

Doula Notebook

FIRST TRIMESTER			
Emotional swings	Assist in relaxation	Nervines	<i>Scutellaria lat.</i>
Fatigue	Support energy levels	Adaptogens	<i>Withania somnifera</i>
Headache	Relaxation of mm.	Nervines	<i>Matricaria rec., Lavendula ang., Stachys betonica</i>
Morning sickness	Settle Digestion	Carminatives	<i>Zingiber off.</i>
Sore breasts	Relieve fluid tension		<i>Cabbage leaves topically</i>
Hyperemesis gravidarum	Settle Digestion	Carminatives	<i>Zingiber + Mentha+ Matricaria+ Dioscorea & Tarax rad. Replace electrolytes</i>
Threatened miscarriage	Uterine support	Antispasmodics	<i>Viburnum opulus Viburnum prunifolium Chamaelirium luteum</i>
Inevitable miscarriage	Uterine support	Antispasmodics	<i>Viburnum opulus Viburnum prunifolium Chamaelirium luteum</i>
SECOND & THIRD TRIMESTER			
Anxiety	Calm mother	Anxiolytics	<i>Piper methysticum</i>
Backache	Relax back muscles	Antispasmodic	<i>Viburnum opulus</i>
Colds/Flus	Eliminate infection	Antimicrobial/viral	<i>Sambucus nigra fruct.</i>
Constipation	Encourage BM	Gentle laxatives	<i>Soaked prunes</i>
Edema	Reduce edema	Diuretic	<i>Urtica dioica fol.</i>
Haemorrhoids	Relieve pressure	Venous toners	<i>Hammamelus external</i>
Heartburn	Soothe Esophagus	Stomachic	<i>Filipendula ulmaria</i>
Insomnia	Induce natural sleep	Sedative Nervines	<i>Scutellaria lat.</i>
Itchiness	Reduce pruritis	Astringents	<i>Hammamaelis extract</i>
Sciatica	Reduce nerve spasm	Antispasmodic	<i>Viburnum opulus</i>
Stretch marks	Nourish skin	Vulnerary	<i>Centella asiatica oleum</i>
Urinary incontinence	Tonify bladder	Bladder toners	<i>Rhus odoratum</i>

Anaemia	Give iron	Nutritives high in minerals	<i>Althea off. fol.</i> <i>Medicago sativa</i> <i>Rubus idaeus</i> <i>Urtica dioica fol.</i> prepared with Blackstrap molasses
Beta Strep Infection (GBS)	Ensure proper nutrition	Nutritive tea	Pessary
Gestational Yeast	Nourish the terrain Treat the yeast after birth of baby	Probiotics	Probiotics oral & intravaginal, reduce all sugar
Gestational Diabetes	Regulate blood sugar	Adaptogens (Endocrine regulating)	<i>Oplopanax horridum</i> <i>Panax quinquefolius</i> <i>Vaccinium myrtillus</i>
Hypertension	Lower blood pressure	Hypotensives	<i>Tilia europa</i>
LABOUR & DELIVERY			
Preparation for labour & delivery	Tone Uterus	Partus preparators	<i>Caulophyllum thali.</i> <i>Chamaelirium luteum</i> <i>Cimifuga racemosa</i> <i>Lamium album</i> <i>Mitchella repens</i> <i>Rubus idaeus fol.</i>
		Uterine tonics	<i>Caulophyllum thali.</i> <i>Chamaelirium luteum</i> <i>Cimifuga racemosa</i> <i>Lamium album</i> <i>Mitchella repens</i> <i>Rubus idaeus fol.</i>
Breech baby	Assist in natural turning of baby	Use of TCM modalities and skill of midwife	Moxibustion with <i>Artemesia vul.</i> on UB 67
Premature ROM	Stimulate contractions	Uterine stimulant	<i>Caulophyllum thali.</i> <i>Ricinus communis</i> <i>Rubus idaeus</i> nipple stimulation sexual intercourse
	Stimulate cervical ripening	Prostagladins	Evening Primrose Oil

Postdates (medical restrictions require that women give birth by 41 weeks gestation or within 18 hours of ROM)	Stimulate contractions	Uterine stimulants	<i>Caulophyllum thac.</i> <i>Ricinus communis</i> <i>Rubus idaeus fol.</i> nipple stimulation sexual intercourse
	Stimulate cervical ripening	Prostagladins	Evening Primrose Oil
Pain	Relieve labour pain	Analgesic/sedative	<i>Corydalis ambigua</i> <i>Eschscholzia cali.</i> <i>Piscidia piscidia</i>
Facilitating labour	Promote smooth muscle relaxation & Coordinate uterine muscle activity	Uterine spasmolytics	<i>Cimicifuga racemosa</i> <i>Leonurus cardiaca</i> <i>Viburnum opulus</i> <i>Viburnum prunifolium</i>
Anxiety	Relieve maternal anxiety & tension	Anxiolytic Nervines	<i>Leonurus cardiaca</i> <i>Matricaria recutita</i> <i>Melissa off.</i> <i>Nepeta cataria</i> <i>Passiflora incarnata</i> <i>Piper methysticum</i> <i>Scutellaria lateriflora</i> <i>Tilia europa</i> <i>Valeriana off.</i> <i>Verbena off.</i>
Pelvic tension	Promote smooth muscle relaxation & Coordinate uterine muscle activity	Uterine spasmolytics	<i>Cimicifuga racemosa</i> <i>Leonurus cardiaca</i> <i>Viburnum opulus</i> <i>Viburnum prunifolium</i>

