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## CASE REPORT

### PERCEIVING RELEVANT TOTALITY IN FIBROID UTERUS CASES

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#### Abstract

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**Key Word-** fibroid uterus,  
constitutional medicine,  
Lac caninum,  
Magnesium muriaticum

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We have presented 2 cases of uterine fibroid here. Both the subjects presented with dysmenorrhea. First case had additional complaint of persistent leucorrhoea. Considering chronic nature of the complaint and presentation constitutional approach was adopted. Based on the constitutional totality first case was prescribed with Lac caninum 200 and the second case Magnesium muriaticum 200. First case with 18 months of history responded in 3 months and second case with 4 years history got cured in 10 months.

#### INTRODUCTION

Uterine fibroids or myomas or leiomyoma of uterus are the most common type of benign tumour of uterus and also most common pelvic tumour in women. In women by the age of 35 incidences of fibroids is 60% and over 80% by the age of 50. They originate from myometrial

smooth muscle cells. Exact aetiology is not known but the cause estimated to be is oestrogen and progesterone which proliferate tumour growth as fibroid rarely occur before menarche and reduces after menopause. Risk factors for developing fibroids are age, early age at menarche, reduced fertility, frequent alcohol and

caffeine consumption, obesity, hypertension, diabetes mellitus, previous pelvic inflammatory disease. While decreased exposure to oestrogen found with smoking, exercise and increased parity is protective.<sup>9</sup>

Fibroids range in size from seedlings, undetectable by the human eye, to bulky masses that can distort and enlarge the uterus. You can have a single fibroid or multiple ones.

### **Presentations<sup>10</sup>**

- Heavy menstrual bleeding
- Menstrual periods lasting more than a week
- Pelvic pressure or pain
- Frequent urination
- Difficulty emptying the bladder
- Constipation
- Backache or leg pains

Fibroids are generally classified by their location. Intramural fibroids grow within the muscular uterine wall. Submucosal fibroids bulge into the uterine cavity. Subserosal fibroids project to the outside of the uterus.

**Management<sup>10</sup>** - Almost a third of women with leiomyomas will request treatment due to symptoms. Current management strategies mainly involve surgical interventions, but the choice of treatment is guided by patient's age and desire to preserve fertility or avoid 'radical' surgery such as hysterectomy. The management of

uterine fibroids also depends on the number, size and location of the fibroids. Other surgical and non-surgical approaches include myomectomy by hysteroscopy, myomectomy by laparotomy or laparoscopy, uterine artery embolization and interventions performed under radiologic or ultrasound guidance to induce thermal ablation of the uterine fibroids.

There are only a few randomized trials comparing various therapies for fibroids. Further investigations are required as there is a lack of concrete evidence of effectiveness and areas of uncertainty surrounding correct management according to symptoms. The economic impact of uterine fibroid management is significant and it is imperative that new treatments be developed to provide alternatives to surgical intervention.

### **Homoeopathic Management**

Homeopathic management of fibroid uterus is three pronged. As this disease is a typical chronic disease by its nature of development constitutional treatment is of mainstay approach. Fibroid uterus presents with strong Sycotic miasmatic characteristics except in some cases where other miasms also may come into picture. Hence anti miasmatic intervention may also be adopted depending on the presentations. Fibroid

uterus can present with varied symptoms mentioned above. To control menorrhagia, anaemia and severe dysmenorrhea acute medicines may also be needed in certain cases.<sup>11</sup>

In today's changing understanding about surgical approach in the case of fibroid, conservative treatment is gaining momentum. As is already known fibroid is not seen before menarche and naturally regresses after menopause.<sup>9</sup> Thus managing symptoms due to fibroid is gaining momentum. Homoeopathy by virtue of its philosophy and unique understanding of pathogenesis promises to deliver more than just symptomatic management. True chronic diseases are dynamic in nature representing an imbalance in the Human and environmental interplay. Homoeopathy believes that when there is balance with environmental interaction health ensues otherwise ill health follows. Equally dynamic medicine whose pure effects were already elicited on healthy humans in Homoeopathic pathogenetic trial can restore these internal imbalances and health returns. For this purpose similia rule need to be applied in drug selection.<sup>4</sup>

### CASE 1

A 26 yr old female, married came with the complaint of severe Dysmenorrhoea developed since past one and half years. The complaint radiates to

lower abdomen on right side which is worse at night. Her menses was regular with 3days duration and 28-30 day cycle having moderate flow.

