



# The Homœopathic Treatment of Morning Sickness

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Including Adjunctive Complementary  
Natural Therapies



*Nausea And  
Vomiting During  
pregnancy*





Why is it called morning sickness if it lasts the whole day?

## Normal Changes in Pregnancy Symptoms



morning sickness



food cravings



mood swings



frequent urination



back pain

## Concerning Changes in Pregnancy Symptoms



decrease in fetal movement



the sudden cessation of all symptoms



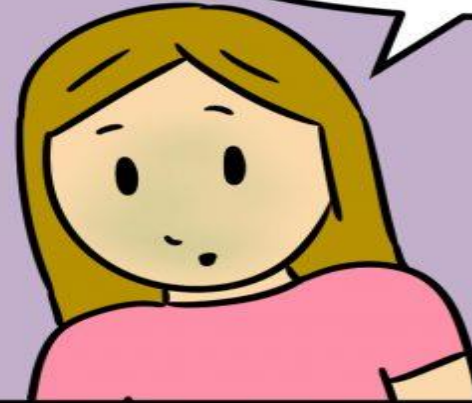
Before being pregnant

If I get pregnant I will be so healthy and eat so many vegetables!



After being pregnant

I don't feel well... but I need to eat...



Vegetables are disgusting



MORNING SICKNESS

Vegetables are disgusting



MORNING SICKNESS

IF YOU GOT UP AN HOUR EARLIER,  
YOU COULD BE OVER IT IN TIME  
TO GET TO WORK!



# HYPEREMESIS GRAVIDARUM



## EXTREME MORNING SICKNESS

70-80% of all pregnant women experience some form of morning sickness during their pregnancy. **Hyperemesis Gravidarum** (hyper-, meaning "excessive," emesis, meaning "vomiting" and gravidarum, meaning "pregnant woman") is a condition which involves extreme morning sickness, including nausea, vomiting, and weight loss as its major symptoms. It is thought to be a result of high levels of pregnancy hormones, but the exact cause is not known at this time.





