

# Healing the Effects of Pre and Perinatal Traumas with Homeopathic Medicine

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Abstract: Homeopathic medicine has been evolving for over 200 years. This article shows its dramatic efficacy in removing traumas absorbed by the fetus during pregnancy and birth. Homeopathy and the principles upon which it works are explained. Case histories from clinical practice illustrate how homeopathy heals the resulting maladies of psyche and body from pre and perinatal traumas. We are all too familiar with how imbalanced the mind and body can become in the face of these traumas which are often primary etiologies for autistic spectrum disorders, OCD, phobias, aggression, ADHD, and more. Homeopathy serves to deepen awareness of fetal trauma in our imperfect world, while providing real therapeutic solutions.

Keywords: Homeopathic medicine, Pre and perinatal Trauma, Fetal Trauma

Proven holistic therapies that can treat the source of a mind-body imbalance, along with the manifestation of its symptoms, are relevant and important. This article is intended to shed light on the depth and potential of homeopathic medicine as it is applied to the realm of treating pre and perinatal traumas along with their subsequent mind-body imbalances. Samuel Hahnemann, M.D., the German physician who founded homeopathy, provides a sense of its potential:

“In the state of health the Vital Force, animating the human organism, reigns in supreme sovereignty. The Vital Force maintains the sensations and activities of all parts of the living organism in a harmony that obliges wonderment. The reasoning spirit who inhabits the organism can thus freely use this healthy living instrument to reach the lofty goal of human existence. The highest ideal of cure is the rapid, gentle and permanent restoration of health.” (1843, p. 33).

Homeopathic medicine is based upon a principle in healing: the premise that *like cures like*. In accordance with that, the Law of Similars states that a substance that causes the symptoms of a disease in healthy people will cure similar symptoms in sick people. An example of this would be someone suffering with insomnia from having an overactive mind, with many ideas, preventing sleep. Coffee is a substance that can cause a state of insomnia in someone with an overactive mind. When coffee

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is prepared into the homeopathic medicine, *Coffea cruda*, and taken by the insomniac, it stimulates a curative self-balancing mechanism which enables the person to fall asleep. Thus homeopathic medicine acts by providing a message to the imbalanced (mind-body) organism that matches the disordered state of being. The result is a spontaneous self-healing mechanism that is set into motion. It acts by bringing an awareness of the imbalanced state on an energetic, cellular level that precedes the manifestation of symptoms and sufferings in the mind-body state, while it also includes them. This self-healing mechanism can stimulate a global healing response in the entire mind-body constitution.

Most homeopathic medicines are pharmaceutically prepared from plant, mineral, or animal sources. Homeopathic medicines are repeatedly diluted and shaken in a liquid medium, to the extent that there is typically not a molecule of the original substance remaining in the solution. What remains instead is what I term an “archetypal energy,” which precedes yet is characteristic of the original material substance. The archetypal energy in each homeopathic medicine represents a dynamic disturbance that corresponds to a specific imbalanced mind-body state (Sankaran, 1991). It is this energy in homeopathic medicine that has the power to heal the effects of pre and perinatal trauma.

The fetal experience of trauma is profound. Situational trauma, experienced by the mother, is often deeply absorbed during pregnancy by the fetus. This phenomenon has been well documented by leading professionals in the field of homeopathy and lends itself particularly well to productive case analysis with curative outcomes (Sankaran, 1991; van der Zee, 2007; Sankaran, 2012).

Pre and perinatal trauma originates on energetic levels that precede the mind-psyche, nervous, endocrine, and immunological systems. Yet at the same time, these traumas lead to imbalances in the mind-psyche, nervous, endocrine, and immunological systems. These traumas can imprint the state of consciousness such that the lens of perception of life becomes colored as a limited or delusional state. All life is then experienced in the limited context of the past trauma. This resulting state can run as a continuum through the entire life of an individual. Due to its global effect on the whole being, it has been termed the Central Disturbance or Psyche-Nervous-Endocrine-Immunological systems disturbance, P-N-E-I disturbance (Sankaran, 1991).

