

HOMOEOPATHIC FIRST AID TREATMENT FOR MORNING SICKNESS

These recommended remedies for morning sickness cover a wide variety of different symptoms. The idea is to choose the remedy best suited to your symptoms. The dosage is to suck 2 tablets 3 times daily for the duration of the symptoms. If there is no improvement within 2 days consider changing to a different remedy. If symptoms persist constitutional treatment may be required.

- Ant Tart:** -Collapse, exhaustion.
-When vomiting occurs after eating, usually of undigested food.
-Mucus in vomit, thick, stringy, white mixed with bile.
-Vomiting is spasmodic, sudden and severe.
- Arg Nit:** -Flatulence with nausea and vomiting.
-Craving for sugar and sweet foods.
-Panicky nervousness
-Heat aggravates symptoms and cool air is sought.
- Ipecac:** -Thirst absent.
-For constant and persistent nausea and vomiting with excessive salivation.
-Mucus and bile often present in vomit.
-Irritability of mood.
- Nux Vomica:** -Vomiting in spasms after breakfast.
-Bitter acid-tasting vomit.
-Heavy weight in lower stomach.
Constipation, irritability.
- Petroleum:** -Persistent nausea and vomiting.
-Don't lose appetite, returns to eating after vomiting.
- Pulsatilla:** -Variable nausea with intolerance to heat or greasy and fatty foods.
-Symptoms often worse in afternoon, evening but typically changeable.
-Absence of thirst, mood tearful and passive.
-Thick whitish-yellow coating on tongue.
- Sepia:** -Hunger insatiable, vomit pale with mucus.
-Exhaustion, fatigue, constipation, irritability.
-Low dragging abdominal pains.
-General sensation of emptiness.
- Sulphur:** -Burning acid vomit, offensive odour.
-Marked hunger, symptoms worse on waking.
-Diarrhoea common plus some form of skin itching.
- Tabacum:** -Nausea.
-Pallor, chilliness.
-Persistent salivation.