

## Research Article

# A Clinical Observational Case Series Study Performed to Find out How the Good Health of Mother Before and During Pregnancy Contribute in Giving Birth to a Healthier Baby with the Help of Homeopathic Anti-Miasmatic Medicines

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## Abstract

**Introduction:** Most of the psychiatric disorders and Autism are epigenetic with no permanent damage to the brain tissue; it is just a blockage which doesn't allow brain to perform properly. The period before pregnancy, Pregnancy and the first two years of child's life may play a crucial role in provoking such diseases.

**Objective:** To study the role of anti miasmatic homeopathic remedies taken by mother during pregnancy, in improving immunity in the child in comparison with the siblings.

**Materials and Methods:** This clinical observational study held at Reeshabh Homeo Consultancy, Nagpur, India from 2010 to 2020 with 29 women, age ranging from 25-40 years.

The mothers who were going to give birth to second or third child were considered for this clinical observational study so that comparison could be done in sibling belonging to the same heredity.

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The would-be mothers were suggested to keep away from the unhealthy packaged food, strong medication like antibiotics, pain killers, anti-allergies, steroids, nasal drops and dental treatment as much as possible for one year before planning the pregnancy as well during gestation. Family is requested to maintain peace, good diet and happy environment throughout pregnancy. Some stress is obvious due to hormonal changes and day to day life.

Women were suggested not to take any medication other than homeopathy for any condition, one year before and during pregnancy. Homeopathic calcium and iron prescribed during gestation. One dose of Sulphur 200 in second month of pregnancy given.

Homeopathic medicines were given as per individual constitution to cover up any discomfort like morning sickness, colic, constipation, hemorrhoids, varicose veins, mood swings, nervousness during pregnancy.

Instead of mandatory Tetanus injection, homeopathic Hypericum Perf given.

Children were evaluated at the average period of 4 years since the birth by considering the particular inclusive, exclusive and withdrawal criteria.

**Results:** Result of the study was evaluated considering the immunity for common childhood diseases as shown in Table 1, according to frequency of illness of the child, reported by parents as compared to the siblings.

**Name of the disease:** Common cold and cough, Tonsillitis, Fever, Diarrhea, Dentition, Skin eruption, Colic, Constipation, Ear infection, Reaction to vaccination

In comparison among siblings, in 23 situations immunity was better, in 10 situations, immunity was lower and in 5 situations immunity was almost same.

In comparison to the total 38 children, 29 children of our case study showed 76.32% better immunity, 26.32% lower immunity and 13.16% same immunity.

**Discussion and Conclusion:** In this Comparative clinical observational case study, it is found that the good health of mother before and during pregnancy contribute in giving birth to a healthy baby. Anti miasmatic homeopathic remedies taken by mother during pregnancy, proved beneficial in improving immunity in the child in comparison with the siblings.

**Keywords:** Anti-miasmatic; Autoism; Homeopathy; Immunity; Pregnancy; Siblings

## Introduction

Most of the psychiatric disorders and Autism are epigenetic with no permanent damage to the brain tissue; it is just a blockage which doesn't allow brain to perform properly. The period before pregnancy, Pregnancy and the first two years of child's life may play a crucial role in provoking such diseases.

## Objective

To study the role of anti miasmatic homeopathic remedies taken by mother during pregnancy, in improving immunity in the child in comparison with the siblings.

## Materials and Methods

This clinical observational study held at Reeshabh Homeo Consultancy, Nagpur, India from 2010 to 2020 with 29 women, age ranging from 25-40 years along with the help of co-authors.

The mothers who were going to give birth to second or third child were considered for this clinical observational study so that comparison could be done in sibling belonging to the same heredity.

The would-be mothers were suggested to keep away from the unhealthy packaged food, strong medication like antibiotics, pain killers, anti-allergies, steroids, nasal drops and dental treatment as much as possible for one year before planning the pregnancy as well during gestation. Family is requested to maintain peace, good diet and happy environment throughout pregnancy. Some stress is obvious due to hormonal changes and day to day life.

Women were suggested not to take any medication other than homeopathy for any condition, one year before and during pregnancy. Homeopathic calcium and iron prescribed during gestation. One dose of Sulphur 200 in second month of pregnancy given.

Homeopathic medicines were gives as per individual constitution to cover up any discomfort like morning sickness, colic, constipation, hemorrhoids, varicose veins, mood swings, nervousness during pregnancy.

Instead of mandatory Tetanus injection, homeopathic Hypericum Perf given.

42 mothers joined in the beginning.

Five left as could not maintain the inclusion criteria.

Five got removed as underwent other than homeopathic treatment during pregnancy for typhoid, root canal, urticaria, backache and urine infections respectively.