In homeopathy, the archetype of the mind-body state of a patient suffering from the effects of prenatal or perinatal trauma is therefore matched to the archetype of the corresponding mind-body state, the dynamic disturbance, in the homeopathic medicine. The action of homeopathic medicine does not require the patient to believe in it or want it to work. Rather, it acts spontaneously on a level that precedes, yet includes, the patient’s mind-body state. The therapeutic action is deep and gentle.

Homeopathic medicines provide an incredible mapping of states of being that reveal an interrelatedness with animate and inanimate substances on earth. This is known as the doctrine of signatures. The doctrine of signatures reveals a oneness between the material substance from which a homeopathic medicine is made, its natural history and properties, along with its functions in the world of nature and civilization. To illustrate this, take the metal element, osmium. The atomic structure of osmium makes this metal extremely hard, tough, and resistant to pressure. It enables functioning of gears in machines that operate under tremendous torque and pressure and belongs to the sixth row of the periodic table. These qualities correlate to particular themes of psyche: being able to handle leadership positions and taking on a lot of responsibility while being under pressure (Scholten, 1996). I have seen homeopathic *Osmium metallicum* have a curative effect on chronic hard muscle knots in a patient’s neck and back that were described as feeling like the twisted, hard steel structural cables of bridges. The patient who benefitted from *Osmium metallicum* had dreams showing strength of character taking responsibility to defend others in danger, standing up for what was right.

Someone who has experienced a prenatal or perinatal trauma could be suffering from its effects and be homeopathically treated for it at any age or station in life, i.e. infants, children, teens, and young adults through old age. The following examples from my clinical practice will illustrate how homeopathy works in treating pre and perinatal traumas.

Homeopathic medicines that are prepared from elements in the periodic table of elements are collectively referred to as “from mineral sources” as described above with *Osmium metallicum*. The minerals relate to issues of structure. All of the elements have been made into homeopathic medicines. The entire periodic table of elements can be seen to represent a map of the evolution of human development. The first horizontal row represents states of being that are preconception, prior to incarnation. The second horizontal row represents states of fetal development, and the entire birth process. The element nitrogen for example, which is found in the second horizontal row, is representative of the process of birth where the fetal transit is delayed or the fetus is stuck in the birth canal. This correlates with panicky sensations of feeling trapped and confined with a desire to escape in the element nitrogen. The adult carrying within himself this perinatal birth trauma may have panic attacks from feeling claustrophobic in a car stuck in traffic with the windows closed or in an elevator. Or this adult might feel emotionally confined in a relationship with the impulse to escape.

The element iodum is connected with the experience of having one’s right to exist taken away. Examples of this can be seen in regions of ethnic cleansing where people are forced to immigrate to another country leaving behind their roots (Scholten, 1996). The element iodum is a halogen and relates to the feeling of being attacked. A trauma of this depth can be passed between generations as an epigenetic tendency. It is passed onto the next generation, from the mother to the fetus, during the prenatal period. Therefore, we may see a patient suffering from advanced hyperthyroidism presenting with tachycardia, weight loss, and low self-confidence. The patient may have a pervasive but subtle pattern of feeling like they did not have a right to exist. I had such a patient who also experienced severe bronchial infections in the winter months with intense coughing. *Spongia tosta* is a homeopathic medicine, made from sea sponge, which contains iodine in its material state. It has a sphere of action on the lungs. The patient received *Spongia tosta* 200C and the hyperthyroidism and the predisposition to bronchial infections ceased completely while low self-esteem issues began to resolve.

