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## Effect of homeopathy on pain, anxiety and self-efficacy during child birth: Randomized controlled trial

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**Background & Aim:** Pain relief in labour is complex and often challenging. Complementary therapies have been widely used during labour, however, scientific evidences still limited. This study was undertaken to evaluate the effects of individualized homeopathy on pain, anxiety and self-efficacy during labour

**Methods:** 112 primiparous women expected to have a normal childbirth were recruited at a regional hospital in Jaipur. 80 participants were randomly assigned to either the homeopathy (n=40) or the control (n=40) group. The homeopathy group received individualized homeopathy remedies based on the symptoms presented by qualified homeopath whereas the control group did not. When cervical dilations were two centimeters and eight centimeters, the assessments were completed using the Childbirth Self-Efficacy Inventory (CBSEI), the visual analogue scale for anxiety (VASA) and the nurse-rated present behavioural intensity (PBI).

**Results:** In both groups, there was a steady increase in pain intensity and anxiety as labour progressed. Homeopathy group had lower pain state in active and transition phase ( $p < 0.01$ ), lower anxiety levels in all three phases of latent ( $p < 0.05$ ), active ( $p < 0.01$ ) and transition ( $p < 0.01$ ) in comparison with control group and self-efficacy was higher homeopathy group in all phases ( $p < 0.001$ ). Active phase was shorter in homeopathy group ( $p < 0.001$ ).

**Conclusions:** Study suggests that homeopathy can decrease pain and anxiety during labour and increase overall self-efficacy. This can positively influence the quality of women's birth experiences.

Notes: