

Colic-Home Remedies

Colic in babies and infants is usually a sign of trapped wind(gas), but it is a problem that seems to affect bottle- fed babies more than breast-fed ones; this is partly due to the richness of cow's milk, and sometimes may indicate an intolerance to it. Colic, for this reason, can be noticed even in babies who are breast-fed, and may be due to the mother drinking a lot of cow's milk herself. If colicky symptoms are frequent then get advice.

Herbalism

Where babies are breast-feeding, and having problems with wind and colicky pains, it may be easier to give herb teas to the mother which will then work through into the milk. Some of the most effective herbs are Dill(*Anethum graveoleum*), Fennel(*Foeniculum vulgare*) and Aniseed(*Pimpinella anisum*); a tea may be made by lightly crushing 5 ml(1 tsp) of the seeds and pouring about 300 ml($\frac{1}{2}$ pt/ $1\frac{1}{4}$ cups) of boiling water over them. Leave to stand for a few minutes and strain. The mother should drink a couple of cups a day. For slightly older infants, make a tea in the same way and give in 5 ml(1 tsp) doses (10 ml(2 tsp) for children over 3 years) every couple of hours until the symptoms have gone. Another useful herb is Chamomile(*Chamomilla recutita*), given in the same way. Peppermint(*Mentha piperita*) is another traditional herbal remedy for colic, taken as a tea; this tends to counteract a number of other homeopathic remedies, so do not mix therapies (homeopathy generally should be used on its own anyway, although there is a tradition in some countries of using combined herbal/homeopathic tablets in over-the-counter medicines. Peppermint(*Mentha piperita*) is better for slightly older children, say over 3-years-old; peppermint oil capsules are available, which dissolve lower down in the gut and so have a stronger effect on colon spasm; these should be kept for children over 8-years or so, and only used for a short time(up to 2 weeks maximum) before getting professional advice.

Homeopathy

Chamomile is also a favourite homeopathic remedy for colic, given in 3c potency initially for infants. For children who have got colic after over-eating, or eating food that is too rich, give a dose of Nux vomica(6c potency probably will be appropriate).

Colicky symptoms can cause anxiety and sleeplessness in both the parents and the child.

About the Author

Author has an experience of more than 4 years writing about [homeremedy](#). He also holds experience writing about [bodybuildingtips](#) and [ayurvedichealth](#).

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