

# Harry van der Zee

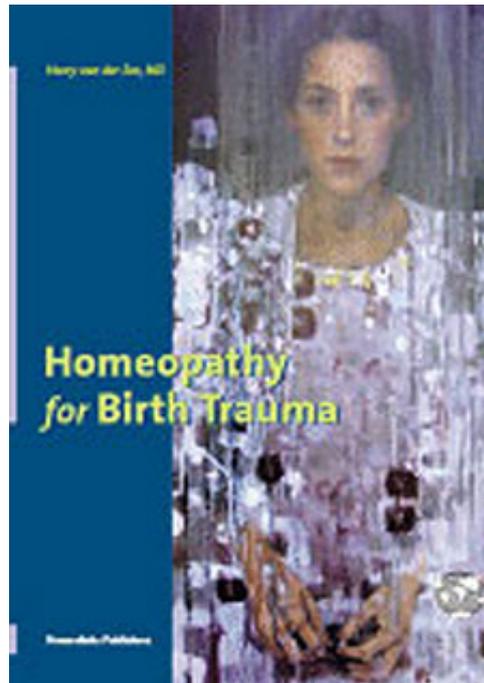
## Homeopathy for Birth Trauma

Leseprobe

[Homeopathy for Birth Trauma](#)

von [Harry van der Zee](#)

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# Introduction

Information from the birth history is usually only included in a case analysis if the delivery was very traumatic and a seemingly causal relationship exists between birth and later problems in life, e.g. a child with nightmares and a history of forceps delivery (*Stramonium*) or an infant with constipation and the use of opiate-like substances during delivery (*Opium*). It is therefore mainly in the case-taking of children who need acute remedies that the history of birth seems significant, since it is especially the very last moment of birth that impresses as being traumatic and during which mother and child run the highest risk.

To show that also in other cases traces of the simillimum can already be found in the birth history, a few more cases will be added here to the ones already presented in 'Miasms in Labour'. Some of these give magnificent information and allow us to reach a deeper understanding of birth and how to interpret its signs and symptoms.

In a way every birth is traumatic. Whether we can then infer that it is therefore also a cause of pathology later in life is open to question. Perhaps it is better to say that birth is an experience that can be traumatic but is always meaningful for the individual born and, as far as I can conclude from my work with patients, always similar in its tune to the repetitive themes later in life. It will always provide a meaningful experience for the newborn, but the better the mother and those helping her are able to let it unfold in a natural way, in tune with the child's nature, the less traumatic it will be.

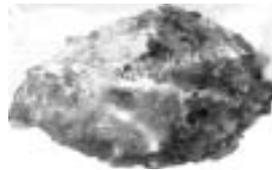
In 'Miasms in Labour' I made an extensive analysis of the birth process leading to new insights into the nature of miasms. In this chapter I will only briefly summarise some of the material presented there. After having discussed a wide variety of aspects concerning birth in the chapters to follow, I will come back to the connection between birth and miasms in the final chapter and add new insights and more miasms.

# Stillborn babies

In the past the inclination was to take a stillborn baby away from the mother directly, and not even show it to her, especially if it was disfigured. We now know that this makes the process of mourning more difficult for the mother. If the mother does not want to see her baby herself, the taking of a photo is advised so she can look at her baby later if she wants to. To see that the baby was indeed disfigured can help her to make peace with its death, because she can feel that life would have been very hard or impossible for her baby. Seeing that the little baby was perfect and beautiful can prevent the formation of the idea that she would not be able to give birth to a healthy child.

To see the baby and to hold it helps the mother to part from her child. Often parents will also give the stillborn a name and a funeral or cremation. The ritual of parting from the baby in this way is important for the parents and the brothers and sisters, as well as providing a place where he or she can be remembered.

A history of a stillborn baby in the family can have strong implications for the child conceived after that. A remedy suggested by the French paediatrician *Didier Grandgeorge* for children born after the mother lost an earlier child is *Hura brasiliensis*, but, depending on the symptoms, many other remedies can be indicated as well.



Case of an angry frown

## **A 13-year-old girl with bedwetting**

*Julia enters the office clearly under protest. She sits down with an angry frown. Her mother explains that Julia uses Minrin<sup>48</sup> spray for bedwetting, but that she gets side-effects from it, so she wants to find a different way of solving the problem. Clearly I first need to break the ice with Julia and mention her anger to acknowledge it and make clear that as far as I'm concerned we will only go through with the consultation if she wants to. first she stays defensive and says 'I'm not afraid of doctors at all'. Since I wasn't suggesting she was, this makes clear that she is, but it doesn't seem to be the main reason to resent the interview. I ask whether she dislikes talking about bedwetting. She declares she feels ashamed about it, and that, since it happens every single night, it drives her crazy. 'We're on speaking terms now so she starts telling about herself. 'I'm always very nervous anticipating going for a swim, or to school etc. everything makes me nervous, even nice things. I always wonder how it will be, and at school I'm afraid I will fail. I start preparing for tests long in advance.'*

