



# To Study The Role Of Individualized Homoeopathic Medicines In Discomforts Of First Trimester In Antenatal Care Management: A Observational Study

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## ABSTRACT

Homeopathic medicine offers a holistic approach by addressing the underlying susceptibility of each patient.

**Objective:** To study the role of individualized homoeopathic medicines in discomforts in Antenatal care in First Trimester .**Methods:** A observational study was conducted on 30 adult female patients of common discomfort in first trimester of antenatal care selected using a simple random technique from a college OPD and peripheral OPD in Nashik. Individualized homeopathic medicines were prescribed based on a detailed case analysis, considering the totality of symptoms. The patients were followed up over a specified period to assess symptomatic improvement. **Results:** Out of 30 cases ( 87 % ) showed improvement and cases ( 13 % ) cases that is had no improvement.. The results suggest a positive role of individualized homeopathic medicine in managing common discomfort in first trimester , with a high success rate in symptom alleviation

**Keywords -** Homoeopathy, pregnancy, first trimester, common discomforts, morning sickness, fatigue, mood swings

## INTRODUCTION:-

Gestation is a beautiful and transformative trip, but it can also bring about colorful discomforts and challenges. Expectant maters frequently seek safe and gentle remedies to manage these discomforts without risking detriment to themselves and their babies .Homoeopathy with its natural and personalized

approach offers an effective result for numerous gestation related issues. gestation is a time of profound change and excitement, but it can also bring about colorful physical and emotional changes

Homoeopathy offers a safe, gentle and effective way to manage common gestation related discomforts furnishing relief and enhancing the overall gestation experience. By addressing the unique symptoms and underpinning causes of discomforts homoeopathic remedies can help expectant mama navigate their gestation trip with lesser ease and confidence.

## **REVIEW OF LITERATURE –AN OBSERVATIONAL STUDY WITH HOMOEOPATHIC APPROACH**

Definition of prenatal care-

Systemic supervision of a woman during gestation is called prenatal care( antenatal care). It comprises

1. careful history taking and examination( general and obstetrics)
2. to carry out necessary examinations
3. advice given to the pregnant women.
4. to ameliorate the psychology and to remove the fear of the unknown by counselling the woman.<sup>1</sup>

**A positive gestation experience is defined as :**

1. Maintaining physical and sociocultural normalcy  
Maintaining a healthy gestation for mama and baby( including precluding and treating pitfalls, illness and death)
2. Achieving positive fatherhood( including motherly tone- regard, capability and autonomy).<sup>2</sup>
3. pitfalls, illness and death
4. Achieving positive fatherhood( including motherly tone- regard, capability and autonomy).<sup>2</sup>

**Aims-**

To reduce the mortality and morbidity of women and children.

**Objectives-**

1. To insure that the pregnant woman in a good health status before gestation.
2. To insure that the pregnant woman and her future child are in the stylish possible health previous to delivery.
3. To insure that all pregnant women understand.

**First trimester**

In first trimester women gets common discomforts like morning sickness, backache, constipation, breast tenderheartedness etc. Women may feel range of feelings during your first trimester<sup>3</sup>

**The first trimester Changes in body**

During gestation, numerous changes will be in body to help nourish and cover the baby. Women witness these changes else. Some symptoms of gestation continue for several weeks or months. Extreme frazzle due to the physical and emotional demands of pregnancy. Cardiac volume increases by about 40 to 50 percent from the morning to the end of the gestation. This causes an increased cardiac affair. An increased cardiac affair may beget an increased palpitation rate during gestation. The increase in blood volume is demanded for redundant blood inflow to the uterus.<sup>4</sup>

**Fetal development: The first trimester**

**Weeks 1 and 2 Getting ready**

generality generally happens about two weeks after the last period begins. But to find estimated due date, healthcare professional counts ahead 40 weeks from the launch of last period. That means the period is counted as part of gestation.

**Week 3 Fertilization**

The sperm and egg unite in one of the fallopian tubes to form a one- celled reality called a zygote. However, or if the fertilized egg splits into two, the result may be multiple zygotes and a binary gestation, If further than one egg is released and fertilized.

**Week 4 Implantation**

Once it reaches the uterus, the morula becomes what is called a blastocyst. The fleetly dividing ball of cells begins to burrow into the uterine filling. This process is called implantation.

