



USEFULNESS OF HOMOEOPATHIC MEDICINES IN THE TREATMENT OF UTERINE FIBROIDS

DR. ANJALI NAMDEVRAO DHAWALE

M.D. (Hom.) Assistant Professor, Department of Homoeopathic Pharmacy
Mauli Homeopathic Medical College and Research Institute, Tondar, Udagir, Dist.: Latur - 413517 (M.S.) INDIA
E-mail: dranjalidhawale@gmail.com

ABSTRACT :

Uterine fibroids are a common cause of infertility because they prevent nidation & growth of the fertilized ovum. These are more common in those with infertility or one child. Women get a mental ailment because of it. And suppression of emotions. Sometimes these fibroids are quite large & cause severe abdominal pain. The number of cases is increasing day by day. Homeopathic treatment not only helps to cure uterine fibroids avoiding surgery but also prevents recurrence. The modern school treats diseases but homeopathy cures. The diagnosis of disease is the goal of the modern school but the individualization and individualization of diseases is the goal of homeopathy. Let's learn about all the symptoms and how they are treated individually. Miasmatic examination is an integral part of the homeopathic examination of any individual with chronic diseases. This overview allows for the movement of the individual in question and is predictable. Early recognition of occult miasmatic symptoms and assessment of the primary miasma within the individual allows us to initiate appropriate preventive treatment.

Keywords: Uterine fibroid, Homoeopathic Medicine, Homoeopathy.

Introduction:

Fibrosis is the most common benign uterine fibroid and also the most common benign solid fibrosis in women. Histologically, the tumor is composed of soft tissue and connective tissue, hence the name leiomyoma, myoma or fibrous myoma of the uterus. Sometimes these lumps are quite large and cause severe abdominal pain and violent orgasms. In other cases, they have no signs or symptoms at all. The cause of fibrosis is unknown. Translations: Uterine fibroids (also called leiomyomas or myomas) are growths inside the uterus. It's not cancer, and it's not about cancer. Fibroids can cause a wide range of symptoms, including heavy menstrual bleeding and pressure on the pelvis. ICD-10: International Classification of Diseases D25.9. Types of Uterine Fibroids: There are many places inside and outside your uterus where fibroids can grow. The location and size of your fibroids are critical to your treatment. Where your fibroids grow, how big, and how many they are will determine what kind of treatment will be best for you or even if treatment is needed, names are given to your fibroids and the uterus. These names are not just fibroids where there is, but explain how it is connected. Specific areas where you can develop uterine fibroids are: Submucosal These fibers are located just below the lining of the uterus and protrude into the uterus causing heavy bleeding between cycles and prolonged irregular bleeding. subserosal consumption These fibers are located in the muscles of the uterine cavity or hang from the uterine wall. They cause a plethora of symptoms such as pelvic pain, pressure, and abnormal menstrual bleeding.

LITERATURE REVIEW:

Uterine fibroids (additionally known as leiomyomas or myomas) are benign growths of the muscle inside the uterus. They aren't cancerous, nor are they associated with most cancers. Fibroids can cause a huge form of signs and symptoms, together with heavy menstrual bleeding and stress on the pelvis.

Types of Uterine Fibroids:

There are numerous locations both outside and inside of your uterus where fibroids can grow. The region and length of your fibroids is crucial to your treatment. Where your fibroids are developing, how huge they're and how a lot of them you've got will decide which kind of treatment will work satisfactory for you or if treatment is even essential.

There are one of a kind names given for the places your fibroids are placed in and at the uterus. These names describe no longer only in which the fibroid is, however how it's attached. Specific locations in which you may have uterine fibroids consist of:

Submucosal

These fibroids are located simply underneath the liner of uterus, protruding into the uterus. They cause heavy bleeding, long durations and abnormal bleeding among the cycles.

Subserosal

These fibroids are located outside the uterus both in the muscle or putting outdoor the uterine wall. They cause bulk signs and symptoms, which includes ache and strain in the pelvis, unusual and excessive menstrual bleeding, strain on spinal cord.

Intramural

These fibroids are positioned in the muscle of the uterus, either protruding into the uterine hollow space or outside the uterine hollow space. They put pressure at the spinal wire, rectum and pelvis, but are asymptomatic unless they develop in size.

Pedunculated

These fibroids are out of doors the wall of the uterus, attached to the uterus through a stalk. It puts stress at the spinal wire, as a result causing decrease again ache.

