

HOMEOPATHIC RECOMMENDATIONS FOR MANAGING POSTPARTUM HEMORRHAGE

HEMORRHAGE PREVENTION

ARNICA MONTANA (Arn.)

If used around beginning of labor, repeated during as needed and after labor (barring any other remedies needed during), it will prevent much trouble and after pains. Give Arnica 200C, repeat every 30 minutes if progressing rapidly and/or difficult pushing occurs. This lessens the need for painkillers and prevents hemorrhage. Give immediately after birth to prevent postpartum hemorrhage. Consider Bellis Perennis or Hamamelis if Arnica is not effective. Arnica is useful in all labors except for fast easy deliveries.

CALENDULA (Calen.)

If there is continued bleeding postpartum, give Calendula 200C every 30-60 minutes until bleeding ceases. *Personal testimonial- I have stopped hemorrhage in 30 seconds with Calendula and Calc Carb, totally amazed the attending MD and nurses.*

Calendula spray can be used to rinse the pelvic area and promote healing. Sterile gauze soaked with calendula and inserted will help stop bleeding and work as an antiseptic.

MILLEFOLIUM (Mill.)

Can be used as a preventive for uterine hemorrhage.

*Phosphorus used at first sign of hemorrhage has the ability to stop the problem before it starts.

REMEDIES FOR HEMORRHAGE

ACONITE (Acon.)

Active hemorrhage of BRIGHT red blood, with fear of death, moving, turning, or of something to happen. Very giddy; she cannot sit up in bed or rise up. Plethoric, dark-haired young women.

BELLADONNA (Bell.)

BRIGHT red, forceful, gushing blood. Blood feels warm or hot as it passes. Blood often has bad odor. May have flushed face, bursting headache, glary wide-eyed, dilated pupils. Flow comes and goes quickly between afterpains. May complain of nausea if gently pressed on uterus.

BRYONIA (Bry.)

Profuse, DARK fluid blood. With pain in the back, and a splitting headache. Dry mouth and lips; much thirst. Nausea and faintness on sitting up, or even raising the head from the pillow. Increased by the slightest movement of any part of the body, even the head, or foot, or speaking.

CALCAREA CARBONICA (Calc.)

Look to the history of the case. In leuco-phlegmatic or plethoric women with light hair, with too profuse, long, and frequent menstruation. Cold, damp feet. Painless, profuse, BRIGHT red blood caused by least excitement and worse from motion.

CARBO VEGETABILIS (Carb-v.)

Slow, passive, oozing type. Blood is intensely foul-smelling, DARK, even BLACK with small clots and noticeable amount of serum. It's due to atony of uterus, great weakness and lack of muscle tone. KEYNOTE: everything has the same weakness and atony, her whole being is weak and tired, muscles, veins, legs, arms, digestion, mind, etc. May feel like they can't get enough air.

CAULOPHYLLUM (Caul.)

Uterine debility causes weak, dysfunctional labor, leaving her weak and exhausted. Afterpains are low down and cramp-like with bearing down sensation and passive flow of blood. Flow is slow, trickling hemorrhage and not alarming so she may lose more blood than expected if care is not taken. For hemorrhage after a hasty birth.

CHINA OFFICINALIS (Chin.) - This is one of the remedies we are using with clients who have COVID.

Persistent, passive, oozing blood DARK and THIN or WATERY. Excessive loss of blood or fluids during labor has left her weak, faint-like, chilly and shivering. May have vertigo and ringing in ears due to acute loss of blood which occurs on getting out of bed, gets up to use the bathroom or shower. Desires to be fanned or have fresh air. May faint or have convulsions due to loss of blood. Severe dehydration may result. Extreme hypersensitivity to stimuli such as noise, touch, cold draft, etc.

CIMICIFUGA (Cimi.)

Flow is heavy, DARK, coagulated but more passive in nature. May become hysterical during hemorrhage. Emotional symptoms are most marked by negative, pessimistic behavior and dysfunctional pains felt in thighs, hips and back.

COCCUS CACTI (Coc-c)

Large, BLACK clots. Clots during urination, clots drop out upon standing.

CROCUS SATIVUS (Croc.)

DARK, thick and stringy even hanging from vagina in long strings. Offensive odor. Worse from slightest motion, straining or lifting. Bladder can't empty until clots are removed. Pulseless, pale as death. Extremities cold as ice.

ERIGERON (Erig.)

Hemorrhage of profuse BRIGHT red blood, comes in gushes with least motion/exertion and can be greatly alarming. Comes in sudden, frightening gush then stops. Accompanied by painful urination and/or rectal or bladder irritation.

HAMAMELIS (Ham.)

Flow is DARK, steady, slow and passive but can sometimes be active, red and profuse. Much soreness in abdomen with hammering headache. Usually does not exhibit alarm or anxiety about hemorrhage. KEYNOTE: NO uterine pains.

HYOSCYAMUS (Hyos.)

Hemorrhage with delirium. After childbirth or miscarriage, if hemorrhage is accompanied by spasms, jerking or twitching of body and delirium, this is the remedy, especially if she does foolish things, like silly talking/laughter or shamelessly exposes herself.

IPECACUANA (Ipec.)

BRIGHT red, profuse bleeding, worse motion and lying down. Severe, persistent nausea. Blood gushes with every heave to vomit. Bleeding after vexation caused by trauma of childbirth. Look for faintness, nausea and gasping for breath as if panting to confirm this remedy choice. Flow can be so profuse that it soaks all the linens and clothing and flows to the floor. Weak pulse.