**Week 5 Hormone situations rise**

The fifth week of gestation, or the third week after generality, the position of the gestation hormone mortal

chorionic gonadotropin, also called hcg, snappily rises. That tells the ovaries to stop releasing eggs and make further of the hormones estrogen and progesterone. Advanced situations of estrogen and progesterone stop the menstrual period and energy growth of the placenta.

#### **Week 6 The neural tube closes**

The sixth week of gestation, or four weeks after generality, the neural tube along your baby's back is closing. The brain and spinal cord develop from the neural tube. The heart and other organs also start to form.

#### **Week 7 The head develops**

Seven weeks into gestation, or five weeks after generality, your baby's brain and face are growing. Depressions that will give rise to nostrils come visible. The launch of the eyes' retinas form

#### **Week 8 The nose forms-**

Eight weeks into gestation, or six weeks after generality, baby's leg kids take the shape of paddles. Fingers have begun to form. Small bumps outlining the unborn shell- shaped corridor of the cognizance develop, and the eyes come conspicuous.

#### **Week 9 Toes appear**

In the ninth week of gestation, or seven weeks after generality, baby's arms grow, and elbows appear. Toes are visible and eyelids form. The head is large, and it does not have a easily formed chin.

#### **Week 10 The elbows bend-**

By the 10th week of gestation, or eight weeks after generality, your baby's head has come rounder.

#### **Week 11 Genitals develop-**

At the 11th week of gestation, or the ninth week after generality, baby now is called a fetus. At this point in gestation, the face is broad, the eyes extensively separated, the eyelids fused, and the cognizance are set low on the side of the head.

#### **Week 12 Fingernails form**

Twelve weeks into gestation, or 10 weeks after generality, baby is sprouting fingernails. Baby's face has taken on a more advanced profile. The bowel are in the tummy.

#### **Common discomforts -**

Nausea and puking About 80 of women witness some gastrointestinal disturbance during gestation.' fortunately, only 0.35 develop true hyperemesis gravidarum with weight loss, electrolyte and acid- base disturbance<sup>7</sup>and consequent peril to the gestation.

operation of gestation- related nausea and puking includes consolation that the condition is tone- limited and, in fact, associated with a better gestation outgrowth.<sup>5</sup>

1. Heartburn - dropped gastrointestinal motility and upward relegation and contraction of the stomach by the enceinte uterus combine to produce influx of gastric contents into the esophagus. However, magnesium- containing substances appear to be safe in gestation, If antacids are needed.<sup>6</sup>

The use of aluminum- containing medications is less judicious because they aggravate constipation, reduce the immersion of phosphate, and interact with minerals.<sup>7</sup>

2. Nausea and vomiting -Saturation Estrogen and progesterone have been shown to have a melanocyte stimulating effect. therefore, they may be responsible for the conformation of the linea nigra, the darkening of the areolae, and the color changes of the face and cheeks known as the " Mask of gestation"<sup>8</sup>

3. Anxiety -The most applicable threat factors associated with prenatal depression and anxiety during gestation were preference to have a manly child, intimate mate violence, history of revocations, connubial conflict, poor relationship with the hubby/ in- laws and lack of social support.<sup>9</sup>

#### **Homeopathic management:**

##### **Homeopathic operation**

Homeopathy is grounded on the principles of personalized treatment and minimum dosing. gestation is a unique and transformative time in a woman's life, frequently accompanied by colorful physical and emotional changes.

While these changes are natural, they can bring about discomforts and health issues that bear attention. Homoeopathy offers a gentle and safe approach to managing these enterprises, furnishing relief without the threat of side goods that can be associated with conventional specifics.

Homoeopathy offers a safe and effective way to manage numerous common gestation- related issues, furnishing relief without the threat of side goods. By fastening on personalized treatment and the overall well- being of the expectant mama , homoeopathy supports a healthy and comfortable pregnancy. However, consider consulting a good homoeopath to explore the benefits of homoeopathic remedies acclimatized to your unique requirements, If you're pregnant and passing discomfort.<sup>10</sup>

**Homoeopathic remedies-****1. Aconite-**

Great fear, anxiety, and solicitude accompany every disease, still trivial. Delirium is characterized by unhappiness solicitude, fear, raving, infrequently unconsciousness. Forebodings and fears. Fears death but believes that he'll soon die; predicts the day. Fears the future, a crowd, crossing the road. Restlessness, tossing about.

Modalities. -

Aggravation- in warm room, in evening and night; worse lying on affected side, from music, from tobacco-bank, dry, cold winds.