Three got removed as babies born with C section.

Children were evaluated at the average period of 4 years since the birth by considering the particular inclusive, exclusive and withdrawal criteria.

### Inclusion criteria

- Consideration of cases only from Reeshabh Homeo Consultancy
- Mothers having 1 or 2 (mentally and physically) normal children born as FTND.
- Age group of child- 0-4 years, born as FTND
- Both gender

### Exclusion criteria

Organic or systemic disorders in mother.

### Withdrawal criteria

- If patient started with any other system of medicine during the duration of study.
- If patient was irregular for follow-ups.
- Mothers not following the given instructions.
- Child born by C section.

## Assessment Method

Assessment of individual case done on the basis of Individuality of case and comparison with siblings regarding number of visits to pediatrician for cough, coryza, fever, tonsillitis, diarrhea, skin eruptions, abdominal colic, dentition, constipation, reaction to vaccination etc.

Criteria for assessment is as follows-

- Immunity improved
- Immunity not improved

## Data Management & Analysis

- Data for case taking, collected from parents, child's caretaker, self-observation & examination finding.
- Diagnostic criteria- According to the frequency of illness of the child (as per individual common childhood disorder) in comparison with sibling when he/she was in the same age.
- Selection of simillimum done after complete case taking, analysis, evaluation and repertorization to cover any acute emergency in the child.
- Ethical issue, (if any): there is no medico legal issue in this topic, but for safety purpose consent of the patient's family taken.

Result of the study was evaluated considering the immunity for common childhood diseases as shown in table 1, according to frequency of illness of the child, reported by parents as compared to the siblings.

Name of the disease
Common cold and cough
Tonsillitis
Fever
Diarrhea
Dentition
Skin eruption
Colic
Constipation
Ear infection
Reaction to vaccination

**Table 1:** Name of the disease.

## Results

In comparison among siblings, in 23 situations immunity was better, in 10 situations, immunity was lower and in 5 situations immunity was almost same.

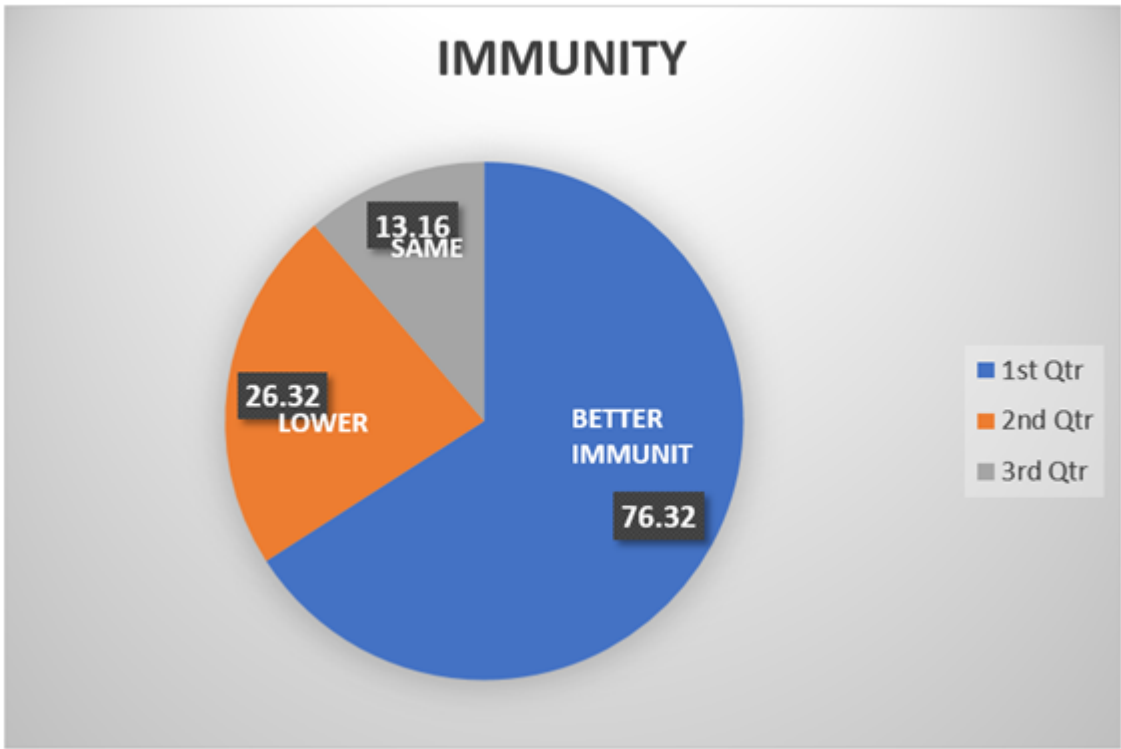
In comparison to the total 38 children, 29 children of our case study showed 76.32% better immunity, 26.32% lower immunity and 13.16% same immunity (Figure 1 and Table 1).

