

Dear Readers,

Giving birth to a child is one of the most beautiful experiences of life but the percentage of women who are able to enjoy that happiness to its fullest is very less. A pregnancy today, is not always an occasion of celebration. The reason can be varied like unwanted pregnancy, unplanned pregnancy, poor financial condition, rape, early age of childbirth, poor medical help and antenatal care, no awareness about prevention, other responsibilities for a women other than taking care of child, not being able to breastfeed properly, the work stress for working women which is also becoming more of a trend in urban population etc. All these factors have a role to play in adding factors which can cause difficulties during childbirth and the time thereafter. Many of these factors are seen to be aggravating the post traumatic stress disorder in new mothers. As per the recent studies, the post traumatic stress disorder is on a rise.

The birth trauma can also affect the other side of life, that is, at the newborn's end. It is something more visible in the form of birth injuries as this is addressed usually by physicians and attendants of childbirth. But yes, the results of such injuries are sometimes seen only later in life. Birth injuries can affect also the physical and mental development of a child.

Many psychologists like Freud and Otto rank have given references of psychological disorders to be related to trauma during parturition.

In the past few years it is seen that the number of pregnant women giving birth by caesarian is on a rise. By doing this are we really able to cut down the trauma which can happen during a child birth or deprive the child and mother of a natural process which is a process of life. This aspect has been discussed beautifully by

Harry Van Der Zee in a write up titled "The Trauma of Caesarian Birth".

Homeopathy has answers to many of these problems where our repertories enumerate rubrics which discuss the affect of trauma of childbirth both for mother and the child.

The Materia Medica also has references which talks about slow development of children due to various reasons.

For trauma to the newborn, the Baryta group of remedies needs special attention where literature mentions use for Baryta for a history of birth trauma, especially asphyxia, such as occurs when the umbilical cord is wrapped around the neck, preventing adequate oxygen from reaching the brain.\*\* Calcarea group remedies have also shown to be useful for birth trauma. But yes I would not recommend to limit the remedy from these groups as constitutional remedies have seen to be effective for much beyond conditions for which you will find literature references.

For mothers and also for newborn, some authors have also given successful examples of use of simple injury remedies for such cases like use of remedies like Arnica and Hypericum.

We therefore need to understand the kind of trauma and effects it has brought to the life and prescribe considering both the cause and effect.

\*\*Bailey Philip, Homeopathic Psychology

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Editor



### Unbolt yourself ...

MONTH	TOPIC	LAST DATE OF SUBMISSION
August 2012	Clinical Materia Medica	Ongoing
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October 2012	Evolution of Homeopathic Posology	August, 20 <sup>th</sup> , 2012
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