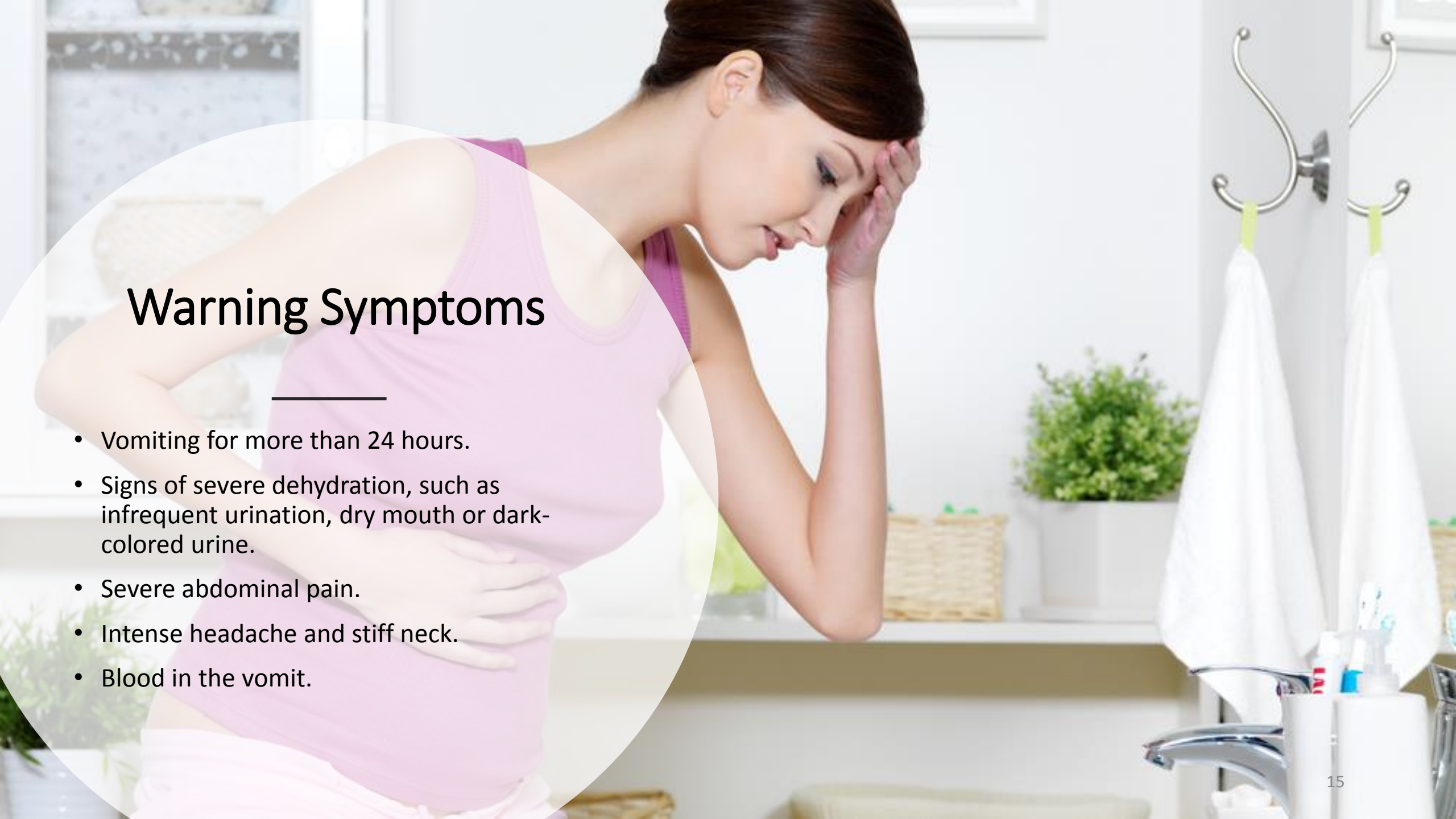










A pregnant woman with dark hair tied back, wearing a light purple tank top, is shown in profile in a bathroom. She is holding her right hand to her forehead and her left hand to her lower abdomen, suggesting she is experiencing a headache and abdominal pain. The background includes a white sink, a mirror, and a towel rack with white towels.

## Warning Symptoms

- Vomiting for more than 24 hours.
- Signs of severe dehydration, such as infrequent urination, dry mouth or dark-colored urine.
- Severe abdominal pain.
- Intense headache and stiff neck.
- Blood in the vomit.







# Comparing the effectiveness of vitamin b6 and ginger in treatment of pregnancy-induced nausea and vomiting.

Haji Seid Javadi E<sup>1</sup>, Salehi F, Mashrabi O.

## + Author information

### Abstract

**OBJECTIVE:** Comparing the effectiveness of vitamin B6 (40 mg twice daily) and ginger (250 mg four times daily) in treatment of pregnancy nausea.

**METHODS:** In a clinical trial in health centers of Qazvin University of Medical Sciences from November 2010 to February 2011 on pregnant mothers, the effects of vitamin B6 (40 mg twice daily) and ginger (250 mg four times daily) were evaluated in treatment of pregnancy nausea.

**RESULTS:** In both groups, treatments with vitamin B6 or ginger led to significant reduction in MPUQE score. Scores of symptoms at the day before treatment in vitamin B6 and ginger groups were  $9.35 \pm 1.97$  and  $9.80 \pm 2.03$ , respectively, and reduced to  $5.98 \pm 1.45$  and  $6.28 \pm 1.63$ , respectively, in the fourth day of treatment; however, mean changes in the two groups were not significantly different. Mean changes of MPUQE score in ginger and vitamin B6 groups were  $8.32 \pm 2.19$  and  $7.77 \pm 1.80$ , respectively, showing no significant difference ( $P = 0.172$ ).

**CONCLUSION:** Vomiting was more reduced in vitamin B6 group; however, this reduction was not statistically significant. There was no significant difference between the two groups in nausea occurrences and their duration. No side effect was observed in either group.



