



ROLE OF HOMOEOPATHY IN TREATMENT OF LEUCORRHOEA: A CASE STUDY

Dr Ishita Ganjoo (Gold Medalist)^{1*}, Prof. Dr Srimohan Sharma², Dr Amandeep Kaur³

^{1*}Ph. D Scholar, Organon of medicine, Homoeopathy University, Jaipur.
Email: dr.ishitaganjoo@gmail.com, 9464248527

²Principal, MPK Homoeopathic Medical College and hospital, Jaipur,
Email: drshrimohansharma@gmail.com, 9829152756

³Ph.D Scholar, Organon of Medicine, Homoeopathy University, Jaipur,
Email: chetnahomeo@gmail.com, 8146555533

***Corresponding Author:** Dr Ishita Ganjoo

*Ph. D Scholar, Organon of medicine, Homoeopathy University, Jaipur.
Email: , 9 dr.ishitaganjoo@gmail.com 464248527

ABSTRACT

The reproductive tract infections are the major cause of morbidity in women. The women of reproductive age group are more likely to get this infection. In India 48.9% females are in reproductive age. Leucorrhoea means running down of white substance which is excessive amount of normal discharge. It is never offensive and never causes pruritis. It could be yellow, white, staining the undergarments. Homoeopathy is very effective in treatment of such cases. Also it is very safe and does not harm women's reproductive life. We treat on the basis of individualization, a detailed case study is done and then a medicine is finalized which helps in curing the disease and relieves the discomfort, also the relapses of the disease. A case study was conducted in OPD of homoeopathic medical college and hospital and the case was treated with Pulsatilla. Vaginal discharge assessment tool was used to assess the improvement of the female consisting of demographic variable, clinical variable and assessment of vaginal discharge. It was done on 0 day, 1 month, 3 month, 6 month.

KEYWORDS: Leucorrhoea, homoeopathy, individualization, similia similibus curentur, pulsatilla.

INTRODUCTION

In India women of child bearing age constitute 22.2% of the total population¹. Women are the primary caretakers of children and elders in every country. Women health care is a major issue and especially the reproductive age females are the nucleus of the society.

The prevalence of vaginal discharges in reproductive period is estimated to up to 30% worldwide in various studies conducted at global level².

Leucorrhoea is one of the major problems among the reproductive age group women. It is important because besides being a source of constant distress to the female it may sometimes be the earliest manifestation of some of the major gynaecological diseases. Studies of leucorrhoea in females invariably formed a part of gynaecological morbidity in females.

According to the World Health Organization (WHO), 75% of women experience vaginal discharge at least once in their lifetime, with 45% experiencing it more than twice.²

The term Leucorrhoea should be restricted to those conditions where normal vaginal secretion which is increased in amount.³

According to ICD-10 it is a clear or white discharge from vagina, consisting mainly of mucus which is given under N 89 as a non-inflammatory discharge⁴.

Homoeopathy has developed enormously and has a highly specialized approach in dealing with the individual problems. Homoeopathy can be used to treat these conditions at a very early stage thereby reducing the agony of the female based on totality of symptoms through trained observation and case taking followed by prescription of the well indicated medicine. Whenever there is sickness the body is affected as a whole. We individualize remedies as well as patients before prescribing hence, it is a unity, we not only diagnose the general and common feature of cases but also the particular and special symptoms as homoeopathy does not merely treat the disease but the patient as a whole. This wonderful system of medicine has a lot of potential in treatment of certain morbidities. Homoeopathy lot of efficiency and thereby preserving the health of the female who is the torch bearer of a healthy family and a healthy nation.

BACKGROUND

There is no guideline or awareness programme or any emphasis in the different National Health Programmes or any emphasis on this portion of vaginal discharges. Even people are not much aware regarding the discharges and have various myths and hence there is a delay in addressing the issue and there is no reliable treatment methodology to offer relief to the patient.

An integrative approach will help to get early solution and detection of these discharges thereby resolving this neglected portion in women health care.

