



Acupuncture for nausea in pregnancy

Acupuncture is one of the diversion and regulation therapies. Especially in the case of pregnancy nausea, acupuncture has proven itself.

At the beginning of pregnancy, most pregnant women complain of nausea and vomiting.



Usually the complaints disappear with the 12. to 14. Pregnancy week on their own. However, in one to two percent of all those affected the more serious form of pregnancy vomiting, the so-called hyperemesis gravidarum with dangerous fluid and weight loss occurs.

This Condition must be treated in hospital by liquid replacement and certain medications against nausea and anxiety. However, only the symptoms are dealt with, not the causes.

90 percent of the offenders who experienced acupuncture in one study no longer had nausea and vomiting after seven days. Thus, no more medications were necessary. In comparison, only 13 percent of the placebo group showed an improvement.

The procedures of acupuncture and acupressure, when used correctly, have no side effects and do not affect the development of the child or the course of pregnancy. Therefore, the methods are to be recommended as a cost-effective and safe alternative to the therapy of nausea and vomiting in pregnancy. Here, acupressure is for less severe cases and especially suitable for self-treatment at home, as it was slightly less effective.

However, it can be carried out independently by any woman.



Source: Habek D. et al.: Success of Acupuncture and Acupressure of the Pc 6 Acupoint in the Treatment of Hyperemesis Gravidarum. *Forschende Komplementärmedizin und Klassische Naturheilkunde* 2004; 11:20-23.