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## REVIEW ARTICLE

### LEUCORRHOEA AND ITS MANAGEMENT

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#### Abstract

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**Key Word-** Leucorrhea, vaginal discharge, Puberty, homeopathic treatment.

Leucorrhoea is excessive normal vaginal discharge. The excess secretion is evident from persistent vulval moistness or staining of cloths need to wear a vulvar pad. It is non-offensive, non-purulent, non-irritant and never causes pruritus. The hormonal changes in the reproductive system, affect the well being of women. This article focuses on Cause, sign, symptoms and management of leucorrhoea with homoeopathic medicines effectively.

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#### INTRODUCTION

Leucorrhoea is not a disease, it is a symptoms. Leucorrhea or vaginal discharge is a whitish or yellowish discharge from the vagina. It is normal during the age of puberty of girls, menstrual cycle beginning and during pregnancy. It is a physiological condition when women experience the vaginal

discharge but it may cause irritant during puberty age of girls. Vaginal discharge happens due to stimulation of estrogen hormone.

#### Types of Leucorrhoea

**Physiologic leucorrhoea** – Leucorrhoea is a natural defence mechanism that the vagina uses to maintain its chemical balance, as well as to preserve the

flexibility of the vaginal tissue. The term "physiologic leucorrhoea" is used to refer to leucorrhoea due to oestrogen stimulation. Leucorrhoea may occur normally during pregnancy. This is caused by increased blood flow to the vagina due to increased oestrogen. Female infants may have leucorrhoea for a short time after birth due to their in-uterine exposure to oestrogen.

**Inflammatory leucorrhoea** - It is due to inflammation or congestion of the vaginal mucosa. In cases where it is yellowish or gives off an odour, it could be a sign of several disease processes, including an organic bacterial infection (aerobic vaginitis) or STD. After delivery, leucorrhoea accompanied by backache and foul-smelling lochia (post-partum vaginal discharge, containing blood, mucus, and placental tissue) may suggest the failure of involution (the uterus returning to pre-pregnancy size) due to infection. A number of investigations such as wet smear, Gram stain, culture, pap smear and biopsy are suggested to diagnose the condition.

**Parasitic leucorrhoea** - Leucorrhoea is also caused by trichomonads, a group of parasitic protozoan, specifically *Trichomonas vaginalis*. Common symptoms of this disease are burning sensation, itching and discharge of frothy substance, thick, white or yellow mucous.



Fig 1 Colour of Vaginal Discharge

**The excessive secretion is due to:**

**Physiologic Cause** – The normal secretion is expected to increase in conditions when the estrogen levels become high. Such conditions are-

- **During Puberty** – Increased levels of endogenous estrogen lead to marked over growth of the endocervical epithelium which may encroach onto the ectocervix producing congenital ectopy (erosion) – increased secretion.
- **Around Ovulation** – Peak rise of estrogen – increase in secretory activity of the cervical glands.
- **Premenstrual** – Pelvic congestion & increased mucus secretion from the hypertrophied endometrial glands.

- **Pregnancy** – There is hyperestrinism with increased vascularity. This leads to increased vaginal transudate & cervical gland secretion.
- **During sexual excitement** – When is abundant secretion from the Bartholin's glands.

For physiological leucorrhoea no need of such treatment but personal hygiene should be maintained to avoid worse condition and diet, lifestyle also triggered that condition.

**Cervical cause** – Noninfective cervical lesion may produce excessive secretion, which pours out at the vulva. Such lesions include cervical ectopy, chronic cervicitis, mucous polyp & ectropion.

**Vaginal cause** – Increased vaginal transudation occurs in conditions associated with increased pelvic congestion. The conditions are uterine prolapse, acquired retroverted uterus. Chronic pelvic inflammation, pill use & vaginal adenosis. Irritation due to mechanical factors such as use of chemical contraceptives, intrauterine devices, etc.

Ill health is one of the important causes of excessive discharge. It produces excess exfoliation of the superficial cells. (2)

#### **Other Cause**

- Emotional causes such as stress, anxiety, work pressure and sexual anxiety.
- Hormonal irregularities.

- Errors in diet, excessive use of stimulants, e.g., tea, coffee, alcohol and smoking.
- Medical conditions such as anaemia, tuberculosis etc.

#### **Sign and Symptoms**

Signs and symptoms point to the specific disease diagnosis of the underlying causative factors. Thus, if a woman experiences any of the following signs and symptoms, they may need further medical evaluation-

- Intense itching of the vulva
- Soreness of the vulva
- Unusual vaginal discharge
- Fish-like smelly discharge
- Yellowish or thick curd-like discharge
- Vaginal bleeding in between two menstrual cycles
- Severe pain or menstrual-like cramps in the lower part of the abdomen
- Pain during or after sex
- Bleeding during or after sex
- Pain while passing urine
- Vaginitis
- Skin lesions around the vagina
- Vulvae edema (swelling of the vulva)
- Lower back pain.



