

Healthy & Safe Journey Of Pregnancy With Homoeopathy

Think Beyond...

For assured safety of
Mother and Child

S

o you're having baby.... Congratulations! This is an exciting time as you prepare for the arrival of your new little one. Now more than ever, it's essential to take good care of yourself: eat wholesome foods, drink enough water, exercise regularly, get plenty of sleep, and see your doctor & homeopath for check-ups. These measures will go a long way toward ensuring a healthy pregnancy and a happy baby. But even the healthiest mom-to-be can develop a few annoying discomforts like morning sickness, heartburn, or constipation. How can you find relief? You know it's best to avoid most drugs because they may place your baby's health at risk. So what can you do to feel better and stay as healthy as possible? "Homeopathy" has best solutions, so try once & feel the difference

Have a Healthy Happy Pregnancy!

Homeopathy, made to order for mothers-to-be

Safe, gentle & effective homeopathy has been the choice of pregnant women worldwide for more than 250 years. It is fantastically effective for keeping mothers and babies healthy—and for relieving or averting common problems before, during, and after childbirth.

Homeopathic sweet pills and environmentally friendly remedies are made from natural sources (e.g., plants, minerals), are taken in extremely small doses & to be used as directed by your Homeopath. They are completely safe for everyone—including pregnant women, newborns, children, and adults—and you need not worry about toxic side effects as you do with conventional medicines.

Homeopathic remedies work with your body's own natural defense system to heal you gently and naturally. Improvement in mother's health will also benefit the child!

Being A mom changes the landscape of your heart forever.



What is so remarkable and different about homeopathic remedies is that without any possibility of negative side effects it boosts your vitality & defense force. This is especially valuable for pregnant women, new moms, babies, and children of all ages. It can also be used in conjunction with other healing systems. I have successfully used homeopathy for last 30 years for my family members & my patients for natural child birth, breast feeding, development of baby and mothers health post delivery.

—Dr. Hiralal Agarwal Director of ShreeRam Homoeopathy Clinic & Research Center Solapur - India

Homeopathy can help with pregnancy's common complaints such as

Morning Sickness

Try eating nutritious biscuit in the morning . Avoid rich, high-fat foods. Generally nausea is worse when you're hungry, eat frequently but in small amounts. (Homeopathic medicines help 60-75% in such cases).

Case:- Myself Mrs J.S It was my great experience with homeopathy that I would like to share with all of you. Three years after marriage I missed my period and it was really a great feeling of becoming mom. But as it was a precious pregnancy for us ,I was very much worried about the least problems. From the first month only I started with nausea mostly in morning and it went on increasing to vomiting. As we had a joint family elders were advising me some home remedies but it was more difficult day by day. In second month my mother in law advised me to see a homeopath who also was our family doctor .So I consulted at ShreeRam Homeopathic Clinic And Research Centre. Dr. took my case and gave me some sweet pills for 5 days. In first two days I felt no change in my complaints but slowly nausea became less and vomiting stopped, also my appetite improved and I was able to eat whatever I desired.

Backache and Ligament Pain

Mild lower backache results from gravity as the body changes. "Round ligament pain" is usually felt as a brief, sharp pain or a long-lasting dull ache in the groin or lower abdomen, as your ligaments stretch and thicken to support the growing uterus. Make sure to sleep on a firm bed and wear comfortable, low-heeled shoes. Take Homeopathic medicines for additional relief.

Hemorrhoids and Constipation

Hormonal changes that relax the muscles of your pelvis in preparation for labor can slow down digestion, while your growing uterus puts pressure on other organs and veins. This can make you prone to constipation and hemorrhoids. Along with drinking lots of water and eating plenty of fresh fruits and vegetables.

BOH- A women with BOH is defined as one with previous poor obstetric outcome that can again adversely influence the future pregnancy and labor

Role Of Homeopathy - Various Hom. remedies administered in non pregnant and pregnant period have got great potential in enhancing the tone of musculature of uterus and cervix. Properly selected remedy can drastically reduced incidence of abortion and preterm labor in the present and forthcoming pregnancy.

Anxiety Fear & Depression

Pregnancy is supposed to be one of the happiest times of a woman's life, but for many women this is a time of anxiety, fear, stress, confusion & even depression, reasons are:-

- Infertility treatments
- Previous abortions
- Stressful life
- Pregnancy complications
- History of abuse/trauma
- Having male child.

Varicose Veins are enlarged veins that commonly occur in the legs during pregnancy & post delivery also. Homeopathic helps to improve the congestion, pain, swelling and elasticity of the veins.

