

Complementary & alternative relief of labour pain; A comparative study of three methods

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Objective

To compare the effectiveness of three methods of labour pain control include: acupressure, sterile water injections & homeopathic drugs (Aconitum, Pulsatilla & Rescue remedy + Arnica Montana).

Methods

150 participants scheduled for normal labour was included in the study after explaining the technique, any potential complications; oral informed and written consent was taken. The participants were classified into four groups: 1) Acupressure group (25 patients) 2) Sterile water injection (25 patients) 3) Homeopathic drugs (25 patients for each drug) 4) Control group (25 patients). Each group is assessed for pain relief and duration of labour, rate of instrumental delivery (e. g. caesarean section or vacuum delivery) and fetal assessment (intrauterine & newborn).

Results

This study showed significant decrease in VAS score and pain relief group and control group after 30 and 60 min from the application of each method. There is significant decrease of duration of labour in all groups especially acupressure & intradermal sterile water injection in comparison of control group. There is no significant difference between all groups & the control group in mode of delivery either vaginal or caesarean section & the application of any method did not result in a significant difference in all groups in fetal heart sounds (FHS) intrauterine & APGAR score at 1 and 5 min after birth.

Conclusion

Our results showed that Acupressure, SWI and homeopathic remedies produce significant relief in labour pain and shorten the duration of labour without any complications on mothers or babies.

