

Infant Colic



Infant colic or **baby colic** or **three month colic** is a condition when a well-fed and healthy baby cries uncontrollably for long period. It lasts from 3 weeks to 3-4 months of age.

Colic may occur due to:

- Immature digestive and nervous system
- Air swallowed during feeds
- Allergy to milk protein

A baby with colic:

- Cries for long periods
- Lifts its head, draws its legs up to the tummy, becomes red in the face and passes wind
- Refuses to take milk
- Is unable to sleep

To pacify a colicky baby:

- Hold the baby in the upright position.
- Place warm towel or a hot water bottle on baby's belly (Take care not to burn the baby's soft skin)



Hold & Swing baby



Lay baby on his side



Give baby something to suck



Wrap the baby in a blanket

- Follow five S's:
 - **Swaddle** or snugly wrap the baby in a blanket.
 - Place the baby on its **Side or Stomach**.

- **Swing** the baby in the arms or in a baby swing.
- Make **Shhh sound** in baby's ears.
- Give baby something to **Suck**.



Rub or pat the baby gently between shoulders



Keep baby's head on top of the leg



Be sure baby's head is supported

Ways to burp a baby

Do's

- Make sure the baby doesn't swallow air while feeding.
- *Burp the baby while feeding.* Hold the baby against the shoulder and pat or rub his back.
- Try low-allergy or soya milk formula for a baby having milk protein allergy.

Don'ts

- Don't stop breast feeding; weaning may make the colic worse.
- Avoid loud noises, bright lights and noisy toys and rattles.

See the physician if the baby:

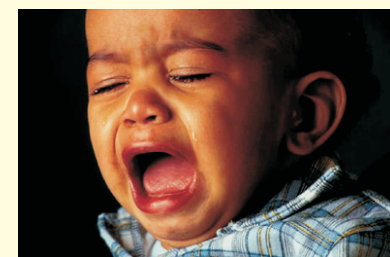
- cries unusually
- has other symptoms such as fever, difficulty in breathing, vomiting, diarrhoea or excessive sleepiness
- is not pacified by above measures

How can Homoeopathy help?

Following are the commonly used homoeopathic medicines for 'Infantile colic'. **It is advised that a qualified homoeopathic doctor should be consulted.**

Symptoms	Medicine
<ul style="list-style-type: none">• Colic due to<ul style="list-style-type: none">• Gas• Exposure to cold• After getting angry• Child bends his knees towards abdomen, due to colic	Colocynth 30
<ul style="list-style-type: none">• Very irritable child• Colic with hot face and red cheeks• Child wants to be carried which gives relief• Symptoms are worse by warmth	Chamomilla 30
<ul style="list-style-type: none">• Colic due to constipation, gas• Cramping and spasmodic pain• Pain relieved by rubbing, hot fomentation	Magnesia phosphoricum 30
<ul style="list-style-type: none">• Colic with diarrhoea• Child is good all day but screams and is restless at night	Jalapa 30
<ul style="list-style-type: none">• Colic from constipation and flatulence• Loss of appetite	Senna 30

Follow the instructions overleaf





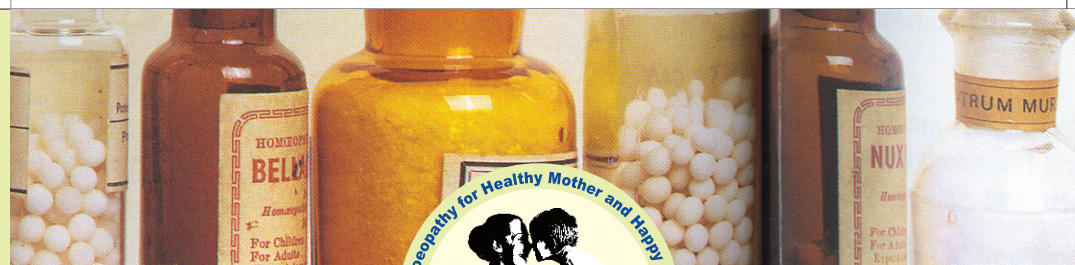
General Instructions while taking Homoeopathic Treatment:

Medicines as indicated in this handout should be taken if the symptoms mentioned against each medicine match those of the patient.
Medicine to be taken - 3 globules of size 40 every 3 hours dry on the tongue or in plain drinking water.
Medicine should be taken after cleaning the mouth and preferably on an empty stomach.
If improvement occurs within 24 hours, then medicine should be stopped.
While taking the medicine, if the patient does not get any relief within 24 hours or becomes worse at any time, then consult the nearest homoeopathic doctor.
Medicines must be kept away from strong smelling substances like camphor, menthol etc.
Medicines should be kept in a cool, dry place away from direct exposure to sunlight.
Medicines should be kept away from the reach of children.



Central Council for Research in Homoeopathy
(An Autonomous Organization of the Department of AYUSH,
Ministry of Health and Family Welfare)

61-65, Institutional area (opp. 'D' Block) Janak Puri, Delhi- 110058
Tel: 91-11-28525523 Fax: 91-11-28521060
Email: ccrh@del3.vsnl.net.in Website: www.ccrhindia.org



National Campaign
on Homoeopathy
for Mother and Child Care

Infant Colic and Homoeopathic Management



Department of Ayurveda, Yoga &
Naturopathy, Unani, Siddha
and Homoeopathy (AYUSH)
Ministry of Health and Family Welfare
Government of India



**Central Council for
Research in Homoeopathy**
(An Autonomous Organization of the
Department of AYUSH,
Ministry of Health and Family Welfare)