HOMOEOPATHIC SYSTEM OF MEDICINE

Homoeopathy is a system of medicine based on individualization and the totality of symptoms. It can be proved as very effective method of treatment in leucorrhoea as it emphasizes not only treating signs and symptoms but also treating the patient as a whole. It not only manages leucorrhoea but also improves general health of the body. A homoeopathic physician considers the human being as a whole. He considers the life as a trinity of body, mind and soul. An understanding of these helps physician to understand mental state more deeply.

Homoeopathy is a system of medicine, based on law of similar i.e. "Like cures like" 'Similia Similibus Curentur.' A similimum is prescribed on the basis of 'Totality of Symptoms'. The disease is a reaction of the patient to the unfavourable environment factors, this reaction manifests through signs and symptoms. The patterns of this reaction in the form of signs and symptoms give us the totality of symptoms.⁵

There is need for some medicine which is effective in relieving the patient without any adverse effect on the individual and ensures a satisfactory physical and mental health and homoeopathy inherits a system which is minimal in dose but has a maximum effect on overall well-being.

Leucorrhoea is a physical general symptom which is mentioned in menses and other discharges The physical generals are those symptoms which refer to the body as a whole with regard to various physical conditions or circumstances, indicating that the patient generally or as a whole is aggravated or ameliorated under certain conditions⁶.

A total health building scheme should include good dietary habits, proper sleep, counselling and exercise and well indicated medicine considering patient as a whole.⁷ Classification of disease by Dr. Hahnemann helps to understand concept of disease as per homoeopathic principles.

CASERECORDING FORMAT

Name of the Practitioner- Dr. Ishita Ganjoo

Date-18-8-23

Reg. No.AAA

PERSONAL DATA

Name of patient- Ms.aaa

Age- 26 years
Sex-Female
Nationality-Indian
Religion-Muslim
Name of Father- Mr. LA
Marital status-Single
Occupation –Nail and Eyelash studio ,sec 8
Income per- capita 8000
Diet–Non -vegetarian
Address- AAA
Diagnosis- Leucorrhoea

PRESENTING COMPLAINTS

Patient came with increased white discharge since 6 months The discharge is profuse and bland.
Pain in legs, back ,calves since few months off and on.
Pain in frontal region, pain in head since 1year .Occipital headache due to excess screen time

HISTORY OF PRESENT ILLNESS:

Complaints started since 6 months and the flow is profuse and she is irritable throughout the day with lot of weakness.

PAST HISTORY: H/O Jaundice 5 years ago for which took allopathic treatment.

TREATMENT HISTORY- Has not taken any medicine in the past for leucorrhoea.

PERSONAL HISTORY-She has own house and all the brothers and sisters are married. Sometimes she feels that life has not done good and does not want to come home. H/O Divorce completed legally in 2022seperated since 8 years. Parents are forcing her to get married but she is not interested.She had a troubled marriage. She wants to buy her own house and adopt a child.

FAMILY HISTORY- Father has diabetes mellitus but levels are in control and she is on medication

GYNAECOLOGICAL HISTORY

- 1.Menarche- at the age of 13 years
2. Complaints related to menarche- none
3. LMP-1.7.23
4. Details of menstrual cycle
Cycle- regular
5. Particulars of flow
Quantity-normal
Consistency-fluid
Colour and Stains-none
Odour- no
Character-bland
6. Complaints
Before menses-pain in back, calf
During menses-irritable and anger is marked
After menses-white discharge
7. Climacteric complaints-Not Applicable
8. Vaginal discharge and Leucorrhoea- leucorrhoea is bland, profuse, non offensive.

SEXUAL HISTORY: Was married for a year as she was in an abusive relationship her parents brought her back and is separated since 8 years now and got divorced in 2022 legally.