She also complained of whitish, profuse leucorrhoea throughout the month not improved with any treatment.

Locati on	Sensatio n	Modality	Accompa niement
Menses since 1.5 years radiati on to left lower abdom en	Pain3	Pressure Rest < spicy food < lying on side	
Femal e genital tract	Leucorr hoea W hitish, profuse it ching	< all through the month	

- P/H of abortion 1year back
- F/H father hypertensive
- Physical Generals
- Menses : 3 days, regular

- Hot pt
- Craves : egg, fast food
- Sleep good
- Dreams of snakes<sup>3</sup>

### Mind

This patient hails from around 400km away from the clinic place. Hence interviewed over the phone. She was worried about complaint. Coming from village background and agricultural family, work demand was high. Her childhood and married life was uneventful. Generally silent, busy doing household works. She does not have many friends. Sleep is good but often sees snakes during sleep.

### Ultrasound

AASTHAA WOMEN'S CENTRE			
SECOND FLOOR, S.N. TOWERS, VIJAYA ROAD OPPOSITE C.B.T. DHARWAD-589001 CONTACT NUMBER - 9972754645.			
Patient name	Mrs. MADHU H	Age/Sex	25 Years / Female
Patient ID	AWC8869	Visit No	3
Referred by	Dr. VIJAYALAXMI ANGADI	Visit Date	04/12/2020
Pelvis Report			
Indication(s) Check scan post abortion Real time B-mode Ultrasonography of Pelvis done			
Pelvis Transvaginal sonography of the pelvis done Uterus appeared anteverted Uterus measured 6.8 X 3.8 X 4.6 cms. A hypochoic area seen suggestive of intramural fibroid: seen measuring 2.1 x 2.3 cms abutting the endometrial cavity Endometrial thickness measured 15.0 mm A hyperechoic area seen suggestive of polyp / polypoidal endometrium seen measuring 12 x 18 mm Right ovary measured 3.1 X 2.2 X 2.4 cms. (Volume = 0.51 cc.) A clear cyst seen measuring 2.0 x 2.0 cms. AFC=6 Left ovary measured 3.8 X 2.4 X 2.0 cms. (Volume = 9.48 cc.) Left ovary appeared normal AFC=10 Right adnexa appeared normal Left adnexa - An elongated cystic mass seen adjacent to left ovary measuring 2.0 x 0.8 cms suggestive of ? hydrosalpinx.			
Impression FIBROID UTERUS ENDOMETRIAL POLYP/ POLYPOIDAL ENDOMETRIUM RIGHT OVARIAN CYST LEFT OVARY APPEARED NORMAL ? Hydrosalpinx			
DR. KOMAL REVANKAR, KULKARNI MS, FRM CONSULTANT OBGYN AND IVF SPECIALIST		DR. SAMEER KULKARNI, MS, FIACU CONSULTANT FETAL MEDICINE	
Sex determination of the fetus is a crime and is punishable			
Page #1 - 04/12/20 12:30 PM			

- Intramural fibroid of 2.1x2.3cm
- Endometrial polyp/ polypoidal growth
- Right ovarian cyst

- Suspected Lt sided hydrosalpinx

### Constitutional Totality

#### Mental General

- Sad
- Low spirited
- Dreams of snakes<sup>3</sup>

#### Physical general

- Thermal: Hot patient
- Menses :
- Menarche 12years  
3 days, regular
- Craves : egg<sup>3</sup>, fast food<sup>3</sup>
- Characteristic particular
- Abdomen pain during menses  
radiating down left side > pressure
- Profuse thick leucorrhoea  
throughout the month.