PATHOLOGY OF UTERINE FIBROID:

- Leiomyomas have a clonal origin
- Several changes diagnosed
- Risk reduced by oral contraceptives
- May arise in hereditary leiomyomatosis and renal cancer syndrome (HLRCC) and Alport syndrome.

Fibroids are a type of uterine leiomyoma. Fibroids grossly seem as spherical, nicely circumscribed (but not encapsulated), solid nodules which might be white or tan, and show whorled look on histological segment. The length varies, from microscopic to lesions of massive size. Typically lesions the scale of a grapefruit or bigger are felt with the aid of the patient herself through the belly wall Microscopically, tumor cells resemble regular cells (elongated, spindle-shaped, with a cigar-formed nucleus) and shape bundles with distinct directions (whorled). These cells are uniform in size and form, with scarce mitoses. There are three benign editions: weird (bizarre); cell; and mitotically energetic.

The appearance of prominent nucleoli with perinucleolar halos have to alert the pathologist to investigate the opportunity of the extremely uncommon hereditary leiomyomatosis and renal cell most cancers (Reed) syndrome.

FIBROIDS LOOKS LIKE :

Fibroids are generally rounded growths which can appear to be nodules of clean muscle mass. In a few instances, they may be attached with a skinny stem, giving them a mushroom-like appearance.

Causes:

Genetic adjustments. Many fibroids include adjustments in genes that fluctuate from the ones in typical uterine muscle cells.

Hormones. Estrogen and progesterone, hormones that stimulate development of the uterine lining at some point of every menstrual cycle in instruction for pregnancy, seem to sell the increase of fibroids.

Fibroids contain more estrogen and progesterone receptors than ordinary uterine muscle cells do. Fibroids generally tend to shrink after menopause because of a lower in hormone production.

Other increase factors. Substances that assist the frame preserve tissues, together with insulin-like growth factor, may affect fibroid boom.

Extracellular matrix (ECM). ECM is the cloth that makes cells stick together, like mortar among bricks. ECM is extended in fibroids and makes them fibrous. ECM also stores increase factors and reasons biologic modifications inside the cells themselves.

CLINICAL FEATURES: -

Most fibroids do now not motive any signs and symptoms and don't require treatment other than everyday observation through your healthcare issuer. These are usually small fibroids. When you don't revel in signs and symptoms, it's called an asymptomatic fibroid. Larger fibroids can purpose you to revel in numerous signs, which include:

In some cases, there are no signs.

- -Heavy menstrual bleeding
- -Menstrual periods lasting greater than every week
- -Pelvic pressure or ache
- -Frequent urination
- -Difficulty emptying the bladder
- -Constipation
- -Backache or leg ache
- -Excessive or painful bleeding at some stage in duration (menstruation).
- -Bleeding among intervals.
- -A feeling of fullness in decrease abdomen/bloating.
- -Frequent urination (this could take place when a fibroid puts pressure to your bladder).
- -Pain at some point of intercourse.

The signs of uterine fibroids commonly stabilize or go away once they have gone through menopause due to the fact hormone degrees decline within body.

Fibroids ache appears like: There are loads of feelings you would possibly revel in when you have fibroids. If you have small fibroids, you can feel nothing at all and not even observe they're there. For larger fibroids, however, you could revel in discomforts and even pains related to the condition. Fibroids can cause you to sense returned ache, excessive menstrual cramps, sharp stabbing pains in your stomach or even ache for the duration of sex.

INVESTIGATION :

- -CBC
- -USG for stomach and pelvis

In many cases, fibroids are first observed throughout a normal examination with women's health issuer. They can be felt all through a pelvic exam and can be located all through a gynecologic examination or throughout prenatal care. Quite often your description of heavy bleeding and different associated symptoms may additionally alert your healthcare issuer to take into account fibroids as part of the diagnosis. There are numerous tests that can be carried out to verify fibroids and determine their size and area. These exams can encompass:

Ultrasonography: This non-invasive imaging take a look at creates a photo of internal organs with sound waves. Depending on the scale of the uterus, the ultrasound may be finished via the transvaginal or transabdominal course.

COMPLICATIONS :

- -Severe ache or very heavy bleeding that needs emergency surgery.
- -Twisting of the fibroid -- This can motive blocked blood vessels that feed the tumor.
- -Anemia (no longer having sufficient red blood cells) from heavy bleeding.

