Arnica and Aconite are two homeopathic remedies used to treat the symptoms of shock, fright and bruising. They are invaluable in assisting women and babies in the immediate postpartum. Midwives are capable of using and, most importantly, are in the right time and place to most effectively use these remedies. Both remedies can cause an almost instant response to birth trauma and will reduce the impact of shock and fright so that physical healing can occur in a straightforward manner.

How to Give a Homeopathic Remedy to a Newborn

1. Use "poppy seed" sized pellets if at all possible. (Hahnemann Labs [www.hahnemannlabs.com] is a highly effective brand of homeopathic remedies, is available online and comes in poppy seed pellet format.)
2. Three methods may be used to give a newborn a remedy:
   a. Place a poppy seed size pellet in the baby’s mouth. (This will depend on how calm the baby is and whether the parents are comfortable with homeopathy.)
   b. Place two pellets in 1/8 cup of water—pellets do not need to dissolve to charge the water—and give the newborn a teaspoon of the mixture.

Arnica and Aconite—Homeopathic Newborn Care

by Piper Martin

c. Place two pellets in water and dab on the baby’s pulse points frequently. A baby who is unable to take anything by mouth probably needs this remedy more than any other baby.

Aconite 1M

Aconite is a remedy that can be given to both mothers and babies for the following situations:
1. Precipitous births—mothers and babies who can’t catch their breath.
2. Fear of dying—mothers who are afraid they are going to die and babies who are born into a room in which everyone is afraid they will die, including:
   a. presence of meconium
   b. non-reassuring fetal heart tones
   c. cesarean birth
   d. shoulder dystocia
   e. resuscitation of all kinds and levels
   f. Group B Strep (GBS)-positive babies
3. Babies who clench when born: eyes shut tight, fists clenched, jaw clenched. They scream and are unable to settle.
4. Sexual abuse survivors—mothers who dissociated during the birth and continue on into the postpartum period.
5. High level of fear in the room from mother, father or significant care provider, for example, prior birth trauma or not trusting a homebirth.
7. Newborns with invasive and painful procedures done in the postpartum will require a dose after each intervention, especially if the birth was traumatic.

Potency and Dosage. I highly suggest a 1M potency for babies and mothers in the postpartum period, as it most closely resembles the energy state of highly vibrant and charged people. A 1M potency means that the source (a plant called Monkshood) has been diluted and succussed 1000 times from the mother tincture.

Repeat one to three times per day for the first two days and then watch to see whether the symptom picture changes. If other symptoms, such as a high level of restlessness, clenching of eyes, jaw and fists, retention of urine in mother or babe, etc., which are still within the description of the remedy, continue on with less frequent administration.

Arnica 200C

Arnica is the remedy that usually converts people into believers of homeopathy. It almost magically works to assist in the rapid

Continued on page 66
With a few minutes to recover strength, Hannah felt ready to hold her daughter and to name her. The name they chose was Anisa. Mansoor and Hannah shared that it was not easy to find names that had significance in both Hebrew and Arabic, but Anisa meant grace and friendly.

Anisa brought grace into that room, just as her parents brought grace into such a sad moment.

We gave the couple a chance to spend some time alone with their sweet daughter. When I came back in the room, they asked me if I would like to hold Anisa. My heart filled with love and respect. Hannah pointed out how her legs were shaped exactly like her dad's. She had the most perfect legs. The mystery of life and death stood in front of me with respect and honor.

As I left the hospital, part of me felt no different than I would after any other birth I witness. I was transformed, enlightened and changed forever.

Despite the sadness of Anisa's short life, she gave us an enormous gift. Her birth was deeply profound and filled with so much respect—not just for her but for humankind, for peace and for a better and loving world that we all work together to achieve.

Ana Paula Markel, ICCE, CD (DONA), is the mother of four children. Having experienced two cesarean births, a medicated vaginal birth and a natural birth (in that order), she discovered a passionate interest in the childbirth process. Her goal is to assist mothers and families to explore the many options available in childbirth and to take responsibility for their choices. Ana Paula has taught a fun and active childbirth class in Los Angeles for the past seven years and has supported hundreds of families during pregnancy, childbirth and postpartum.

References:
6. Ibid., p. 145.
8. See note 3 above.
10. Ibid., p. 224.

Arnica and Aconite Continued from page 30

healing of bruises, hematomas, injury and strain to muscles, and shock. It plays a central role in the postpartum kit of remedies. I suggest for women for the first week after birth. A 200C potency is an effective choice for the following situations:

Shakes. Two pellets given to the mother immediately after the birth will ground her and baby and stop the shakes that often follow birth.

Candida versus Breastfeeding Continued from page 27

The book Healing with Whole Foods provides in-depth coverage of the diet. (11) The third step is to repopulate the gut with good flora. Many good probiotics are on the market now and are easy to obtain in capsule or liquid form. Some people suggest eating yogurt every day, but this alone provides insufficient probiotics. Other supplements that may be helpful are digestive enzymes, a good quality multivitamin and mineral, or a calcium/magnesium and vitamin D supplement.

Mothers also can do some simple things to help the process. They can expose nipples and bras to sunlight, air-dry nipples after feedings, avoid plastic-lined pads and change pads at each feed, use only cotton bras (and wash them in very hot water), boil pump parts daily, eliminate pacifiers, and use a vinegar or baking soda rinse on nipples after feedings.

A new mother may be overwhelmed by all of this and may think that switching to artificial feeding will be easier. We need to let her know that to quit breastfeeding will not fix the yeast problem but will just create a new set of feeding problems. We have a responsibility to educate her and help her through this setback, as well as to ensure that these yeast infections are treated appropriately from the outset.

Piper Martin, B.Ed., DS Hom. Med., is a classically trained homeopath who specializes in the care of women throughout pregnancy, birth and the postpartum. She also has a special interest in homeopathic newborn care. Piper is the mother of three vibrant boys born with the loving support of midwives. She is a strong advocate for midwifery care and gentle entrances for all babies. To learn more about how homeopathy can support your family please visit her Web site at: www.pipermartin.com.
Copyright of Midwifery Today is the property of Midwifery Today Inc. and its content may not be copied or emailed to multiple sites or posted to a listserv without the copyright holder's express written permission. However, users may print, download, or email articles for individual use.