*She further declares that she is afraid of men and always looks round to see if someone is behind her. She is afraid of being kidnapped or of her parents being shot if they go to town. If she rides her pony she gives it the spurs if she sees a man, and she always has a whip with her just in case she ever needs to fend off a man.*

*Recently her grandfather died. After having seen him lying in the coffin she had nightmares and this triggered unpleasant thoughts of her own dying.*

*Julia is fond of horses and is prepared to do everything for her pony.*

*She is easily angered.*

*When mother found out she was pregnant of Julia she was very startled because she had previously given birth to a stillborn child, and was afraid that things might go wrong again. Hearing her mother saying how she startled she was at the news of the pregnancy, Julia asks 'weren't you happy being pregnant again then?'*

*Where the news about being pregnant usually gives rise to joy, we see the mother instead getting afraid, just as Julia gets nervous about anything that is about to happen, pleasant or not. There is a fear of death and of being kidnapped, meaning taken away from the parents, where in the history of the mother a dead child was taken away from her. In several cases I have seen that the initial response to the awareness of being pregnant is essential information in understanding a child. Julia's angry nature can be connected with the feelings of indignation that she expressed in her question to her mother, 'weren't you happy being pregnant again then?' Although nothing personal was meant towards Julia when the mother suddenly felt afraid on realising that she was pregnant, for Julia it was very personal, since she is missing the context and just experiences an initial resentment on her mother's part at being pregnant. Especially the feeling of whether or not being welcome is important here.*

*Julia's bedwetting can be seen as an ongoing unconscious silent protest fed by anger at her mother.*



*The remedy I selected for her was Equisetum hyemale. Equisetum is a remedy full of Silica, for which there are several symptoms. Equisetum itself is not well represented in the repertory, but there are a few symptoms that support the prescription.*

- *Bladder, urination, involuntary, night, incontinence in bed, when there is no tangible cause except habit*
- *Frown, disposed to, angry*
- *Irritability*
- *Restlessness, nervousness*

*It's interesting that she is so fond of horses. The plant is called horsetail and Linnaeus writes that it is excellent food for horses. It's possible that not only are horses fond of horsetail, but Equisetum is also fond of horses.*

- *Delusion he is falling*

*If a child does not feel that it is received with love, and lacks the feeling of being welcome, it feels dropped, figuratively speaking.*

*Thuja, the main remedy for dreams of falling, is also one of the main remedies for unwanted pregnancies. Lac caninum, one of the main remedies with a fear of falling, is another example of a person that doesn't feel carried and nurtured and develops low self-esteem as a result.*

*Julia responded beautifully to Equisetum 200K. For the first few weeks she was very irritable and angry, but stopped bedwetting. Only before some special events did she wet her bed the night before. Since the remedy she is clearly less nervous, and falls asleep more easily than before, when thoughts about all kinds of things made her fall asleep late. ('Falling asleep' is an interesting expression that shows that giving in to sleep requires a similar kind of trust that a mother who will catch and carry you provides.) Her fears also decreased. The remedy was repeated when seventeen months later she started hyperventilating and didn't dare to ride her pony any more, and again five months later when after moving house she started wetting her bed again.*

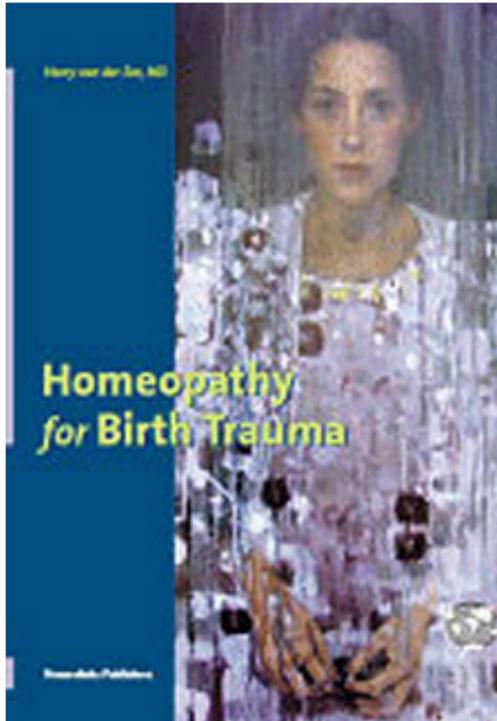


### **Pearls**

**A stillborn baby should not be taken away from the parents and other children immediately.**

**The ritual of a funeral or cremation to take leave of the dead is as important in stillborn babies as it is with family members who die at a later age.**

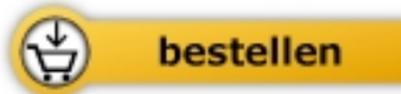
**The initial response of the parents to the news of the pregnancy is essential information in understanding a child later in life.**



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