RISK FACTOR:

- -Obesity and a higher body weight (a person is taken into consideration obese if they're extra than 20% over the healthful body weight).
- -Family records of fibroids.
- -Not having kids.
- -Early onset of menstruation (getting your length at a young age).
- -Late age for menopause

General Management :

In allopathy Treatment for uterine fibroids can vary depending on the size, quantity and vicinity of the fibroids, in addition to what signs they're inflicting. If you aren't experiencing any signs from your fibroids, you may now not need treatment. Small fibroids can often be left by myself. Some women by no means experience any symptoms or have any troubles related to fibroids. Fibroids might be monitored carefully over the years, however there's no want to take instantaneous movement. Periodic pelvic tests and ultrasound can be advise by using your healthcare provider relying on the size or symptoms of your fibroid. If you're experiencing signs and symptoms from your fibroids — including anemia from the excess bleeding, moderate to severe pain, infertility troubles or urinary tract and bowel troubles — treatment is typically had to assist. Your treatment plan will rely upon some factors, which include:

- How many fibroids you have.
- The length of your fibroids.
- Where your fibroids are placed.
- What symptoms you're experiencing associated with the fibroids.
- Your preference for pregnancy.
- Your choice for uterine preservation.

DIET AND REGIMEN:

Required diet limit have been counseled to patient, they have been counseled to discount to reduced using spices and avoid using milk , cauliflower and cabbage. They have been asked to take vegetarian eating regimen and to take butter milk in masses and to lessen the use spices. They were suggested to screen ovulation by utilizing BBT method than the drugs given for the duration of the course of treatment.

HOMOEOPATHIC THERAPEUTICS:

Sepia:-

Pelvic organs are comfortable and there is bearing down sensation as though the uterus might get away through vagina beginning. She need to cross her limbs to save you protruding or practice some stress on genitalia. There is atonic rest of the aid of uterus particularly broad ligament of the uterus and stretching and tearing of pelvic fascia cause widening of vaginal canal or introtious. Damage of the pelvic guide at childbirth is one of the elements responsible for the prolapse. Bearing down sensation is worse while sitting while status, on taking walks. With pelvic protrusion, there's leucorrhoea

which is yellowish green in shade, motive intense itching of vulvar vicinity with redness, swelling and eruption entire procidentia, this is, the uterus lies outside the vagina.[19] Bearing down sensation as though the entirety could get away thru vulva.

When the mental signs of irritability and indifference to close own family participants is present, Sepia is one of the best homeopathic drugs for uterine fibroids. There are bearing down pains present in the decrease stomach. The patient feels as though the whole lot could get away via vulva. She feels as though she need to cross her legs to save you protrusion of the contents. The durations are too past due and scanty. There can be pain within the vagina during coition.

Lachesis:-

Lachesis has got affinity for malignant growths. Mainly she has tendency to malignancy specifically for the duration of the climaxes. The boom alters the hormonal stage and earlier than menses she may additionally have fainting spells. Menses are of brief length and float is scanty. Flow is darkish, non-clotted blood. Flow is watery. Regulatory of menses is properly maintained in this patient. This ordinary go with the flow of menses relieves lots of her court cases. Metrorrhagia is marked.

Calcarea Carb:-

Calcarea Carb is a totally useful Homeopathic remedy for treating heavy periods from uterine fibroids. Menses hold for long and can even appear early. Vertigo throughout menses might also stand up. Leucorrhoea of thick, milky or yellow colour is every other grievance that can attend.

When there is chilliness and bloodless sweating with uterine fibroids, Calcarea Carb is one of the satisfactory homeopathic medication for fibroids. A Calcarea Carb affected person is generally fats, flabby, honest and perspires a lot. There may be sour smell approximately the affected person. The menses can be too profuse and ultimate too long. There is burning and itching of vulva before menses. There can be cutting ache in the uterine place for the duration of menses.

Sabina Officinalis:-

In case of menstrual bleeding with clots in uterine fibroid instances, Sabina Officinalis is a sizeable Homeopathic remedy. The slightest movement increases menstrual bleeding. Pain from sacrum to pubis is some other attending characteristic. During menses, pain in uterus can be gift that receives higher by means of lying at the back. Uterine ache can also extend to the thighs. Other signs and symptoms include foul, acrid, corrosive, yellow **leucorrhoea**.

When there may be discharge of dark or black clots with blood, Sabina is one of the first-class homeopathic drugs for fibroids. The menses are profuse and bright. The bleeding is worse from motion. There is ache from the sacral area taking place to the pubis within the front. The uterine pains regularly amplify downwards and to the thighs.

Phosphorus:-

When there may be prolonged and profuse bleeding with uterine fibroids, Phosphorus is one of the excellent homeopathic drugs for uterine fibroids. There may additionally also be bleeding in among menses. The temper of the affected person is pensive or even weeps before menses.

