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REVIEW ARTICLE

ALTERNATIVE HEALING FOR UTERINE FIBROIDS: HOMOEOPATHY AS A NATURAL TREATMENT

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Abstract

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Uterine fibroid is the benign type of tumors or non cancerous tumors and it is also called as myomas or leiomyomas which affect women during reproductive years. Fibroids are arising from myometrium cell and it can be single or multiple fibroids and asymptomatic or symptomatic fibroids. If the fibroid size is smaller, they will be asymptomatic or if fibroids are larger, then they become symptomatic. In these cases hysterectomy is common in conventional mode of treatment which causes lot of complications later. Research studies indicate that the homoeopathy is very effective for uterine fibroid cases without any surgical procedure. Here, individuals are treated as a whole by prescribing individualized homoeopathic medicine on the basis of symptom similarity. This article has been emphasized with the best homoeopathic medicines, rubrics related to fibroid from different repertories which can be very useful while treating the uterine fibroid cases.

INTRODUCTION

The term Fibroid was first introduced in 1860 by Rokitansky and in 1863 by Klob. A German pathologist Virchow introduced the word 'Myoma' ^[1]. Uterine Fibroids are the most common Pelvic Tumors among women of Reproductive age affecting 70% women worldwide and these tumors grow in

womb (Uterus) of women's that can significantly impact women's health and quality of life. ^[2] Incidence is at least 20% of women of Reproductive age group have Fibroids. ^[3] These are made up of smooth muscle cells and fibrous connective tissue. It is most common type of benign and pelvic tumor and these tumors are surrounded by pseudo capsules. Fibroid is

whorled appearance in cross – section and they are estrogen or progesterone dependent. Mostly fibroid shapes are round or semi round.

PREVALENCE: Most of the cases of fibroid are asymptomatic not cause any symptoms and women unaware from fibroid presence. The prevalence rate is higher in the age of between 35- 45 years. [3]

RISK FACTORS – Fibroids grow mostly in the obese females, Nulliparous females, and hyper estrogenic state and also in black women's.

PROTECTIVE FACTORS

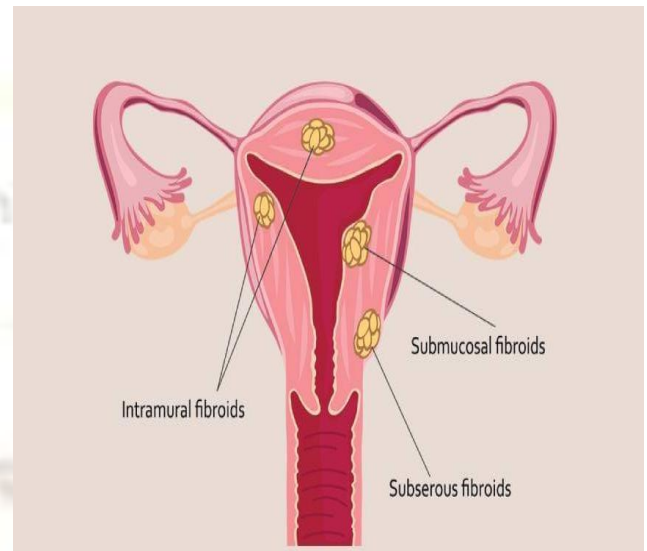
- **MULTIPARITY** (two or more baby): two or more pregnancies that means more number of breaks from menstruation and more number of lactational amenorrhea because of this less estrogenic stimulation of uterus.
- **SMOKING:** Smoking inhibits the aromatase enzyme and androgen not converted in to estrogen. (Estrogen hormone is the best nutrition for fibroids. less estrogen stimulation is protect from increasing the growth of fibroid)

FIBROID TYPES: Fibroids are described on the basis of their location in the uterus.

1. **Intramural Fibroid** - Intramural Fibroid grows within the wall of the Uterus. The wall of the Uterus is like walls of a house.

2. **Submucosal Fibroid** - subserosal Fibroids grows on the outer surface of the Uterus.

3. **Subserous Fibroid-** these Fibroids develop inside the main cavity of the organ where the baby grows during Pregnancy [9].



Fibroid image [8]

FIBROID SYMPTOMS- The most common signs and symptoms of Uterine Fibroids include [10]

- Most of the cases of fibroid are Asymptomatic
- Menorrhagia, it is the most common symptom of fibroid.
- Dysmenorrhea
- Infertility
- Backache or legs pain
- Pressure symptoms: Retention of urine, difficulty emptying the bladder, constipation, dyspnea or if it compresses the GIT then dyspepsia.

In Fibroid cases, characteristics and peculiarities of symptoms of one patient is different from another patient and thus homoeopathic treatment plan will also different depending on the individuality of the case^[9].

Conventional Mode Of Treatment:^[11]

Combination oral contraceptives: In the short-term, COCs can be used to improve heavy menstrual bleeding associated with fibroids, primarily through their suppressive effects on endometrial proliferation, but overall they have no effect on reduction of fibroid volume or size.