### Remedy

Lac can 200 weekly once

### Follow up

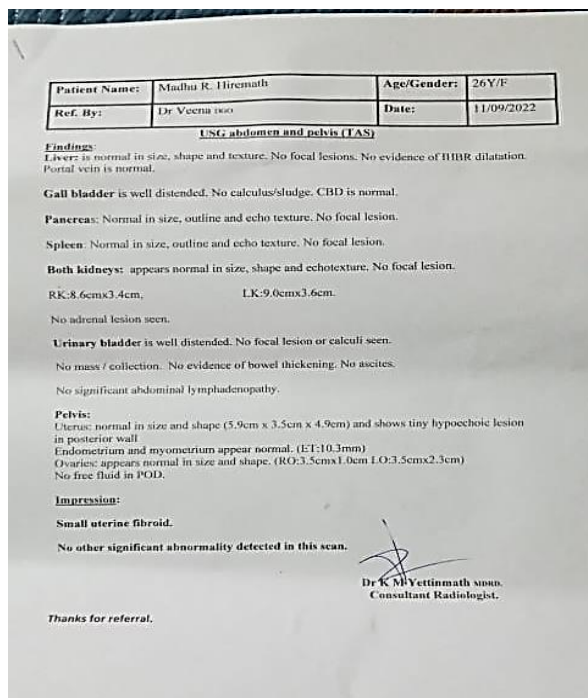
Leucorrhoea gradually reduced.

Dysmenorrhea was absent after second month

Third month there was no complaint

Repeat scan was advised.

After 3 months



All the previous scan findings have disappeared. Only a tiny fibroid is remaining.

**CASE 2**

A 40 yr old female came with the complaint of menstrual irregularity. She had been diagnosed as suffering from uterine fibroid taking allopathic medicines for the past 3 years. But the submucosal fibroid was growing in size gradually from 2.7cmx2.5cm in 2017 to 5.1x4.4cm in 2020. Lft renal calculus and fatty liver were other findings.

FGT	Menorrhagi	mene	Weaknes
Since 3	a for	s	s
years	15days	durin	Cold
Graduall	Fibroid	g	flushes
y	uterus		
growing	5.1x4.4cm		
	Pain		

**Treatment History**

On regular allopathic medicines for above complaint since 2017.

**Physical generals**

- Thermal state: Hot patient
- Sweat : Profuse, general
- Craving: Pungent, Pickle<sup>3</sup>, Nonveg<sup>3</sup>
- Weight : 75kg

**Life space**

This patient hailing from a middle class family was living after marriage in a joint family setup. There were strong feelings of being neglected by everyone. She was silent, non reactive but was suffering internally. Regularly used to see frightful dreams and also of dead relatives.

Having very strong Psycho somatic dynamics in the case constitutional approach was planned.

**Totality**

**Mental generals**

- Anger<sup>3</sup> < sound, people
- Sleep early termination
- Dreams frightful, dead relatives
- Neglected feeling

**Physical generals**

- Thermal state: Hot patient
- Sweat : Profuse, general
- Craving: Pungent, Pickle, Non veg
- Weight : 75kg