## Discussion

The findings, argue that life habits and experiences shape our body's defenses more than the DNA passed down from our parents.

Your Immune System Is Made, Not Born [1]!

Same thing I observed in this case study, although belonging to same heredity, precautions taken by mother before and during



**Figure 1:** Immunity.

Number of the patient	Name of the disease which siblings had	Number of siblings	Frequency in sibling at age of 0-4 years	Frequency in child at age 0-4 years	Immunity
1	Common cold, cough, Fever, URTI	1	Once in 3 months	Once in 5-6 months	Better
2	Diarrhea and difficult dentition	1	Once in 10-15 days during dentition	Once in 35-40 days during dentition	Better
3	Skin eruption Diaper rash	1	Twice till age of 2 years	Once till age of 2 years	Better
4	Colic	1	Once in 10-20 days	Once in 40-45 days	Better
5	Constipation	1] 2]	1] Obstinate. Almost daily till age of 2.5 years 2] Occasional. Once in a while	Once in a while especially during lactation	1] Better 2] Same
6	Ear infection, Coryza	1	Once in 3 months	Once in 5-6 months	Better
7	Reaction to vaccination	2	1] Nil 2] Nil	Nil	Same
8	Tonsillitis and Fever	1	Once in 45-60 days	Once in 6 months	Better
9	Tiny itching eruption on face	2	1] Occasional 2] Never	At weather change	1] Better 2] lower
10	Vomiting with colic	1	Rare	Various times	Lower
11	Constipation	1	Always	Occasional	Better
12	Common cold, cough, Fever, URTI	2	1] Once in 2-3 months 2] Running nose- tendency+	Once in 5-6 months	1] Better 2] Much better
13	Diarrhea and difficult dentition	1	Occasional loose green stool during dentition	Frequent diarrhea with and without dentition	Lower
14	Diaper rash	1	Never	Worst at age of 15 days	Lower
15	Colic	1] Hard abdomen 2] Soft abdomen	1] Frequent 2] Rare	Occasional	1] Better 2] Lower

16	Constipation	1	Rare	Rare	Same
17	Earache	2	1)Once in 3 months 2) Never	Once only	Better
18	Reaction to vaccination	1	High grade fever	Screamed whole night after DTP vaccine; rest -NAD	Better
19	Tonsillitis	1	Once in 7-8 months	Once in 18 -24 months	Better
20	Tiny itching eruptions on body	1	Never	Once	Lower
21	Vomiting	1	Always during travel	Not markable	Better
22	Constipation	1	Always	Occasional	Better
23	Common cold, URTI	2	1)Once in years 2) Once a year	Once in 18 months	1) Lower 2) Better
24	Urine infection	1	Frequent	Twice	Better
25	Hemorrhoids	2	1) Never 2)Relapsing Frequently	Never	1) Same 2)Better
26	Diarrhea; loose motions and vomiting(dehydration)	1) Dehydration severe 2) Only watery motions	1) twice 2)Occasional	1)Not yet 2)Occasional	1) Better 2) same
27	Nose obstruction/mouth breathing	1	Never	Various times	Lower
28	Earache	2	1)Once in 2 years 2) Never	Once only	1)Better 2) Lower
29	Worm infestation	1	Once in 9-10 months	Twice only	Better

**Table 1:** Immunity.

pregnancy, helped us to get healthier child. Sulphur must have played an important role. I could not justify the exact action of sulphur but I think I actually do not need to find out the exact action of sulphur here as Hahnemann already quoted it 200 years back!

I just revisited his concept with my clinical observation.

Conclusion

In this Comparative clinical observational case study, it is found that the good health of mother before and during pregnancy contribute in giving birth to a healthy baby. Anti miasmatic homeopathic remedies taken by mother during pregnancy, proved beneficial in improving immunity in the child in comparison with the siblings.

Personal Comments

The study in just 29 children is not enough to support a big sentence like creating healthier generation or blooming genesis but it has shown a ray of hope.

Such studies must be taken up on the large scale.

It’s a team work. Doctor and Parents must have good understanding.

Limitation of this study was lack of confidence in homeopathy regarding any emergency during pregnancy and lack of patience in would be mothers to tolerate sufferings for a while. They surrender to any pain and suppress the immunity.

I am trying to convince the society for the large-scale study not only to observe the physical betterment but to understand the difference homeopathy is making at mental plane.

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