NITRIC ACID (Nit-ac.)

Profuse, painless, hot BRIGHT red blood. The temperament is irritable, will not do as asked. Tissues did not readily relax during labor. Her face almost as red as a belladonna might be.

PHOSPHORUS (Phos.)

BRIGHT red, profuse, gushing hemorrhage. Tremendous fear when she sees blood and becomes anxious and afraid to be alone. Extreme thirst for cold water. Redheaded "Phosphorus-types" (or women who are constitutionally Phos, with or without red hair) are the worst cases prone to hemorrhage during the postpartum period. Temperamentally and physically she burns. She takes deep sighing breaths and her anus relaxes. KEYNOTE: Hemorrhage in nursing mothers.

SABINA (Sabin.)

Profuse forceful bleeding, extremely clotted. Blood is bright red (or dark at times) with DARK clots. Fever and inflammation after labor. May be little pain but whatever the intensity, pains wrap like a girdle from sacrum to pubic area. Bleeding/hemorrhage begins soon after delivery or can occur days or weeks after birth or just continue after delivery. Like erigeron, slightest movement triggers more flow. Note: women who began menstruating early in life and tend to flood during periods fit this remedy picture. Consider this remedy any time there is early return of menses after birth with heavy bleeding. Sabina is the homeopathic alternative to Methergine.

SECALE (Sec.)

Hemorrhage/bleeding which does not cease is Secale. NO clots. DARK, thin blood. Every gush preceded by intense, spasmodic uterine contractions. Inflammation of uterus after labor involving dark lochia or fever. Secale is one of the hottest remedies but may be cold to the touch. Hot sensation with hot feet.

SEPIA OFFICINALIS (Sep.)

Hemorrhage with pain going from sacrum to pelvis. Blood is bright or dark with clots. Sense of weight as if all would fall out of vulva. Fine darting pains in cervix from below upwards.

TRILLIUM PENDULUM (Tril-p.)

BRIGHT red blood with dark clots, gushing brought on by least movement. May feel faint. Feeling as if back and hips were falling to pieces, relieved by bandaging. Good remedy for women who have repeated hemorrhage issues.

USTILAGO (Ust.)

Blood is BRIGHT red, profuse, partly clotted and stringy. Bleeding from slightest provocation, even gentle digital exam causes oozing flow. Hemorrhage is due to tearing of the cervix, or retained placenta. Has the feeling that uterus is knotted up. KEYNOTE: blood is in threads or long black strings

REPERTORY

BRIGHT red blood: BELL, ERIG, IPECAC, sab, sep, TRIL-P, ust
 DARK red blood: Bry, CARB-V, CHINA, CIMI, croc, HAM, SEC, sep
 CLOTS: SAB, sep, TRIL-P

BAD ODOR/FOUL SMELL: BELL, CARB-V, CROC

PAINLESS: CALC, NIT-AC

MARKED FEAR: ACON, PHOS

STRINGS: CROC, UST

SLOW, PASSIVE: CARB-V, CAUL, CHINA, CIMI

PROFUSE: BRY, CALC, ERIG, ham, IPECAC, NIT-AC, PHOS, SAB, UST

BLACK BLOOD: CARB-V, COC-C

LIGHT HAIR: calc

DARK HAIR: acon

RED HAIR: phos

PAINS WRAP FROM SACRUM TO PUBIC AREA: SAB, SEP

SENSATION OF WEIGHT/FALLING OUT OF VULVA: SEP

Note: In all remedies, I use 200C potency in labors/birth and postpartum. I usually use a single dose of Arnica 10M immediately after delivery.

Notes from C.E. Fisher's "Homeopathy in Obstetric Emergencies" booklet:

If flooding occurs before or during early stage of labor (if the hemorrhage profuse) keep the placenta in mind.

It is standard practice to use Methergine (Ergot) to stop the hemorrhage but can cause clots that are carried into the circulation and cause thrombi, phlebitis, and abscesses. It also can cause hour-glass contractions and retention of upper segment clots and debris which can lead to infection. Homeopathic Sabina will stop the hemorrhage without the negative side effects. In postpartum use, it will clear out the clots and help the uterus to contract.

Directly excerpted from the Hemorrhage during Labor section:

"Ipecac— in this plain and not over-aesthetic remedy we have a medicine of great value for flooding. Nausea and vomiting have been held to be its particular sphere. But it is because of the effect it has upon the gastric and hepatic centers of the solar plexus that it relaxes the digestive organs and emesis results. The uterus is dominated by the abdominal brain, and relaxes as does the stomach for this reason. The pathology is not visible, but inertia occurs, the sanguinary stream pours forth its crimson liquid, the patient blanches, her face becomes bathed in clammy sweat, she sinks into depression, her limbs become cool and clammy, her pulse feeble and rapid, and she sighs and quails and weak even to faintness. She is a picture of relaxation, and a crisis impends.

Here ipecac will beat both Secale and Sabina. How it acts perhaps the Supreme Ruler knows. In some subtle way it gets in its work upon the solar plexus, the nerve supply of the uterine muscle is stimulated, the fibers contract, and the hemorrhage is checked."

This paper was compiled from Sandra Perko's "Homeopathy for the Modern Pregnant Woman and Her Infant", Yingling's "Accoucheur's Manual", and C.E. Fisher's "Homeopathy in Obstetric Emergencies" as well as practical application in births.

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