

# ONTARIO COLLEGE OF HOMEOPATHIC MEDICINE

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## MASTITIS

Mastitis is the painful swelling of breast tissue during breastfeeding. This is a fairly common condition and develops because of the block in flow of the milk ducts, from trauma to the breast or from an infection that comes into the breast from cracked nipples. The breast tissue becomes swollen, hot, painful to the touch and there could be red discoloration.

Homeopathic remedies are safe to use during nursing and can be used successfully to treat mastitis.

Remedies to consider for mastitis:

**Belladonna:** best for when the breasts are swollen, they are red, hot and throbbing. They are tender to the touch, the skin is dry and the patient's face is red and hot (possibly with a fever). Patient feels worse when lying down.

**Bryonia:** The patient has swollen breast(s) that is worse with any kind of movement. The breast is very hard, like stones and must be held to feel relief. Patient feels better when resting.

**Phytolacca:** Patient has swollen breasts that are hard and lumpy. The nipples are sore to the touch. Nursing is extremely painful and the pain may radiate to other parts of the body. Pain is stinging or shooting in nature. There is discoloration of the skin; typically dark red. Nipples are cracked.

**Croton tiglium:** Patient's swollen breasts are hard. There is drawing pain that radiates to the back after nursing.

**Silicea & Hepar sulph:** when suppurating (puss-filled) abscess forms. The discharge may be offensive, there is a lot of pain and patient feels chilly.

*CONSULT YOUR PRIMARY CARE PHYSICIAN if you have a fever and suspect mastitis. The information contained herein is awesome but is not intended to replace the advice of your medical team. It is not intended to endorse or recommend any particular type of medical treatment. No information contained herein should be used to disregard medical and/or health related advice or provide a basis to delay consultation with a physician or a qualified healthcare provider. The Ontario College of Homeopathic Medicine disclaims any liability based on information provided herein; it is for educational purposes only.*