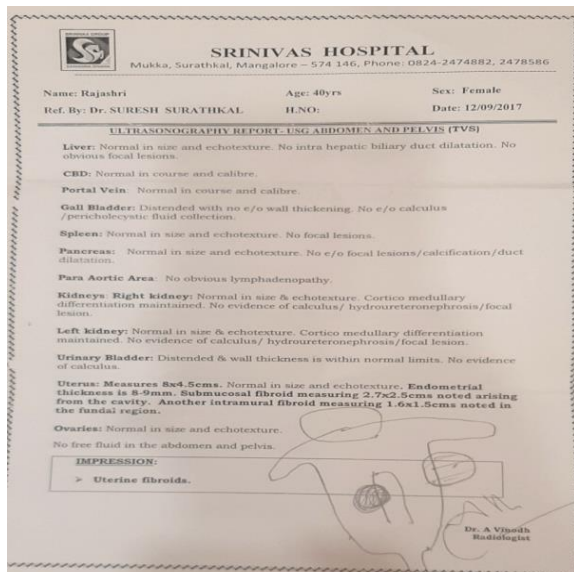


### Characteristic particular

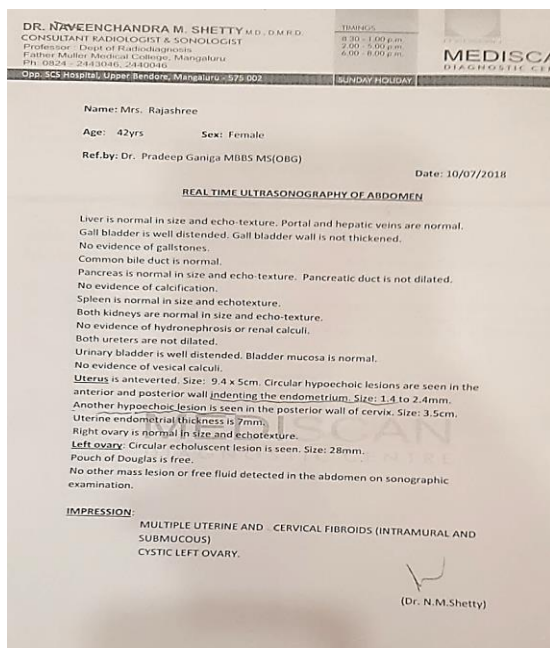
- Menorrhagia
- Fibroid uterus

This subject was taken up for treatment in February 2020. Till then she was under allopathic medication, the fibroid gradually increased in size. USG reports are given below.

### USG 2017

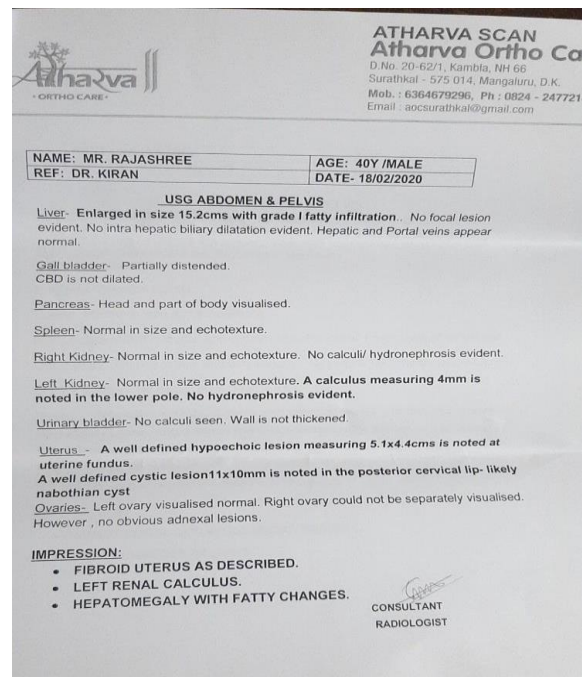


### Usg 2018



### USG

2020



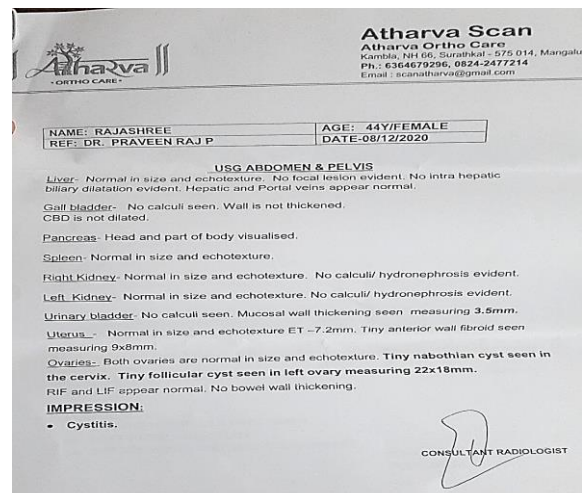
### Medicine prescribed

Rx

- Mag mur 200 weekly doses

Feb 2020 to December 2020

Her complaints started improving gradually. Menorrhagia stopped. Dysmenorrhea was relieved. Due to Corona pandemic treatment was not very regular. Repeat scan was done in December 2020. Again scan was repeated in 2023. Both scans were identical.



## Discussion

Both the cases were cured based on constitutional approach without giving any acutes or specifics for fibroid uterus. Both the cases showed characteristics at mind level. Matching these mental symptoms with physical generals is equally important. In the first case dreams snakes with profuse whitish leucorrhoea clinched Lac caninum. In the second case neglected feelings, dreams of dead relatives with craving helped in arriving at Magnesium group. Interestingly in both the cases all other pathological findings also disappeared quickly. Suspected hydrosalpinx and ovarian cyst in the first case and fatty liver, renal stones in the second case disappeared in the due course of treatment. This again highlights supremacy of Homoeopathy and greater Hahnemannian vision.

## CONCLUSION

Irrespective of pathology if uncommon symptoms could be perceived and utilised in the construction of relevant Totality then the management of cases could be more effective as well as quicker.

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