LNG-IUS (Levonorgestrel intra-uterine system): Numerous studies indicate improvement in menstrual bleeding and hemoglobin levels when LNG-IUS are used in women with uterine fibroids, they do not demonstrate an appreciable change in fibroid volume.

GnRH agonists: These have been most extensively studied for the treatment of symptomatic uterine fibroids, especially adjuvant preoperative medical therapy.

SPRMs (Selective progesterone receptor modulator): They have tissue-specific effects at progesterone receptors, and they can have either a complete PR agonist or antagonist profile or a mixed agonist/antagonist profile .These agents, including Mifepristone, Telapristone, Onapristone, Asoprisnil, and Ulipristal,

have emerged as a promising therapy for the management of uterine fibroids.

Surgical Treatment:^[12]

- Laproscopic myomectomy: LM has now become a popular alternative to open or abdominal myomectomy and is performed by a large number of clinicians worldwide.
- Open myomectomy: conservative surgery for large fibroids causing HMB.
- Hysteroscopic myomectomy: Submucous fibroids protrude into the uterine cavity and can usually be removed hysteroscopically. This is a less invasive, simpler and safer approach compared with abdominal myomectomy.

Homoeopathic Approach And Therapeutics For Uterine Fibroid

In homeopathy, the treatment of uterine fibroids is not based solely on the diagnosis of fibroids but on the totality of symptoms presented by the patient. This includes physical symptoms, mental and emotional states, and even lifestyle factors^[21]. The process of individualization involves a detailed case-taking session, where the practitioner seeks to understand the patient's personality, stressors, and past medical history, among other factors^[22].

Case-Taking and Remedy Selection

A well-conducted case-taking session is essential for the selection of the

appropriate homeopathic remedy. For example, two patients with uterine fibroids may present with different predominant symptoms—one may experience severe dysmenorrhea, while the other may have menorrhagia. Additionally, their emotional responses to the condition may differ significantly; one may feel anxiety and fear, while the other may feel depressed and hopeless ^[23].

Constitutional Remedies

In homeopathy, constitutional remedies are prescribed based on the individual's overall constitution, which includes their physical build, temperament, and predispositions. For instance, *Calcarea carb* is often indicated in women who are overweight, easily fatigued, and have a tendency to develop fibroids ^[24]. On the other hand, *Sepia* is often prescribed for women who feel overwhelmed, indifferent, and have a history of suppressed emotions ^[25].

Homoeopathic Therapeutics -

These medicines can be very useful in the treatment of uterine fibroid which is found in various studies but the final selection of these medicines depends on the individualistic feature of the case^[5, 6, 7]:

1. ***Calcarea Carb*:** *Calcarea Carb* is Antipsoric remedy. it is indicated when the patient experiences profuse, prolonged, and heavy bleeding during menstruation. The bleeding may be

accompanied by a feeling of coldness, particularly in the lower extremities. Patients that are overweight, with a tendency to gain weight easily, and have a slow metabolism. This remedy is often indicated in individuals who are fair, flabby, and have a tendency to perspire easily, especially on the head. General weakness, easy fatigue, and a sense of exhaustion, particularly after exertion. There is often a tendency to feel chilly. Mentally and emotionally stressed patient, worrying about the future.

2. ***Pulsatila*:** Menses suppressed from wet feet, too late, thick, scanty, dark clotted. Leucorrhoea acrid, burning, creamy, pain in back feeling tired. Diarrhoea during and after menses. Changeableness is one of the most important keynotes. Particularly suited for individuals with a mild, gentle, and yielding temperament. They may have a tendency to cry easily. Sensation of heaviness or fullness in the lower abdomen, dragging pain in the pelvis that worsens while lying down. The typical *Pulsatila* patient may have a tendency to feel cold but dislikes warm rooms, preferring open air. There might be a changeable appetite and a general aggravation of symptoms in the evening.

3. **Phosphorus:** *Phosphorus* is often indicated in cases where there is a tendency to hemorrhage. Women with uterine fibroids who experience profuse, prolonged, and bright red bleeding, especially during menstruation, may benefit from this remedy. Weakness and exhaustion, particularly after menstruation or excessive bleeding. Burning or shooting pain in the uterus, radiate to other parts of the body. The pain can be more pronounced at night, causing restlessness and sleep disturbances. It is suited for individuals who are anxious, fearful, and sensitive, particularly to external stimuli like light, noise, or strong odors. Prescribed to individuals who are tall, slender, and have a tendency toward bleeding disorders. Their skin is often pale, and they may have a history of respiratory conditions like bronchitis.
4. **Lycopodium:** *Lycopodium* is often indicated in cases where symptoms predominantly affect the right side of the body, including right-sided uterine fibroids. Women with uterine fibroids who experience significant bloating, gas, and a sensation of fullness in the abdomen. Irregular or scanty menstruation, often accompanied by irritability or depression. Deep, aching pain in the pelvic region, particularly if

the pain is worse in the evening or at night. Urinary symptoms, such as frequent urination, incomplete voiding, or pressure on the bladder. Irritability, lack of confidence, or a fear of failure.