OBSTETRIC HISTORY:

1. Total no. of pregnancies-0
2. How many abortions-0
3. How many stillbirths-0
4. How many live births-0
5. How many early childhood deaths-0
6. How many children presently surviving-0
7. Details of delivery-0

PHYSICAL GENERALSYMPTOMS:

Appearance	Healthy ,fair colour
Appetite	Reduced, can stay with 1 roti a day
Taste	Normal
Thirst	2-3 litres of water a day
Food (aggravation, desires, aversion, ailments from)	Nothing specific Chicken ,non-veg Junk food
Stool	Once a day ,satisfactory
Urine	Normal
Sweat	On and off on head, non offensive
Sleep / Dreams	Sound sleep Nothing specific in dreams sometimes of her routine work
Thermals	Ambithermal
Recurrent complaints if any	None

MENTAL GENERALS

Grief and suffering for 8 years. Feels helpless sometimes that she doesn't deserve this. Does not want to get married but parents are insisting. Fear of darkness. Shortness of breath while climbing stairs. Kind hearted and less talkative as per mother .Anger is marked specially during menses. There is desire to make her house and settle by her own .Does not talk very much at workplace. Has no friends and does not discuss much with anyone. Wants to adopt a child and live alone.

GENERAL EXAMINATION

Conscious
 Height-5'6.cm,
 Weight -67kg
 Anaemia.....no.....Jaundice.....no.....Cyanosis.....no.....Oedema.....no.....
 Blood pressure...-117/88 mm of Hg
 Pulse-74
 Temperature - Afebrile
 Respiration Rate- 12 / min

SYSTEMIC EXAMINATION: Nothing significant

LABORATORY INVESTIGATIONS IF ANY- Advised CBC and Thyroid Profile

MIASMATIC DIAGNOSIS: Psora

SCALE USED :vaginal discharge assessment tool having 3 Sections

1]Demographic variable

2]Clinical variable

3]Assessment of Vaginal Discharge

PRESCRIBING SYMPTOM-Grief, fear of dark, irritability, kind hearted, helpful, delayed first menses, desires chicken, leucorrhoea land and headache occipital

The screenshot shows a software interface for selecting remedies based on symptoms. The interface includes a search bar, a list of symptoms, and a grid of remedies with numerical values. The symptoms listed include Head/Pain, headache, (1284), Boerhaave's Head/Headache cephalalgia Location Occipital (33), Murrill's Themes/Grief (424), Female Genitalia/Menses/Delayed in girls, first men..., Generalities, Aggravations and Ameliorations/Kind heart..., Murrill's Themes/Helpful (114), Female Genitalia/Leucorrhoea (396), Generalities/Discharges, secretions/Stand (110), Generalities/Food and drinks/Chicken/Desires (22), Mind/Irritability (see organ)/Menses/During (40), and Mind/Fear/Dark, of (123). The remedies listed are Puls, Sulph, Nat-m, Calc, Nux-v, Sep, Lach, Phos, Sil, Caust, Ferr, and Iod. The grid shows numerical values for each symptom-remedy combination, with some cells highlighted in green or red.

Pulsatilla -30/9, Sulphur- 28/9, Nat Mur- 23/9, Calc Carb -23/8,Nux Vom. -23/8

SELECTION OF MEDICINE: Pulsatilla

PRESCRIPTION: Pulsatilla 200 one dose
SL TID
15 Days

GENERAL MANAGEMENT AND AUXILLARY MEASURE:

1. Maintain hygiene
2. Advised to use panty liners

FOLLOW UPS

1.	30.8.23 Patient is better but still has discharge	Pulsatilla 200 SL 15 days TID
2.	14.9.23 Much better, less discharge now ,no new complaint, better overall. Assessment as per TOOL done- MILD	SL TID 15 days
3.	28.9.23 Better in discharge, no discharge present.	SL TID 15 days
4.	12.10.23 Better, Relief in all symptoms.	SL TID 15 days
5.	26.10.23 Better overall ,does eye exercises and uses eye drops for keeping eyes clean.	SL TID 15 days
6.	9.11.23 Relieved of all complaints Assessment as per TOOL done- NORMAL	SL TID 15 days
7.	23.11.23 No new complaint	SL TID 15 days
8.	7.12.23 No new complaint	SL TID 15 days
9.	21.12.23 No new complaint	SL TID

		15 days
10.	9.1.24 No new complaint All well	SL TID 15 days
11.	28.1.24 No new complaint All well Assessment as per TOOL done- NORMAL	SL TID 15 days

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