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# Essential oils for nausea

- Bergamot
- Cardamom oil
- Grapefruit oil
- Frankincense oil
- Petitgrain oil
- Sweet orange oil





# Amygdalus persica

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- A most valuable remedy in vomiting of various kinds; morning sickness.
- Loss of smell and taste.
- Gastric and intestinal irritation when the tongue is elongated and pointed, tip and edges red.
- Constant nausea and vomiting
- Intolerance of food



# Gossypium herbaceum

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- Homœopathically, it corresponds to many reflex conditions, depending on disturbed uterine function and pregnancy.
- Morning sickness, with sensitive uterine region.
- Intermittent pain in ovaries.
- Backache, weight and dragging in pelvis.



# Graphites

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- Morning sickness during menstruation.
- Nausea and vomiting after each meal.
- Burning in stomach, causing hunger.
- Constrictive pain in stomach.
- Hot drinks disagree.



# Jacaranda caroba

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- A remedy for morning sickness.
- Nausea when eating.
- Pressure or fullness at the pit of stomach.
- Hurried breathing.



# Kalium muriaticum

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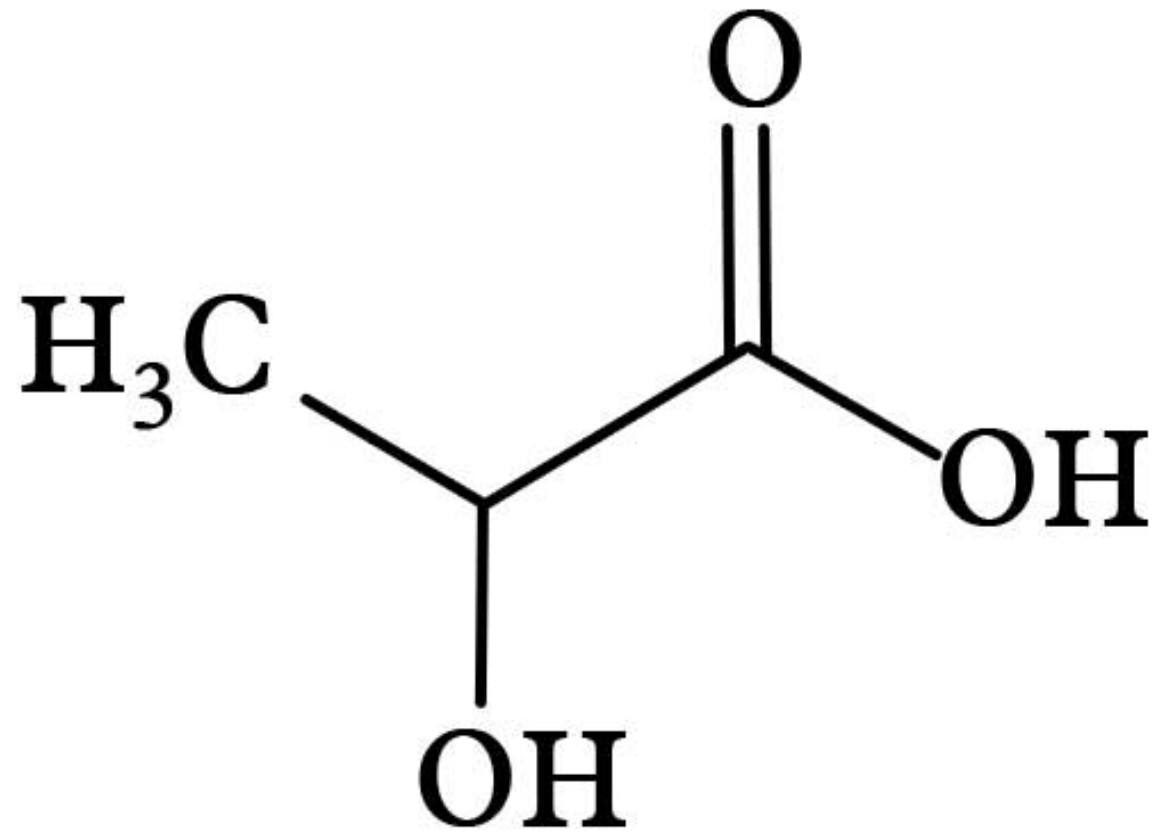
- Morning sickness, with vomiting of white phlegm.
- Fatty or rich food causes indigestion.
- Vomiting of white, opaque mucus; water gathers in the mouth.
- Coating of tongue grayish-white, dryish, or slimy.