Fig 2 Symptoms of Leucorrhoea

### Diagnosis

A clinical diagnosis is based on a detailed clinical history of complaints namely:

- Duration of the complaint
- Type of fungal infections
- Frequency of sexual intercourse
- Consistency, colour and odour of the discharge
- The time modality when it tends to increase
- The contraceptive history.
- Blood tests for HIV and syphilis.
- Endocervical swab for a chlamydial nucleic acid amplification test (NAAT) to diagnose chlamydia.

### Management of Leucorrhoea

#### Diet Management

##### Foods to be taken

- Healthy fruits and vegetables, especially bananas, cranberries, oranges, lemons, black plums, okra, leafy greens, onions, brown rice, yogurt, as well as healthy herbs and

spices such as ginger, garlic, and coriander.

- Increase intake of fruits, vegetables and salads.
- Increase liquids in the diet, such as water, soup, milk and juice. These help to flush out the toxins.

##### Foods to be avoided:

- Some of the foods that should be eliminated from healthy leucorrhoea recipes include eggs, meat, bread, mushrooms, sweets and any other food items that have been fermented.
- Avoid heavy, oily, fried, spicy, and sour foods.
- Tea, coffee, alcohol, aerated drinks, and non-vegetarian food should also be avoided.
- Sugar must be avoided if there is profuse discharge.
- Alcohol must be totally avoided.

##### Yoga and Exercise

- Do stress bursting exercises regularly.
- Go on a walk or jog early morning. If the body is stress-free, its resistance to diseases is alleviated.
- Regular practice of Surya Namaskara, Bhujangasana, and Makarasana is also beneficial.

## Homoeopathic Treatment of Leucorrhoea

Homeopathy is very effective in curing leucorrhoea. It works on this condition by curing the root cause of leucorrhoea and eradicating the vaginal infection. Homeopathy treatment for leucorrhoea is safe and does not harm the women's reproductive system. It helps to maintain the hormonal imbalance and boosts the immune system to cure the disease.

1. **Alumina** - Leucorrhoea is acrid, profuse transparent,ropy with burning sensation. Flow is worse during daytime and after menses. Relieved by washing with cold water.
2. **Borax** - This homeopathic medicine used in clearing a copious and albuminous leucorrhoea problem.
3. **Calcarea Carbonica** - Leucorrhoea is milky and thick. Burning and itching of parts before and after menstruation. Leucorrhoea in little girls. There is increased sexual desire. Before menses leucorrhoea aggravates.
4. **Graphites** - Leucorrhoea is pale, thin, profuse, white, excoriating, with great weakness in back. Leucorrhoea with constipation. There is decided aversion to coitus.
5. **Kreosotum** - Leucorrhoea is yellow, acrid, odor of green corn. It worse between periods. Flow is corrosive itching within vulva, burning and swelling of labia. Burning and soreness in external and internal parts. Hemorrhage after coition. Lochia is very offensive.
6. **Lilium tigrinum** - Leucorrhoea is acrid and brown. Leucorrhoea ceases when resting. There is smarting pain in labia. Bearing down sensation with urgent desire for stool, as though all organs would escape. Constant desire to support parts externally.
7. **Mercurius or Merc** - An acrid leucorrhoea accompanied by burning and swelling of vulva or the external parts of the vagina. This homeopathic medicine for greenish-yellow leucorrhea, which is worse at night.
8. **Natrum Muriaticum** - Leucorrhoea is offensive, acrid and watery. Bearing-down pains which worse in morning. There is no desire to coitus due to dryness in vagina.
9. **Pulsatilla Nig.** - Leucorrhoea is acrid, burning and creamy. Pain in back feel tired. Suppressed menses from wet feet, nervous debility or chlorosis. The patient seeks the open air and always feels better there.
10. **Sabina** -Leucorrhoea after menses and discharge is corrosive and offensive. Discharge of blood between periods, with sexual excitement. Leucorrhoea with increased sexual desire. Pain radiates from the sacrum to the pubis,

and it shoots up the vaginal canal from below.

11. **Secale Cornutum-** Brownish leucorrhoea with a strong odour. Menstruation is irregular, heavy, and dark, with a constant seeping of watery blood until the next period. Menstrual colic accompanied by coldness and heat intolerance. Intense burning pains in the uterus. Lochia is a dark and offensive.
12. **Sepia** - Leucorrhoea is a yellow, greenish with a lot of itching. Menses are late and infrequent. Violent stitches upward in the vagina, from uterus to umbilicus. Vaginal painful, particularly during coition. Pelvic organs have become more relaxed. Bearing-down sensation, as if everything would escape through vulva; must cross limbs to avoid protrusion, or press against vulva.
13. **Sulphur** - Leucorrhoea is burning and excoriating. Nipples cracked, smart and burn. Menses too late, short, scanty and difficult. Flow is thick, black, acrid making parts sore. Menses preceded by headache or suddenly stopped.
14. **Trillium Pendulum** - Leucorrhoea copious, yellow and stringy. metrorrhagia at climacteric. Lochia becomes sanguine all of a sudden. Uterine hemorrhages, with a sensation

as if the hips and back were falling apart are requiring the use of more restrictive bandages. Gushing of bright blood on least movement. Prolapse with great bearing-down.

