

Labour

Throughout history various natural remedies have been used to bring on a safe natural spontaneous labour. Most are ocytotic in nature and can stimulate uterine contractions, while also supporting the uterus as an organ so it will contract efficiently during labour and recover well after birth. These remedies should only be used after consultation with a qualified practitioner.

Homoeopathic Caulophyllum 200c

Take three tablets over a 12 hour period, morning, afternoon and evening.
Wait 48 hours and repeat if necessary. Recommended post 40 weeks.

Squaw vine 30ml

From 38 weeks add 50 drops (2ml) of squaw vine tincture to water or add to raspberry leaf tea 3 x day. Adding tincture to hot water or tea will allow alcohol content to evaporate if desired.

Herbal Tincture Mix 150ml

Blue cohosh	45ml
Goldenseal	45ml
Feverfew	30ml
Squaw vine	25ml
Ginger	5ml = 150ml

Take one teaspoon in water 3 times a day

Reflexology Weekly until due date, then twice weekly from 40 weeks

Sex – The prostaglandins found in semen can help to trigger labour along with the stimulation of the cervix. Generally safer, more pleasurable and less invasive than a sweep.

Castor Oil – Take two tablespoons of oil in orange juice then take one tablespoon in juice after ½ hour, repeat 1 tablespoon in juice after another ½ hour. Usually last resort when all else has failed as there are concerns about the strength of action and resulting diarrhoea.

Raspberry leaf tea – drink 3 cups per day and continue to drink 2-3 cups for 2 weeks after birth to help uterus return to normal pre pregnancy size.

Clary sage essential oil – Add 3-5 drops to bath or dilute 2-3 drops in a small amount of oil (teaspoon) and massage tummy daily.

Curry and spicy food

Osteopathic pelvic opening

Remedies During and After Labour

Essential oils such as Lavender, Neroli, Jasmine, Melissa and Rose can be burned during labour to create a safe, relaxing, and nurturing environment. Oils such as Thyme, Tea Tree and Rosemary can be utilised for their cleansing and antibacterial qualities.

Arnica 200c	Bruised and shocked muscles and tissues
Hypericum 200c	Damage to nerve endings, especially surgical incisions
Caulophyllum 200c	Regulates and strengthens contractions

During labour the body tends to use up remedies quickly so the higher dose of 200c is recommended. Remedies can be given as often as every ½ hour for this reason. If you are interested in using Homeopathic remedies during labour Helios sells a good birth kit with instructions for use.

Five flower essence	4 drops on tongue or in water to ease anxiety Can be taken freely as needed
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3-5 drops of Lavender and Tea Tree essential oils and hypercal homoeopathic tincture can be used in the bath to aid tissue healing and prevent infection after birth.

In many societies at least the first 1 – 2 months after birth are dedicated to calm and quiet bonding. The mother is encouraged to stay in the safety of the family home, so bonds with the baby, establishes feeding and recovers from 9 months of pregnancy and birth. It is also a time for the whole family to bond and become familiar with the new arrival.

Visitors are kept to a minimum which prevents spread of infection and maintains low stress levels. While this can be difficult to achieve in modern society, and with other children, I do recommend all my clients DO NOT get out of pyjamas for at least 3 days to allow for some healing and adjustment time.

Recommended Reading/ Resources

Michael Odent -	Birth Reborn The farmer and the Obstetrician Birth and Breastfeeding
AIMS -	Association for the improvement of the maternity services www.aims.org