Pelvic tension	Relieve maternal anxiety & tension	Anxiolytic Nervines	<i>Humulus lupulus</i> <i>Leonurus cardiaca</i> <i>Matricaria recutita</i> <i>Melissa off.</i> <i>Nepeta cataria</i> <i>Passiflora incarnata</i> <i>Piper methysticum</i> <i>Scutellaria lateriflora</i> <i>Tilia europa</i> <i>Valeriana off.</i> <i>Verbena off.</i>
	Relieve labour pain	Analgesic/sedative	<i>Corydalis ambigua</i> <i>Eschscholzia cali.</i> <i>Piscidia erythrina*</i>
	Ensure proper nutrition	Nutritive tea	<i>Althea off. fol.</i> <i>Medicago sativa</i> <i>Rubus idaeus</i> <i>Urtica dioica fol.</i>
		Electrolyte replacement	1 L mason jar with: Filtered water or herbal tea 1/8-1/4 tsp. Sea salt ¼ - ½ tsp. crushed Cal/Mag tablet ¼ cup of lemon juice 1-2 Tbsp. Honey or Maple Syrup
Postnatal haemorrhage	Medical emergency		

POSTPARTUM			
Postpartum bleeding	Promote normal lachia	Uterine & capillaries tonifiers	<i>Achillea millefolium</i> <i>Alchemilla vulgaris</i> <i>Angelica archangelica</i> <i>Capsella bursa-pastor.</i> <i>Cinnamomum zeylan.</i> <i>Erigeron canadensis</i> <i>Hamamelis virginiana</i> <i>Leonorus cardiaca</i> <i>Urtica dioica fol.</i>
Perineal Care	Soothe perineal tissue postpartum	Vulneraries	comfrey leaves** 2 ounces calendula flowers 1 ounce lavender flowers 1 ounce sage leaf 1 ounce myrrh powder 1/2 ounce sea salt 3/4 cup
Inefficient milk supply	Lactation support	Galactagogues	<i>Borago off.</i> <i>Cnicus benedictus</i> <i>Foeniculum vulgare</i> <i>Galega off.</i> <i>Trigonella foenum-graceum</i> <i>Vitex agnus-castus</i>
Sore nipples	Soothe and moistures nipples	Vulneraries	<i>Calendula</i> infused in coconut/olive oils, Cocoa butter, Shea butter
Thrush	Support the growth of healthy flora	Probiotics & lactofermented food application and ingestion	Apple cider vinegar Yogurt, Probiotics
	Eliminate the yeast & candida	Antifungal	<i>Juglans nigra</i> (use swab only)
Breast engorgement & mastitis	Reduce inflammation	Astringents, Anti-microbial	<i>Echinacea angustifolia</i> Cabbage leaves topical
Postpartum Depression			<i>Avena sativa</i> <i>Hypericum</i> <i>Leonurus, Matricaria</i> <i>Passiflora</i> <i>Piper methysticum</i> <i>Lavendula off.</i> <i>Tilia europa</i>

*Give ¼-1/2 tsp (in combination) every 15-30 minutes for up to a maximum 6 doses.
Discontinue if not effective.

Do not exceed this dosage range due to potential toxicity from the *Piscidia*.

** Note: It has been suggested that Pyrrolizidine alkaloids (PA), known to cause hepatic damage when taken internally, can also be absorbed through skin abrasions and open wounds. There have been no case reports of hepatotoxicity from the use of comfrey on perineal tissue after tearing, episiotomy or suture repair. Plantain leaves can be used as a substitute if there is concern or the herb simply omitted; however, no adverse effects are expected from short-term topical exposure over a week of postpartum baths for either mother or infant.

Eclectic practitioners: Mother's cordial

Caulophyllum thal.

Chamaelirium luteum

Cimicifuga racemosa

Mitchella repens

Herb Categories to Avoid During Pregnancy

The herbs listed under each category are representative examples and are not exhaustive. Additional herbs may fall into any of these categories.

Abortifacients and Emmenagogues

Tansy
Thuja
Safflower*
Scotch broom
Rue
Angelica
Mugwort
Wormwood
Pennyroyal
Yarrow*

Sorghum
Senecio spp.

Alkaloids

Comfrey*
Coltsfoot
Borage
Goldenseal*
Barberry
Oregon grape*

Essential Oils and Volatile Oils *

Thuja
Tansy
Oregano*
Thyme*
Sage
Peppermint
Pennyroyal essential oil

Stimulating Laxatives

Cascara sagrada
Castor oil
Buckthorn
Aloe*
Rhubarb

Teratogens

Lupinus spp.
Veratrum spp.,
Conium spp.
Solanum spp.
Nicotiana spp.
Ferula spp.
Trachymene spp.
Datura
Prunus spp.

Phytoestrogens

Hops
Red Clover
Isoflavone extracts

Nervous System

Stimulants/Depressants

Ephedra
Guarana
Coffee
Kava

* Avoid internal use; external use may be acceptable under the guidance of an experienced botanical medicine practitioner.