

Birth Kit Essentials

- 10 Essential Homeopathic Remedies -

BOOK EXCERPT

Aconite 1M

This remedy should be used in 1M potency. This is due to the intense nature of this remedy and the 1M potency will be the most effective.

Aconite is the #1 remedy for anyone with a history of trauma. It can be used repeatedly during birth for dissociation, panic, fear and anxiety –i.e. during vaginal exams, invasive procedures, immediately after birth etc. It will help women stay present during birth. Use it for:

- Transition – this is the time you have finished or are finishing the first stage of labour (8-10 cm) and the time you begin pushing. Some of the language you might hear: “I can’t do this, I am going to die – it is killing me!” Fear of dying.
- Panic attacks – breathless, anxious, restless, pale, hot, heart pounding. This can be both during labour, during pregnancy or postpartum.
- Precipitous birth – this means a very rapid birth. The contractions come one on top of another. The fear is that the labour will be hours at that pace, most likely the birth will be very fast. The Aconite will help the mother catch her breath and be present for the baby.
- Retention of Urine – mother or baby are unable to urinate after the birth – particularly if the birth was intense or rapid. Aconite will allow them to relax enough to void.
- Women who are afraid of the pain – Aconite can be used as an induction remedy for women that are so afraid of the pain that they have panic attacks or nightmares. If you are going overdue and fear of the pain of birth is a huge issue for you this remedy can be very helpful. Take two pellets and it will relax you enough to allow your body to go into labour. You can repeat this remedy if you feel panicky once you are in labour.