The moment a child is born, the mother is also born.



Role of Homeopathy During Pregnancy In Improving or Preventing Hereditary Diseases.

Everyone has in their own health "weak spots" which are inherited from our maternal and paternal grand parents and parents. Eg: family history of tuberculosis is most likely to produce an child that is prone for recurrent upper respiratory tract infections, asthma or even tuberculosis. Homeopath notes these "weak spots" from the family history given by the pregnant lady. The homeopath thus schedules a plan of medicines to be given to the pregnant lady during the whole period of pregnancy to strengthen those "weak spots" minimizing or preventing the inheritance of the disease. Some of the diseases that can be covered are skin diseases, asthma, blood pressure, cancer, allergic disorders.

Sleeplessness

You may lose sleep during pregnancy for various reasons. It is not harmful to your baby. approximately 78% of pregnant women suffers from it.

- Discomfort due to the increased size of abdomen
- Back pain
- Heartburn
- Frequent urination during the night
- Anxiety
- Anticipating the arrival of your baby
- Frequent and vivid dreams
- Hormonal changes

Breast & Nipples

Pregnancy related breast changes include the following:

- Growth and enlargement
- Tenderness and hypersensitivity
- Darkening of nipples and areolas .
- Darkened veins along breasts.
- Breasts may start leaking a yellowish, thick substance known as colostrum.
- Nipples and areola will grow larger.
- Small glands on the surface of the areolas.
- Hormones cause these changes.

"CASE OF IUGR.

Mrs.N.P. aged 30 yrs,was my old patient taking treatment for her acidity and menstrual problems. One day she came with a very sad mood, so i asked her the reason, she narrated that she is fourth time pregnant with two kids and one abortion. I saw her reports which reveled that her baby was very small as compared to her missed date. Her gynecologist just gave her some medicines and advised her to wait for 15 days. If after 15 days if growth is not seen abortion was the option. So she was very nervous and weeping. We gave her homeopathic remedy with help of one rubric from Knerr repertory & after 20 days she came to me with a beautiful smile on her face showing her reports. USG showed marked improvement in growth,and her gynaecologist told her that she can continue her pregnancy .

Dr. Hiralal Agarwal

Director - ShreeRam Homeopathy Clinic & Research Center
Solapur India

Few Homeopathic Remedies

Arnica, Aconite, Pulsatilla, Colchicum, Ipecacuanha, Nux vomica, Sepia, Carbo veg, Lycopodium, Hamamelis, Kali carb, Belladonna, etc are some of the few homeopathic remedies that are useful during pregnancy. **But its safe to use theses remedies with your doctors advise**

Headache

Headache may occur at any time during pregnancy, but tend to be more common during the first and third trimesters. causes of headaches

- Lack of sleep
- Low blood sugar
- Dehydration
- Caffeine withdrawal
- Stress (due to many changes)
- High blood pressure

Hypertension

High blood pressure is of serious concern during pregnancy, especially for women who have chronic hypertension. Hypertension may be a sign of preeclampsia.

ADVERSE EFFECTS OF HIGH BLOOD PRESSURE ARE

- Impairment of the baby's growth
- Higher risk of breathing problems before or during labor
- Higher risk of placental abruption (placenta separating from the uterus before labor)
- Possible side effects from the medications you are taking.

Role of Homeopathy In Imbalanced Amniotic Fluid.

Amniotic fluid is part of the baby's life support system. It protects your baby and aids in the development of muscles, limbs, lungs and digestive system. In some cases the amniotic fluid may measure too low or too high & when too high is called polyhydramnios. In both mentioned cases [Non-Pathological cases] Homeopathy has significant role in balancing amniotic fluid there by giving normal development of child

Case of Hydromnios

4th Dec 2016

Mrs. XYZ Age- 34yrs, Primigravida, precious pregnancy, presented to Hon.MD Obst., at EGA- 33wks 5 days, detailed antenatal obst. anamoly scan, 2D fetal echo, color doppler, was done. Scan showed fetal BPD, HC, fetal wt on higher percentile of EGA. Clinically abdomen was over distended on USG polyhydromnios was evident with **AFI of 29-30 cms**. Largest vertical pocket of liquor was **10.9 cms**. Scanning USG reveal normality of stomach, spine, lips, fetal 2D echo, color Doppler, and rest organs .Pts and relatives thoroughly counseled about causes and effects, complications of hydromnios. Such cases are fraught with risks of preterm labor and ending in preterm delivery due to increased intra-amniotic fluid pressure. Diagnosis - Idiopathic Polyhydromnios from above Testing and clinical classification Patient and Dr both opted for Homeopathy and referred to me. Hom. medicines were administered after detailed case taking and considering test reports.