# Lacticum acidum

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- Nausea; morning sickness, especially in pale, anemic women.
- Nausea; better eating.
- Copious salivation and water-brash (acid reflux).
- Hot, sour, corrosive saliva.
- Aggravated by smoke.



# Lobelia inflata

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- Extreme nausea and vomiting during pregnancy.
- Morning sickness with impeded respiration.
- Faintness and weakness at epigastrium.
- Good appetite.



# Mercurius solubilis

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- Morning sickness with profuse salivation.
- Intense thirst for cold drinks.
- Discharges will tend to be offensive
- Everything aggravates them.



# Natrium phosphoricum

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- Morning sickness with sour vomiting.
- Blisters on tip of tongue.
- Thin, moist coating on tongue.
- Yellow, creamy coating on the back part of the roof of the mouth.
- Flatulence.
- Headaches.



# Sepia officinalis

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- Morning sickness with common Sepia symptoms.
- Nausea in the morning before eating.
- Nausea is better by eating. Also better from motion or exercise.
- Feeling of emptiness not relieved by eating.
- Sensitivity to odors and smoke.
- Desire for vinegar and sour foods.
- Bearing down sensations and weakness.



# Tabacum

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- Deathly, unremitting nausea with great perspiration, weakness and fainting.
- Pale or even greenish appearance to the skin.
- Cold perspiration.
- Worse before breakfast and from moving around.
- Better in open air, closing the eyes and uncovering the stomach.
- Anxiety at night with fatigue and restlessness.



# Ipecacuanha

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- Constant nausea not improved by anything, even vomiting.
- Food and drink aggravate the nausea.
- Clean tongue.
- Tends to be irritable and dissatisfied.



# Symphoricarpus racemosus

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- Continuous nausea that causes vomiting.
- Worse from the smell of food, moving around and getting out of bed.
- Cannot stand the thought or smell of food.
- Retching and heaving on an empty stomach.
- Better lying on the back.



# Nux moschata

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- Morning sickness with abdominal distension.
- Intense nausea in the morning when they raise their head off the pillow.
- Sensation as if they are about to have diarrhea.



# Nux vomica

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- Morning nausea with headache.
- Nausea after eating.
- Sleeplessness.
- Constipation.
- Feeling as if the bowels are never fully emptied.
- Better from a warm bath, lying down and moving the bowels.
- Irritable.



# Lycopodium clavatum

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- Nausea and vomiting.
- Swelling of veins during the first month of pregnancy.
- In some cases, the movement of the fetus in the womb becomes a regular source of annoyance and distress to the mother.



# Podophyllum peltatum

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- Morning sickness and excessive vomiting in pregnancy due to a congested condition of the pelvic viscera.
- Better from lying down.
- Profuse, painless diarrhea.



# Theridion currassavicum

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- Morning sickness with sensitivity to noise (even the slightest noise).
- Tends to be chilly.
- Tends to be restless.



# Iris versicolor

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- Morning sickness with frequent attacks at short intervals (protracted).
- Sour or bitter vomit.
- Profuse, ropy saliva.
- Tenderness over the stomach.



# Lac vaccinum defloratum

- Important remedy for morning sickness.
- Deathly sickness in the stomach on waking.
- Vertigo and water-brash on waking.
- Can't vomit.
- Groans and cries in distress.
- Constipation.
- Headaches.



# Kreosotum

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- Recommended by many practitioners as an excellent remedy for morning sickness.
- Nausea and vomiting of food several hours after eating.
- Feeling of coldness or ice-water in stomach.
- Bitter taste after drinking water.



# Arsenicum album

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- Nausea, retching and vomiting after eating.
- Cannot bear the sight or smell of food.
- Heartburn and burning pains in general.
- Great thirst but drinks a little at a time.
- Anxiety in the pit of the stomach.
- Chilly.
- Anxious.



# Pulsatilla pratensis

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- Morning sickness which can resemble that of *Nux vomica* but the person is more relaxed.
- Aversion to fat, warm food and drinking.
- Water-brash with foul taste in the morning.
- Vomiting of food which was eaten a while ago.
- Bitter taste or diminished taste of food.
- Pain in the stomach after eating.
- Weight as if from a stone, especially in the morning on waking.