5. **Sulphur:** *Sulphur* is Antipsoric remedy. Menses suppressed or delayed. Prolonged and heavy menstruation with thick and acrid flow. Best remedy for suppressed menses due to unknown cause or cold. Before menstruation headache. Hot flushes during menopause with burning in head and foot. It is indicated in patients with a feeling of fullness and heaviness in the pelvic region, often worse when standing and better lying down. A characteristic burning sensation, especially in the vaginal or uterine region. *Sulphur* patients may also have a fear of failure and a strong focus on their self-image.

6. **Kali Carb:** Heavy and prolonged menstrual periods associated with uterine fibroids. Severe lower back pain, which may be accompanied by a sense of weakness, especially during menstruation. Sharp, cutting pains in the abdomen or pelvic region, often radiating to the back. Sensation of heaviness, swelling, and fullness in the lower abdomen. Symptoms may worsen when the patient lies on the left side. Symptoms are typically worse

between 2 a.m. and 4 a.m., a unique time modality. Anemia, which can lead to general fatigue and pallor. Swelling in various parts of the body, particularly in the lower extremities, can be a secondary symptom in patients with fibroids.

7. ***Fraxinus Americana*:** *Fraxinus Americana*, also known as white ash, is used in homeopathy for various conditions, including Uf. Indicated for women who experience abnormal menstrual cycles, particularly where there are heavy, prolonged periods with clots. Also indicated for sensation of heaviness or fullness in the pelvic region due to fibroids. Patients may feel dragging or pressing pain in the uterus, often exacerbated by standing or walking. Dull, aching type of pain in the uterus associated with fibroids.

Repertorial Approach In Uterine Fibroid

Very useful rubric discussed related to uterine fibroid symptoms from various repertories which can be very helpful during treating the uterine fibroid cases.

1. Kent repertory:^[13]

- [Genitalia female] heaviness: uterus: menses, during
- [Genitalia female] menses: Copious

- [Genitalia female] Tumours, uterus: Fibroid
- {Genitalia female] Menses: irregular

2. BCCR:^[14]

- Genitalia- female organs- polypi uterus

3. A synoptic key of homoeopathic Materia Medica:^[15]

- Female organs – uterus: fibroid

4. Boericke repertory:^[16]

- [Female sexual system] Uterus: tumours: fibroids, polypi. Myo-fibromata
- [Female sexual system] Uterus: Hemorrhage- From fibroid
- [Female sexual system] Menorrhagia,

5. Synthesis repertory:^[17]

- Female Genitalia/sex – Tumours – uterus myoma

6. Homoeopathic medical repertory by robin murphy:^[18]

- [Clinical] Anemia, general: Menorrhagia, from
- [Female]Menses, general: Irregular
- [Clinical] Fibroids, genitalia, Uterus
- [Female] Fibroids, genitalia, Uterus

7. Minton homoeopathic uterine therapeutics:^[19] –

- Pain in general, dysmenorrhoea

- Profuse, menorrhagia
- Uterus, congestion

8. Complete repertory:^[20] –

- [Female genitalia] hemorrhage, uterine, metrorrhagia: fibroids, cysts, from
- [Urine] Profuse, increased: Frequent
- [Female genitalia] menses irregular

Uterine Fibroid Research In Homoeopathy Study is -“Role of Homoeopathic medicines in treating Uterine Fibroid: a prospective observational study”^[4]

This study was conducted at Princess Durru Shehvar Children's And General Hospital, Hyderabad. Duration of study was Sept 2006 - Aug 2009. 130 participantss of Uterine Fibroid screened as per set criteria and 103 participantss were enrolled. Incidence found to be more in 35-40 years age group. Homoeopathic treatment was given as per instructions given in Hahnemann's organon of medicine and prscribed medicine to the participants by repertorizing the symptoms totality. Repertorization was done by using complete Repertory from software of Homopath. The medicines found useful in this observational study were *Calcarea Carb*, *Pulsatila*, *Phosphorus*, *Lycopodium*, *Sulphur*, *Kali Carb*. This study has shown

positive results in term of reduction and resolution of Uterine Fibroid with Homoeopathic treatment.

CONCLUSION

Fibroid has increased prevalence nowadays. It affects both the physical condition and the quality of life of the patient. Homoeopathy helps to manage both the clinical condition and the decreasing quality of life of the patient. This article generates awareness for uterine fibroids and helps clinicians to find the best effective remedy for uterine fibroids on the basis of different rubrics and specific indications of medicines given under them, related uterine fibroid rubrics are taken from various repertories – Kent, BBCR, Murphy, Synthesis, Complete, Minton, Clarke and Boericke.

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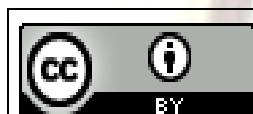
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