The human condition encompasses a wide field of experience. Prenatal trauma need not be dramatic or violent. The following case was of a teenage male of 13 years presenting with a history recurrent bronchitis. He was on and off antibiotics for four months each year during the autumn and winter seasons. His main symptoms were yellow phlegm with a rattling cough. In this case, what stood out was his trying too hard to be appreciated. At school, this would manifest as being highly stressed to do well on an exam or class project. He wanted to be liked by his older brother’s friends and to be included in their activities. His teeth were very slightly yellowed and it struck me as being unusual for him to want to get his teeth whitened. When I asked his mother about her situation and state during her pregnancy with him, she described how her husband was given more projects at work which required him to be away long hours during that period. According to her, the situation elicited her feelings of insecurity. She felt that her husband might meet another woman and have an affair. She felt unappreciated at home.

In homeopathic medicine in the mineral kingdom, we have a mineral salt made from calcium sulphate, known as *Calcarea sulphurica*. In its dynamic disturbance it represents themes of having weak structure, with need for security of family and home and is related to the state of feeling unappreciated (Kent, 1905). *Calcarea sulphurica* also is known for having a sphere of action on yellow mucus. The patient received *Calc sulph* 200C and his cough and phlegm quickly cleared up. A month or two later, he felt an upper respiratory infection starting to return. The homeopathic medicine was repeated and he was able to avoid antibiotics. The remedy was repeated several times over the next year with excellent results in his psyche and physical body. He still wanted to do well in school and be appreciated by others on

appropriate levels. But he had become much more relaxed, less stressed with exams and school projects and less attached to being appreciated. When we see the patient improving globally on all levels, it is a sign that the prenatal trauma is being self-healed. The patient then is freed to optimally fulfill the purpose of their life. In this case, the key to determining the proper remedy was in learning about what trauma the mother had endured during her pregnancy that could have been transmitted to her baby (my patient) in utero.

Osteopathic medical doctors have explained to me the direct correlation between stress in the psyche, the mental–emotional state, and tension in the cerebrospinal fluid. They described how the mind-body constitution naturally deals with this “somaticised” cerebrospinal stress often by releasing it through the mucosa of the body, i.e. the upper respiratory tract. We can therefore understand a basic natural working of health known as the law of direction of cure. The law of direction of cure states that cure occurs from within to without and from above to below (Hering, 1845; Sankaran, 2012). In the case of this boy with upper respiratory infections, his mind-body constitution was doing the best it could prior to treatment. The boy’s mind-body constitution was releasing stress that was likely the result of his mother’s emotional state that he absorbed during the prenatal period. From this, it was my understanding that the stress was being released from the psyche, mind, and emotions, apparently via the mucosa of the upper respiratory tract (Breslow, 1988).

Thus, there was wisdom behind his mind-body constitution producing bronchitis. The beauty of homeopathy in this case was that the medicine stimulated a deep cure at the level of the prenatal trauma while having a globally optimizing effect on his entire health. As a result, his mind-body constitution experienced a quantum leap forward in health. This resulted in a state of optimally balanced functioning where it did not need to produce upper respiratory infections to release stress any longer.

In the animal kingdom, we see themes of survival, victim and aggressor. With mammals, there are also themes related to belonging to a group and the welfare of the herd. Mind-body states similar to these are readily passed to future generations. Take for example a pregnant African woman who is a slave on an early American cotton plantation. She is forced to toil in the fields and is exhausted all the time. She has deep bonds with her brother and sister black slaves. They all suffer regular abuse and she sees them being beaten. Her experience has central themes of being a victim, burdened, weighed down with over-work, and feelings of depression, hopelessness, and deep concern for the welfare of her group. I have noticed that this state can be passed as an epigenetic tendency prenatally, during fetal development. It can thus be passed for hundreds of years through subsequent generations. This woman’s state matches the dynamic disturbance of a homeopathic medicine made from the milk of a horse, *Lac equinum*. Imagine then, one of my patients - a present day African-American woman suffering from painful rheumatoid arthritis, weighed down with chronic fatigue, in a deep, dark, depressed state.