**The rubrics regarding leucorrhoea from different repertories are as follows:**

1. **Boericke Repertory**– agn, alum, am-m, ambr, ars ,aur-m-n, borx, bov, calc, canth, caul, chin, cocc, con, cop, dict, eucal, frax, graph, helon, hydr, kali-bi, kali-c, kali-s, kreos, lil-t, lyc, mag-m, merc, nat-m, nat-s, nit-ac, ovi-p, psor, puls, sabin, sec, stann, thuj, xan(3)
2. **BBCR Repertory**- aco, ag-c, ALU, am-c, amb, anac, ars, bor, bov, CALC-C, canth, carb-an, carb-v, caust, cham, chin, COCL, CON, dros, ferr, graph, hep, iod, kali-c, KRE, lach, lyc, mag-m, MERC, mez, nat-c, nat-m, nit-ac, nux-v, petr, ph-ac, phos, PULS, rut, sabin, sec, SEP, sil, stann, sul-ac, sulph, zinc (4)
3. **Clarke Repertory**- calc, cina, hydr, kreos, mag-m, nat-m, puls, sabin, sep, sulph (5)
4. **Kent Repertory** – aesc, alet, , am-c, am-m, apis, arg-n, ARS, ARS-I, ,aur-m, bar-c, bar-m, bor,bov, CALC, calc-p, CALC-S, CARB-AN, CARB-S, carb-v, CAUST, chin, cemic, cinnb, cocc, eupi, ferr, gels, GRAPH, hep, hydr, IOD, KALI-AR, kali-bi, KALI-C, kali- chl, kali-i , kali-p, kali-

s, KREOS, lac-c, lach, lyc, lyss, mag-m, mag-s, MED, MERC, merc-c, MUR-AC, nat-a, nat-c, NAT-M, nat-p, NIT AC, – nux-m, op, orig, pall, petr, ph-ac, phos, phys, phyt, PLAT, podo psor, PULS, sabin, sarc, SEP, SIL, STANN, SULPH, sul-ac, tarent, thuj, zinc (6)

**5. Phatak Repertory-** alum, ars, calc-s, carb-an, cust, graph, hydr, iod, kali-c, kreos, med, MERC, nat-m, nit-ac, plat, puls, SEP, sil, stann, sulph (7)

**6. Synthesis Repertory-** acal, aesc, alet, ALUM, AM-C, am-m, am-m, ant-t, arg-met, arg-n, arist-cl, ARS, ARS-I, ars-s-f, asar, asper, aur-m, bar-c, bar-m, bar-s, borx, bov, brom, bufo, calad, CALC, calc-f, calc-p, CALC-S, calc-sil, calen, carb-ac, CARB-AN, carb-v, CARBN-S, castm, CAUST, CHIN, chlor, cemic, cina, cinmb, clem, cocc, coll, coloc, CON, cop, corn, dict, ery-a, eucal, euph, eupi, ferr, ferr-I, ferr-s, frax, GELS, GRAPH, guare, hell, hep, hydr, IOD, ip, KALI-AR, kalibi, kali-br, KALI-C, kali-chl, kali-I, kali-p, kali-s, KREOS, lac-ac, lac-c, lach, lam, lap-a, led, LOB, lyc, lyss, mag-m, MED, meli-xyz, MERC, merc-c, mucor, MUR-AC, nat-ar, nat-c, NAT-M, nat-p, NIT-AC, nux-m, oci-sa, ol-j, ol-sant, onos, op, orig, pall, petr, ph-ac, phos, phys, phyt, PLAT, podo ,polyg-h, psor, PULS, pyrog, sabin, sarc, SEP,

SIL, STANN, staph, still, sul-ac, SUL-I, SULPH, sumb, tarent, ter, thuj, thymol , tong, tub, vinc, zinc, zinc-p(8)

## CONCLUSION

The above therapeutics medicines are used frequently in leucorrhoea with good results. Other individualised homoeopathic medicines can also be offer significant relief to the patients of leucorrhoea. Homoeopathic medicines when prescribed on the principle of similarity and individualisation can prove to be effective in relieving the symptoms and reaching at the cure. Repertory is a tool, using repertory one can easily get a near range of similar medicine and similimum can be prescribed with help of materia medica.

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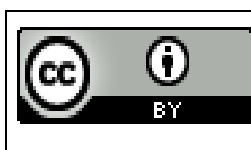


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