19th Dec 2016 ..

F/U after 2 wks- USG revealed **EGA-35wks 6 days**. On USG fetal growth corresponded to EGA and AFI reduced to **22-23 cms**. &liquor index reduced to **22-23 cms**

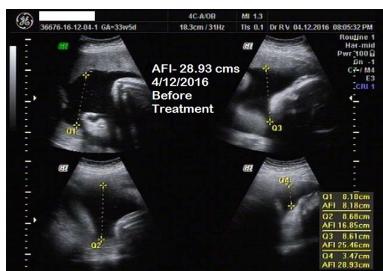
This means there was reasonable reduction in **AFI by 6-7 cms**. Cervical length was good. Hom. medicines were repeated . Action Hom. Medicines boosted confidence of pt and relatives reducing their anxiety .

4th Jan 2017

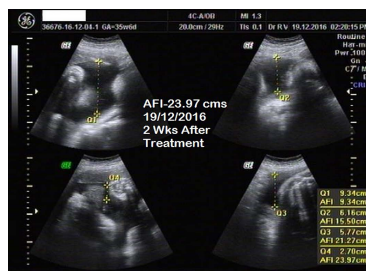
USG report - **Gestational age 38 wks 1 day** showed normal growth of fetus. **Wt- 3.257 Kgs**. And Normal Doppler with good movements. Planned LSCS done on 9th jan2017- delivered healthy male child examined and confirmed by pediatrician.

This case cleared depicts that diligently given Hom. Medicines reduced quantity of liquor, effectively decreasing intra uterine pressure and preventing premature delivery and all its consequences in mother and child.

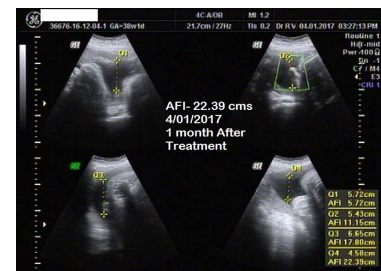
4th Dec 2016- AFI and Vertical pocket



19 Dec 2016



4th Jan 2017



Mal presentation Is presentation in fetus other than vertex that is baby presenting by breech or transverse/oblique lie in womb. In most of Mal-presentation preferred mode [percentage varies according to case]of the delivery is by LSCS. One will be surprise to know that in Hom. literature we have remedies which can correct Mal-presentation thus enhancing chances of normal delivery.

Motherhood is the greatest thing and the hardest thing.

MISCARRIAGE

Miscarriage is a term used for a pregnancy that ends on its own, within the first 20 weeks of gestation. Most miscarriages occur during the first 13 weeks of pregnancy.

CAUSES

- Hormonal problems
- Lifestyle (i.e. smoking, drug use, malnutrition, excessive caffeine and exposure to radiation or toxic substances)
- Implantation of the egg into the uterine lining does not occur properly
- Maternal age
- Maternal trauma

SIGNS

- Mild to severe back pain.
- Weight loss
- White-pink mucus discharge
- True contractions (very painful happening every 5-20 minutes)
- Brown or bright red bleeding with or without cramps.

HOMEOPATHY'S ROLE

- Prevents recurrence of abortion by improving uterine hostility.
- Helps healthy implantation of fertile ovum
- Balances hormone decreasing risk of miscarriage.
- Corrects placental insufficiency.
- Improves immunity & resistance against infectious diseases.



Labor

Many women fear that labor will be painful, but we now know that fear can actually contribute to labor pain. So prepare for your baby's birth with childbirth education to better understand the process and with relaxation training (e.g., self-hypnosis) to reduce fear and lessen or eliminate discomfort.

If pain does become problematic during labor, homeopathy can work quickly and safely to relieve you.. Homeopathy has a long history of helping the laboring woman in many other ways as well. For example, if exhaustion overwhelms you or if labor has stalled and is not progressing, a well-chosen homeopathic remedy can set you right and get your labor back on track. Of course, you will likely need an experienced homeopathic prescriber at your side during labor to help you select a remedy.

"We have a secret in our culture, and it's not that birth is painful. It's that women are strong."