Amelioration- in open air.<sup>11</sup>

**2. Cocculus indicus-**

Complaints of continous vomiting and therefore unfit to retain anything. She vomits in large volume which includes undigested food particles. There are violent cramps in stomach with gripping pains. Nausea with faintness. Excessive nausea as soon as she gets up in the morning. She desires cold drinks as cold drinks give relief to her. Aversion to sour effects.

Modalities-

Aggravation- from eating, after drinking, while going to bed, while riding in carriage Amelioration- bending forward.<sup>12</sup>

**3. Pulsatilla-**

She's tearful, excessive, and generally has little credit for being sick from her appearances; yet she's utmost nervous, squirmy, changeable, fluently led and fluently converted. While she's mild, gentle and tearful, yet she's remarkably perverse, not in the sense of truculence, but fluently bothered, extremely touchy, always feels slighted or fears she'll be slighted; sensible to every social influence. Modalities-

Aggravation- from fats and rich foods, warm room Amelioration- motion<sup>13</sup>

**4. Sepia-**

Hyperemesis gravidarum with empty all gone sensation in epigastrium.

Sour and bitter regurgitations. Violent nausea, exacerbated in morning and perfected after eating. Straining for puking so hard that blood comes up in vomit. Pain in stomach exacerbated after eating. Modalities-

Aggravation- Bathing, bending backward, after stir, lying in bed sitting, standing, condescending Amelioration- crossing of branches, violent stir, walking fast<sup>14</sup>

**5. Chamomilla-** Attacks of great anguish, as if the heart would break, with complete despondency, inordinate inquietude, agitation and tossing, groans and gashes, accompanied frequently by drawing bellyache, and pressure at the hole of the stomach. Disposition to weep, and to be angry. Hot, clammy sweat on the forehead, and on the scalp. Starting pain in the forehead, chiefly after a meal

**MATERIALS AND METHODS -**

**Study Setting:** College OPD and peripheral OPD, Nashik

**Sample Size:** 30 Cases

**A. Inclusion Criteria:**

first trimester (up to 12 weeks of gestation) who present with common early pregnancy symptoms (discomforts)

**B. Exclusion Criteria:**

Women in their second trimester and third Trimester and late primigravida. Women having any major illness like diabetes mellitus, hyperthyroidism, hypothyroidism, Uterine cancer.

