

# Hyperemesis Gravidarium: Complementary/Alternative Medicine

## QUICK REVIEW

- Vitamin B6 is very important in breaking down and eliminating the increased level of hormones during pregnancy.
- Vitamin B6 is very effective in most cases of nausea and vomiting of pregnancy.
- Ginger has a long tradition of being very useful in alleviating symptoms of gastrointestinal distress, including the nausea and vomiting typical of pregnancy.
- Clinical studies have shown ginger to be effective even in the most severe form of nausea and vomiting of pregnancy.
- Many experts consider mild symptoms of nausea and vomiting of pregnancy as a good sign of a healthy pregnancy.

## TREATMENT SUMMARY

### Diet

Eat dry toast immediately after rising, and small, frequent meals throughout the day.

### Nutritional Supplements

- Vitamin B6: 25 mg two to three times per day
- Vitamin C: 250 mg two to three times per day
- Vitamin K: 5 mg per day

### Botanical Medicines

There remain many questions concerning the best form of ginger and the proper dosage. Most research studies have utilized 1 gram of dry powdered ginger root—a relatively small dose. For example, ginger is commonly consumed in India at a daily dose of 8 to 10 grams. Furthermore, although most studies have used powdered ginger root, fresh (or possibly freeze-dried) ginger root or extracts at an equivalent dosage may yield even better results. In the treatment of nausea and vomiting of pregnancy, a dosage of 1 to 2 grams of dry powdered ginger, possibly taken as a tea, may be effective. For ginger extracts standardized to contain 20% gingerol and shogaol, an equivalent dosage would be 100-200 mg.

### Counseling

Women who are having an unplanned or undesired pregnancy, or who have a poor relationship with their own mother, should consult a qualified counselor for assistance in resolving these conflicts.