Press Release from the Department of Ayush

Homoeopathy in Mother and Child Care

Motherhood is a beautiful journey, but it can also feel overwhelming. From pregnancy to early childhood, mothers and children are among the most sensitive groups in society and need safe and gentle health support. Homoeopathy offers a natural and holistic approach that supports both mother and child while working alongside conventional medical care and focusing on overall wellbeing.

During pregnancy, many women experience common problems such as nausea, acidity, constipation, backache, sleep disturbances, and mood changes. Homoeopathic medicines selected according to individual needs can help manage these discomforts safely under proper medical supervision. They support both physical comfort and emotional balance during this important stage.

Homoeopathy can also be helpful during labour by supporting the natural process of delivery and reducing anxiety and discomfort when used under the guidance of a qualified practitioner. The period after delivery is equally important for recovery. Mothers often face fatigue, pain, stress, and emotional changes while adjusting to new responsibilities. Homoeopathy may help improve recovery, support healing, promote lactation, and assist mothers in regaining strength more comfortably.

For infants and young children, homoeopathy is widely preferred because it is gentle and well tolerated. The medicines are commonly given in the form of small sweet globules, which children usually accept easily and make administration simple for parents. It is commonly used for problems such as colic, teething discomfort, cough, cold, and digestive disturbances. By focusing on the child as a whole, it supports both immediate relief and long term wellbeing.

Homoeopathy also helps in managing common gynaecological concerns such as painful menstruation, irregular cycles, and excessive menstrual bleeding. Treatment aims to correct internal imbalance and improve overall health naturally.

One of the special features of homoeopathy is its individualised approach. Each patient receives treatment based on their complete physical and emotional condition, not only the disease. This makes it especially helpful in chronic and recurring conditions.

However, treatment during pregnancy and childhood should always be taken under the supervision of a qualified practitioner and self-medication should be avoided.

In conclusion, homoeopathy provides a safe, gentle, and holistic method of care for both mothers and children. With proper guidance, it can support healthy pregnancy, recovery after delivery, and the overall growth and wellbeing of children. Sometimes simple and natural approaches bring lasting comfort and confidence to families.

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