When there is prolonged and profuse bleeding with uterine fibroids, Phosphorus is one of the excellent homeopathic drugs for uterine fibroids. There may also even be bleeding in among menses. The temper of the affected person is pensive and even weeps earlier than menses.

Medorrhinum:-

Intense menstrual colic, better pressing feet against help. Menses profuse, dark, clotted, foul, stains hard to scrub out, with common urination. Itching-vagina, better rubbing & by way of bathing with tepid water. Breast cold, icy, the relaxation of frame heat.

Calcarea fluorica :-

stony difficult and multiple fibroids, fibrocystic breast ailment. The lady is also liable to joint pain or bone spurs, hemorrhoids, varicose veins.

Thyroidinum

When there is weight problems along side uterine fibroids, Thyroidinum is one of the nice homeopathic drugs for fibroids. The thyroid gland is often underactive. The tumors can also be gift inside the breasts.

CONCLUSION:

As an integrated entity, together with the physical, mental, emotional, religious, social and any other elements of the total character. Individuals are visible as living structures that are self-restoration, self-renewing, homeostatic and adaptive. Health isn't merely the absence of disease/contamination, however the capacity of a gadget, e.G. Cellular, organism, own family, society to reply adaptively to a extensive range of environmental challenges. Disease is considered as a result of an off-balance state of the whole character (mind and body) instead of a neighborhood disturbance.

Since homoeopathy is based totally on the nature's ideas, all sufferers had been cautioned to go back to nature by means of switching over to food plan, by way of averting stimulants like spices, smoking and alcohol. All those have simplest contributed positively for the speedy development.

In this study Selected 30 cases had been dealt with homoeopathic medicines.

After 18 months of length of look at following conclusions were drawn:

1. The maximum not unusual age incidence prone to uterine fibroid turned into discovered to be 31 – 45 years.
2. These are extra common in nulliparous or in those having one infant infertility.
- Three. The miasmatic history in most of the instances turned into located to be sycosis, syco-syphilis observed by way of Sycosis.
4. It changed into seen that most of the remedies prescribed on this have a look at have been mainly sycotic remedies.

It became observed that 28 out of 30 cases recovered totally and 3 of the case marked development with the assist of Homoeopathic medicines, thus proving the efficacy of homoeopathic drugs the remedy of uterine fibroids in this study.

BIBLIOGRAPHY:

1. Close Stuart The genius of homeopathy lectures and essays on homoeopathic philosophy .Delhi; B Jain Publishers (P) Ltd,2004-p-51
2. Tiwari S.K. Homoeopathy child care therapeuties ,child type ,repertory . New Delhi; B Jain Publishers (p) Ltd ; 2004 .p.28.
3. Hahnemann S. Organon of medicine ,6th ed . Indian Books & Periodical Publishers (p) Ltd , Delhi ;2001.
4. Dr. Nigam Harsh, Principles and practice of homoeopathic case management , 1st edition .B. Jain publications , New Delhi; 2008 .p-8.
5. Sarkar B.K. Organon of Medicine (5th & 6th edition) . Bhattacharya & Co,(P) Ltd ,Calcutta.
6. Roberts H.A. The principles and Art or cure by Homoeopathy B. Jain Publishers Pvt. Ltd 1985. 72
7. Kent J .T. Lectures on Homoeopathic Philosophy B. Jain publishers Pvt. Ltd New Delhi P. No, 203-204. 29. Hahnemann C. f. S. Organon of medicine 6th edition B. Jain publishers .Pvt. Ltd New Delhi.
8. Close Stuart. The genius of Homoeopathy. Jain publishers Pvt. Ltd . New Delhi .
9. Allen J.H. ‘‘The Chronic Miasm Psora and Pseudopsora ‘‘.Vol. 1 &2, B, Jain publishers Pvt. Ltd New Delhi . 1994.
10. <https://www.ncbi.nlm.nih.gov>.
11. <https://www.medicinenet.com/uterus/definition.htm>
12. <https://www.icd10data.com/ICD10CM/Codes/C00-D49/D10-D36/D25-/D25.9>
13. <https://en.wikipedia.org/wiki/Uterus>
14. <https://medical-dictionary.thefreedictionary.com/Uterine+fibroids>
15. <https://www.pathologyoutlines.com/topic/uterusleiomyoma.html.com>
16. https://en.wikipedia.org/wiki/Uterine_fibroid
17. D.C. DUTTA’S Textbook of Gynacology, 6th edition :2013
18. <https://www.kenhub.com/en/library/anatomy/ligaments-of-the-uterus>