



## Remedies that treat Colic

These remedies can be picked up from the Windsor Homeopathic Practice (phone beforehand)

### QUESTIONS YOU NEED TO ASK

What time of day is the colic worse or better?

What position makes it worse?

What position makes it better?

How old was the baby when the colic started?

Did anything else happen to the baby just before the colic started, eg vaccination?

From the baby's point of view, what kind of birth did he/she have?

Does anything ameliorate the symptoms, eg car drives, going out in push chair, heat, cold?

When the baby is crying what does he/she do with her legs and arms?

Does he stretch out during crying fits?

How long does the crying last?

Does the baby wake when you lay him down?

Does the baby go bright red during a crying fit?

Does your baby seem to get angry easily?

Is your baby feeding well? (if not contact homeopath or GP)

Is your baby gaining weight? (if not contact homeopath or GP)

### COLOCYNTHIS

These babies are in excruciating abdominal pain that makes them want to bend double.

They spasmodically bring their knees up to their chest during the pain and wriggle about a lot. They feel much better if their tummy is rubbed clockwise, firmly, or firm pressure is applied to their abdomen by laying them over your knee or pressing them into your shoulder in an up right position. This baby will also benefit from being placed over your knee with a warm hot water bottle in between your leg and their tummy.

Try one colocynthis 30 daily. A breastfeeding mother can take this remedy herself, it will go through to the baby in her milk. If in any doubt give the remedy directly to the baby, drop one tiny pillule into your baby's mouth and watch it dissolve.

### MAGNESIA PHOSPHORICA

Try this remedy if colocynthis fails to work as the remedy picture is very similar in infants, this baby feels better after passing gas.

### CHAMOMILLA

This baby is fretful and fussy, she is hypersensitive to pain. She will seem angry and when she cries she will turn bright red. Their scream is very loud, long angry. They become worse if they get hot which can set up a vicious cycle of hot leading to angry leading to hot again. The only thing that seems to quieten this baby down is to be picked up and rocked, driven about in the car, or pushed about in a pushchair.

This baby will most probably be disturbed and in pain during the night, waking every hour



and especially worse after her feed.

Try Chamomilla 30, three doses in a 24 hour period and wait. If there is no improvement don't give another dose, but if there is good improvement change to one or two doses every 24 hours and ring homeopath after a few days.

### **DIOSCOREA**

This baby feels worse when lying on his tummy or when firm pressure is applied to his abdomen, the opposite of Colocythisis and Mag Phos. He will throw his head backwards and arch his back, he is getting relief from stretching out. He stiffens up with the pain and it seems as if he is trying to stand up. He will feel better if he is being carried about and especially benefits from facing backwards over his parent's shoulder. His tummy will rumble, he will pass lots of gas and his dirty nappies will be foul smelling.

He often has a coated tongue.

### **CUPRUM**

This colic is violent and cramping and the baby's pain is aggravated by heat.

The abdomen is hard and hot to the touch and you will be able to feel your baby's tummy contract with intermittent spasms.

### **SENNA**

Sometimes when a baby is being bottle fed and the formula cows' milk disagrees with her she may suffer from severe constipation with excessive amounts of gas and hard dark stools. Changing to the formula Nanny made from goats' milk may well help as the fat and protein molecules are smaller and easier to digest.

Try one Senna 30 daily for a week and phone your homeopath.

The phone number for Nanny is Vitacare 0800 3285826—explain this is a recommendation from your homeopath and you will get a substantial discount.

### **NUX VOMICA**

This baby has a hard drawn in tummy and has severe constipation. He will feel much better after he has filled his nappy. He is also much better when he has a quiet life as he is easily over stimulated. If he is taken out too much he will become fractious, nervous, irritable and startle easily. He is sensitive to bright light and doesn't get to sleep easily.

### **BORAX**

These babies hate downwards motion and will wake up if you try to lay them down in their cot once they have fallen asleep in your arms.

They hate to be thrown up in the air and caught, something that some babies love. They are nervous and easily startled by sudden noises. They may wake screaming for no apparent reason and be in a lot of distress before passing a stool and then change dramatically after filling their nappy.

If your baby refuses to feed or is intolerant of milk, consult your homeopath or GP, she may have thrush or another relatively easy to sort out condition.