She had history of lifelong concern and advocacy for the welfare of others. Homeopathic *Lac equinum* rapidly stimulated a curative response where the patient was able to reduce and discontinue steroid medication, as signs of pain and inflammation faded. Her depression was quickly gone. Blood tests confirmed the absence of rheumatoid factor as well as a drastic reduction of inflammation markers. It is usually not possible to accurately trace an original trauma several centuries back. Yet it is common to see the effects of traumas epigenetically passed on to subsequent generations during pregnancy. Properly applied, homeopathy can remove the roots of these imbalanced mind-body states, thus optimizing the well-being of future generations.

The following is a case of a four-year-old boy in my clinic who presented with 28 large warts on his lower legs. They had been frozen off by a dermatologist, but quickly grew back. From my examination, I found that he was enacting violent fighting behaviors with action toys he brought to the clinic. His mother reported that he was often too rough at play sword fighting with friends. She also described his extreme fear of being alone. The boy would be in

a terrified panic if the mother was in another room of the house where he could not see her. Yet at the same time he would be able to accomplish fearless acts beyond his years such as diving head first into a swimming pool or body surfing in the ocean. I inquired about the mood and situation of the mother during pregnancy. Her personality in general and during pregnancy was peaceful and balanced. However, in the eighth month she noticed bleeding, and was diagnosed with placenta previa. Nourishment to the fetus had been cut off and an emergency c-section was performed. The fetus was in a life or death situation and was suddenly separated from his mother; he was saved and placed in an incubator for one month. In this case, we see a boy stuck in the traumatic perinatal state of his birth. The archetype of the boy's state was the experience of sudden violence in a life or death situation, abandoned in a state of terrified helplessness.

In homeopathic medicine, the plant kingdom is connected to disorders of sensitivity. Each botanical plant family has its own dynamic disturbance archetype, a specific area of sensitivity. For example, homeopathic medicine connects the Solanaceae family with themes of sudden violence, fight or flight, violent terror in a life and death situation, murder, and killing. Within this family there is the plant *Datura Stramonium* whose archetype matched the boy's state of being: its dynamic disturbance is one of sudden terror of being alone, panic, striking, fight or flight reaction, which can have fearlessness as a coping mechanism (Sankaran, 2002). Homeopathic *Stramonium* 200C was given to the boy in two doses on one day only. All the warts disappeared within three weeks. His rough behavior with playmates decreased. He was progressively able to separate from his mother. In the beginning, he was able to feel comfortable knowing the mother was in another room of the house but out of sight. After several months, he was able to see the mother leave the house without the panic reaction. He continued to play with the action toys, however he did so with less acting out of violence. Manifestations of physical symptoms are common when the core of the mind-body state is imbalanced. In this case, the physical manifestation was warts and the disappearance of the warts was very rapid once he received the matching homeopathic medicine.

Prenatal trauma seems to be prevalent in adopted children. The biological parents of these children can carry a heavy epigenetic baggage while facing extremes of situational adversity. Unflattering conditions surrounding some of these pregnancies tend to lead these pregnant women to hide experiences of drug addiction and various levels of abuse. Treating the younger adopted child whose verbal expression is limited, where the picture of the pregnancy is not known, is like an archeologist having many missing pieces to a culture he is trying to understand. Observation of peculiar, unusual behaviors becomes an important component in understanding such cases. In the following case, the family who adopted the child at birth went to great lengths to discover the state of the child's biological mother during pregnancy. The adoptive parents brought to my clinic their five-year-old son who presented with chronic sinus infections that had been treated with antibiotics. He then experienced a chronic clear nasal discharge that never went away. The boy was kept on continued prophylactic doses of antibiotics. Very few other symptoms were evident except for some peculiar behaviors; for example, the boy would take off his clothes and pee on the floor. Also, he was observed leaning against a wall while making gestures resembling the actor, W.C Fields.

Here is the uncovered account of prenatal trauma that helped solve this case. The boy's biological parents were not married and they had a motorcycle biker lifestyle. Early on in her pregnancy, the biological mother discovered that the biological father had an affair with her best female friend. Then, in reaction, the pregnant mother had an affair with the biological father's best male friend.

