>	<i>Ipecacuanha 30</i>
<ul style="list-style-type: none"> <li>• Extreme nausea and vomiting</li> <li>• Feeling of faintness and weakness in upper abdomen</li> <li>• Profuse salivation with good appetite</li> </ul>	<i>Lobelia inflata 30</i>
<ul style="list-style-type: none"> <li>• Nausea and vomiting with much retching</li> <li>• Wants to vomit but cannot (ineffectual urge)</li> </ul>	<i>Nux vomica 30</i>
<ul style="list-style-type: none"> <li>• Nausea at the smell or sight of food                             <ul style="list-style-type: none"> <li>-worse lying on side</li> <li>-in the morning before eating</li> </ul> </li> <li>• Vomiting after eating</li> </ul>	<i>Sepia 30</i>

Follow the instructions overleaf.