Healing After the Birth

Now that pregnancy is (finally)over and you have been rewarded with a living, breathing wonder, and upgraded with a new title: "Mom". This new role, new phase, new model is over whelming, your body will heal from child birth, rebuild its strength and begins to regain its per-pregnancy shape but there are some physical and emotional changes that come post delivery like:-

- Postpartum infections
 - Excessive bleeding.
 - Pain in the pelvic area.
 - Vaginal discharge.
 - Breast & milk problems
 - Piles & constipation
 - Postpartum depression
 - Difficulty in regaining pre-pregnancy shape.
- Homeopathy & exercise (yoga) works fantastically to boost your immunity and speed healing helping, cope up with all the above problems, so that you can enjoy mothering your new baby.

Breast Feeding

Breastfeeding is the healthiest and best way to feed your new baby. In addition to providing essential vitamins and nutrients, breast milk also provides antibodies and helps protect your baby against infection. Simply eating a well-balanced diet may not be enough to ensure breastfeeding mothers get enough of the nutrients needed to maintain optimal health. In the event that you experience any difficulty establishing or maintaining your milk supply take homeopathy. It helps to promote breast milk in quality & quantity.

Save Girl - Save Tree



A daughter is link of love in the family, enjoy a life with her!

A journey from bud to blossom with Homeopathy



“You treat a diseases”
You win, you lose.
“You treat a person”
I guarantee you win
no matter the outcome.

It is often said - The health of nation reflects the health of its young children. The ever changing life is throwing health challenges. Children are more prone to these. obviously parents are worried lot today weighing a plethora of treatment available today. Homeopathy practices holistic approach to the health issues of children with minimal side effects. Would't it be worth giving homeopathy a chance to serve your child?

A question worth considering

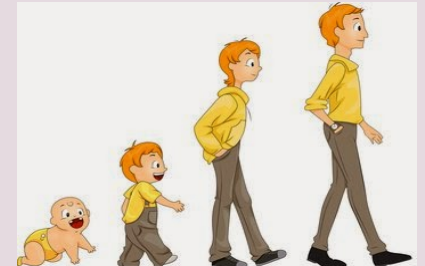
Homeopathic medicines are prepared mainly from herbs, vegetable kingdom, minerals and are given in very minute doses so that they are 100% non-toxic, having no adverse effects and free from harmful effects.

REASONS TO ADOPT HOMEOPATHY:-

- Homeopathy raises and builds up the immune/defense system.
- Becoming more TRUST worthy.
- Very Safe, Effective, Natural & Easy Acceptability.
- Does not hamper digestion;
- Does not lower resistance power;
- Does not produce allergy
- No harm even if taken for long-term.
- Pills sweet, Accepted by pleasure,
- No force, No fuss, No crying.
- No injections No inconvenience
- Highly economical

Homeopathy can often provide answers to these problems where other approaches have failed. It is in the treatment of chronic children's diseases that I have experienced a greater potential for homeopathy. It can be used where there are no other even partial solutions available. It can also be used successfully in partnership with the necessary drugs such as inhalers, steroid creams or anti-convulsants and can lead to significant reductions in the need for these types of drugs.

Getting a child to laugh
is one of the most rewarding
thing I've ever experienced.



Diseases of children are divided into various categories.

For Neonates:-

Neonatal jaundice
Crying infant
Milk intolerance
Umbilical stump infections
Less milk to mother
Delayed milestones
Infants colic,
Fever,
Teething problems,
Vomiting,
Eruptive diseases like
Measles, Chicken pox,
mumps
Constipation

For Children

Growth related problems.
Nasal polyp & adenoids.
Acute & Chronic Tonsillitis
Acute & Chronic ear infection
Infantile Eczema/Psoriasis,
Warts & corns Leucoderma /
Pimples, Idiopathic
thrombocytopenic purpura
Convulsions (Epilepsy), Fever
convulsions
kidney diseases,
Arthritis in children, Thyroid
problems

For school going children

- Refuse to go to school
- developing physical problems.
- Anticipatory anxiety
- Fear of failure
- Lack of stage courage.
- Fear of oral exams
- Bullying or aggressive child
- Poor concentration
- Poor memory
- Migrain in children
- Anaemia
- want of appetite
- Acidity

Psychosomatic disorders

- Bed-wetting,
- Headaches, and Gastritis,
- ADHD, poor concentration,
- Clingy behavior,
- Sleep problems
- Behavioral problems,
- Learning disabilities,
- Fears,
- Shyness,
- Excessive anger,
- Skin conditions,
- Abnormal reactions

For More Details
Contact



ShreeRam Homoeopathic Clinic & Research Center.
185 Modi. Solapur- India
Contact :- +91-8177812442, +91-0217-2311312
email :- hhagarwal@gmail.com, web :- www.drhira.com