The biological father was then violent toward the biological mother after which she got a restraining order against him. That was the pregnancy. My analysis of the prenatal state was that there were likely strong feelings related to being abused, treated poorly, with sudden violence and shameless, lewd behavior.

The analysis of this case was greatly helped by immense computerized databases of symptoms from practicing homeopathic physicians over the last 250 years. We have refer-

ence from Timothy Allen, M.D, born in Vermont, who lived from 1837 to 1902. He served as a surgeon during the Civil War, studied in Brooklyn, New York, taught homeopathic medicine at medical colleges, and authored a number of homeopathic reference books. Dr. Allen discovered a homeopathic medicine, *Hyoscyamus niger*, that has a dynamic disturbance where one makes gestures as if he is an actor (Allen, 1874). This particular medicine is from the Solanaceae plant family and it also has the features of sudden violence, being treated like trash, abused, with desire to kill, and shamelessness. *Hyoscyamus niger* 200C was given to the boy. His nasal discharge quickly cleared up and the antibiotics were no longer needed. He stopped taking off his clothes and peeing on the floor. The results of prenatal trauma may take years to develop as he grows from a young boy to an older child, then teenager into adult. The seed of that prenatal trauma could develop into nightmarish foliage. These prenatal traumas represent the roots of what could become the senseless acts of murder, sexual abuse, and the atrocities we regularly hear about in the news. Homeopathic medicine has the power to clear away the malefic imprint of prenatal trauma. It can free up the next generation's abilities needed to address the challenges facing life.

Post Traumatic Stress Disorder, PTSD, has similarities to prenatal trauma. The trauma, in both cases, is deeply embedded on levels that precede the psyche, mind, emotions, and nervous system. With both, we see people stuck in the state of the original trauma. Here is a case where a trauma strongly impacted a patient, starting in her youth. The effect was a form of PTSD. A woman of 54 years presented with hypertension, constipation, abdominal bloating, flatulence, heartburn, insomnia, pitting edema at the ankles, sensations of lump in the throat and of worms crawling in her abdomen. In her psyche, she was experiencing mental disturbance and a lot of stress at work. There was competition in the office work place. She experienced other employees who walked past her and seemed to be planting worms in her abdomen. She further described this experience as being persecuted, attacked, with her lower abdomen being cut and penetrated. She felt the workers were putting evil spells on her and that at times she felt possessed by devils. Outside of the place of employment, such as an airport, she would experience groups of people there conspiring to plant worms in her abdomen. She had dreams of being stabbed from behind. There were no indications of pre or perinatal trauma. However, in her youth, she had been raped. In homeopathic analysis, the central disturbance of this patient had some similarities with the experience of being raped. The patient presented with multiple physical problems. Imbalances in her psyche, mind, and emotions were severe. The patient received a homeopathic medicine made from the venom of the black mamba, known as *Dendroapsis polylepsis* in homeopathy. This medicine has the dynamic disturbance of victim-aggressor from the snakes within the animal kingdom, along with the experience of being raped (Sankaran & Shah, 2010). It is correlated with sensations of being persecuted, possessed, and stabbed. After taking *Dendroapsis polylepsis*, she responded immediately. While continuing to work at the same office, she no longer experienced other employees planting worms in her abdomen. There remained competition at the office and that was okay with her. She got a promotion. She no longer experienced being possessed by devils. She just felt normal. Her digestive and throat symptoms went away. Hypertension and swelling at ankles reduced. When the right homeopathic medicine is given, we see a spontaneous curative process occurring on all levels. This is a phenomenon that can border on the miraculous. It offers genuine solutions for people suffering from fetal, birth, epigenetic traumas, and PTSD.

There are a number of beneficial, natural, non-allopathic drug modalities for treating pre and perinatal traumas for their resulting imbalanced mind-body states of being. Homeopathy has proven to be an invaluable modality with its depth of perception and therapeutic results. This knowledge will further enrich and empower our capacities to effect meaningful healing in the field of birth psychology.

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