# Morning sickness case #1

The following patient was a 27-year-old pregnant woman in her first trimester who has been experiencing constant nausea and vomiting throughout the day. The nausea is so bad that she spends most of the day lying in bed or on the couch totally still. She finds that any kind of movement increases the feeling of nausea. In general, she feels better lying on her back. The nausea can be so bad that it persists even when she hasn't eaten anything which is common as both the smell of food and the thought of eating aggravates her condition. She can even retch on an empty stomach if she hasn't eaten.

# Morning sickness case #2

The following patient is a 23-year-old woman who I had been treating for anxiety disorders. She became pregnant a few months earlier and during the last few weeks has been experiencing a lot of very intense nausea. The nausea comes on in the morning but tends to improve after breakfast and throughout the day. Being still definitely helps the nausea. The patient also reports feeling much more tired than usual and even had a fainting spell the previous week. She also reports that she has been sweating a lot more than she normally does. She also looked exhausted with a somewhat pale complexion. Going out into the fresh air or opening a window always helps with the nausea. She also reports feeling better by just closing the eyes and trying to relax.

# Morning sickness case #3

The following patient is a 30-year-old woman who has been experiencing nausea and intense, even painful vomiting that has been going on since the 2<sup>nd</sup> month of her pregnancy. The nausea is worse in the morning and after eating. She also reports that she has been much chillier and more irritable since getting pregnant. It's been so bad that her husband has been complaining about it. She feels better by just lying down under some warm blankets or when taking a warm bath or shower. Since she has been pregnant, she has been experiencing terrible constipation which has forced her to start taking over-the-counter laxatives.

# Morning sickness case #4

The following patient is a 32-year-old pregnant woman with constant nausea which doesn't seem to be ameliorated by anything. Even after vomiting the constant nausea does not go away. Both eating and drinking aggravate the nausea. There is no coating on her tongue and since getting pregnant, she has been much more irritable. She says that, "nothing pleases her". Even those things which normally make her happy don't bring any satisfaction.



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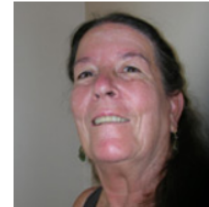


**Joe Kellerstein, ND**

35 years experience

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One of the most prominent names in homeopathy worldwide, Dr. Kellerstein has been practicing homeopathy since he graduated at the top of his class from the Ontario College of Naturopathic Medicine in 1984. Joe has been lecturing at numerous schools since 1987, teaches online classes for WholeHealthNow and publishes regularly in *Homeopathy Today*. He has a particular interest in Neuro-Linguistic Programming and Clean Language as tools for effective case taking.



**Maryann Ivons, ND**

32 years experience

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Dr. Ivons started her medical career as an emergency room and intensive care nurse before becoming a naturopathic physician in 1987. She has been practicing homeopathy since, while also lecturing at Bastyr University and the Seattle School of Homeopathy and serving as Dean of Academic Affairs for the American Medical College of Homeopathy. Maryann is the author of *Homeopathy for Nurses* and a contributor to Vogel and Krucoff's *Integrative Cardiology*.



**Farokh Master, MD**

39 years experience

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One of the most experienced practitioners and prolific authors in the field, Dr. Master is well known for his work with homeopathy in advanced pathological conditions. He currently lectures internationally while supervising several teams of doctors at six different medical facilities near Mumbai. Since he began practicing in 1980, Farokh has been the recipient of numerous awards for his contributions to both homeopathy and the treatment of cancer.



**Kim Elia**

32 years experience

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Recognized around the world as one of most knowledgeable and dynamic teachers of homeopathy, Kim Elia is also a practicing homeopath, a nutritionist and the CEO of WholeHealthNow. He graduated from the New England School of Homeopathy and practiced for several years with Drs. Paul Herscu & Amy Rothenberg. Kim designed and taught the 4-year classical homeopathy curriculum at the Hahnemann Institute in Tokyo and Osaka.



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