**Study Design** - A observational study

**OBSERVATIONS & RESULTS -**

**FIGURE NO. 1-AGE GROUP**

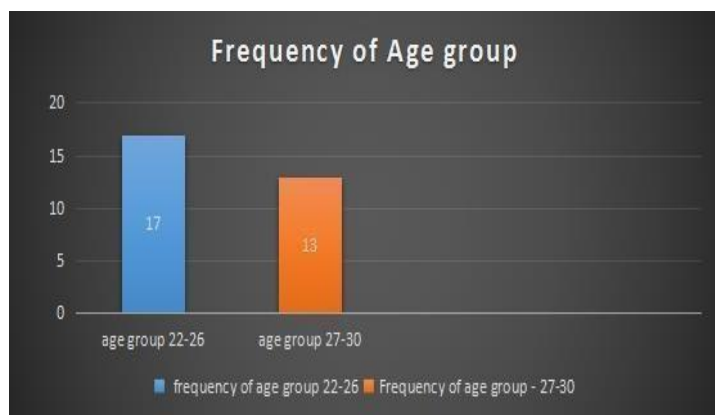


TABLE NO .1 AGE GROUP

AGE GROUP	NO. OF PEOPLE
Age group 22-26	17
Age group 27-30	13

FIGURE NO .2 REMEDY RESULT

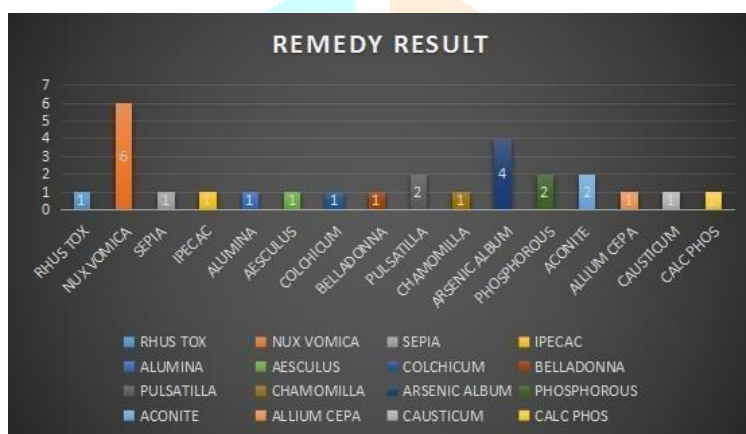


TABLE NO.2 REMEDY RESULT

REMEDY	FREQUENCY
RHUS TOX	1
NUX VOMICA	6
SEPIA	1
IPECAC	1
ALUMINA	1
AESCULUS	1
COLCHICUM	1
BELLADONNA	1
PULSATILLA	2
CHAMOMILLA	1
ARSENIC ALBUM	4
PHOSPHOROUS	2
ACONITE	2
ALLIUM CEPA	1
CAUSTICUM	1
CALC PHOS	1



FIGURE NO. 3 - COMPLAINTS AND ITS FREQUENCY

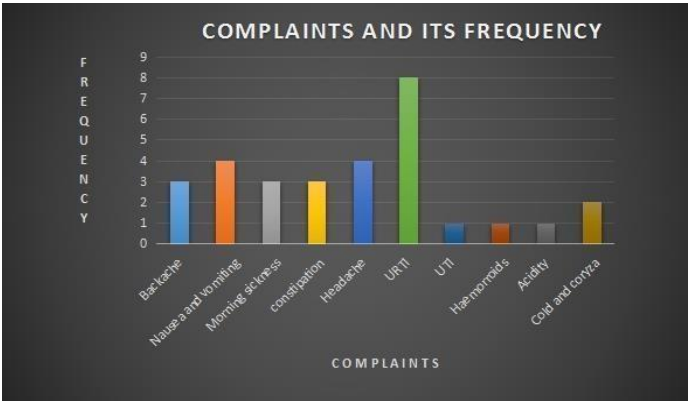


TABLE NO – 3 – COMPLAINTS AND ITS FREQUENCY

SR NO.	COMPLAINTS	FREQUENCY
1	BACKACHE	3
2	NAUSEA AND VOMITING	4
3	MORNING SICKNESS	3
4	CONSTIPATION	3
5	HEADACHE	4
6	Upper respiratory tract infection (URTI)	9
7	Urinary Tract Infection (UTI)	1
8	HAEMORROIDS	1
9	ACIDITY	1
10	COMMON COLD	1

FIGURE NO.3 –IMPROVED / NOT IMPROVED



TABLE NO.3 IMPROVED / NOT IMPROVED

RESULT	NO.OF CASES IMPROVED/NOT IMPROVED
Improved	26
Not – improved	4

**DISCUSSION-**

During the first trimester, the body undergoes significant physiological changes to support the growth and development of embryo. First trimester discomforts are primarily caused by rapid hormonal changes in the body to adjust to pregnancy. Hormonal fluctuation - estrogen and progesterone surge. The sharp rise in these hormones, crucial for supporting pregnancy, can trigger common discomforts. Human chorionic gonadotropin (hCG) - This hormone produced by the placenta is responsible for maintaining the pregnancy. The female body goes through the immense changes during a pregnancy that involve all organ systems in the body. These changes result in physiology that differs from that of a non-pregnant female. During pregnancy - First trimester to control morning sickness Homoeopathy is of great help because Homoeopathy does not possess any side effects.

Pregnancy is associated with a number of conditions, though transient, affect pregnant women.

30 Cases were collected from the college and the peripheral OPD. Cases with acute type were prescribed in required potency. According to severity and frequency of discomforts, the dose repetition and change of medicine was selected. In case series study, the frequency of age group (22-26) were 17 cases and frequency of age group (27-30) were 13 cases. It was seen about 3 cases of backache, 4 cases of Nausea and vomiting, 3 cases of morning sickness, 3 cases of constipation, 4 cases of Headache, 8 cases haemorrhoids, 1 case of common cold, 1 case of URTI, 1 case of acidity. Out of 30 cases 26 cases (87%) showed improvement and 4 cases (13%) cases that had no improvement.

**CONCLUSION -**

Assessing the role of homoeopathic medicines as an add on therapy in antenatal care management in first trimester. A case series study demonstrated the significant positive outcomes. Out of 30 patients, 26 showed improvement in their common discomforts of first trimester in antenatal care. However 4 patients did not experience noticeable improvement.

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