

Uterine Fibroids: Homoeopathic Perspectives

Dr. Rudrakshi Dey

Assistant Professor, Department of Organon of Medicine, Shree Swaminarayan Homeopathy College,
Swaminarayan University, Kalol, Gandhinagar, Gujarat, India

ABSTRACT

Uterine fibroids are commonly known as abnormal non-cancerous growths present in woman's uterus, mostly at reproductive stage of life. Uterine fibroids are also called as uterine leiomyomas or myomas and considered as benign tumors by physicians. These are generally made up of smooth muscle cells or fibrous connective tissues, which are lying around the uterus. Today, it comes out as a common health problem in female's during her reproductive phase with arising of symptoms like pelvic pain and heavy bleeding during her menstrual period. Suffering with long series of symptoms for longer period of time brings huge negative impact at both physical and mental level of a woman's life in different ways.

KEYWORDS: Uterine fibroid with types, homoeopathic approach, miasm, therapeutics

INTRODUCTION

Uterine fibroids are a major cause of morbidity in women of a reproductive age (and sometimes even after menopause). There are several factors that are attributed to underlie the development and incidence of these common tumors, but this further corroborates their relatively unknown etiology. The most likely presentation of fibroids is by their effect on the woman's menstrual cycle or pelvic pressure symptoms. Leiomyosarcoma is a very rare entity that should be suspected in postmenopausal women with fibroid growth (and no concurrent hormone replacement therapy). The gold standard diagnostic modality for uterine fibroids appears to be gray-scale ultrasonography, with magnetic resonance imaging being a close second option in complex clinical circumstances. The management of uterine fibroids can be approached medically, surgically, and even by minimal access techniques. The recent introduction of selective progesterone receptor modulators (SPRMs) and aromatase inhibitors has added more armamentarium to the medical options of treatment.

Epidemiological studies carried out by various health institutions shows us that the prevalence of uterine fibroids increase with age and findings are most common at the age of 35 – 45 years. In many cases of

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uterine fibroids, females are not aware about abnormal growths because they not show any type of symptomatology along her whole life. But sometimes they are diagnosed incidentally by physicians in pelvic examination or by use of USG. In many cases of infertility, uterine fibroids are found as common cause by disturbing whole social life of female by producing large number of mental symptoms like marked irritability, anger, anxiety and restlessness of the mind. So to cure uterine fibroid with large number of physical and mental symptoms, a well chosen homoeopathy medicine helps a patient lot to not only dissolve fibroids but also to keep her mind in normal state.

Causes of the uterine fibroids

Although, Health institutions are unable to find exact cause of uterine fibroids but clinical experiences point out us to these factors :

- **Genetic cause** – Chromosomal abnormality, especially at the level of the six or seven chromosome leads to uterine fibroid.
- **Hormonal cause** – Estrogen and progesterone are mainly two hormones that stimulate the development of the uterine lining during female's menstrual cycle, and both hormones helps to

promote the growth of fibroids. Fibroids contain more estrogen & progesterone receptors than normal uterine muscle cells. So, in many cases after menopause fibroids may shrink due to decrease in hormonal level.

- **In pregnancy** – Fibroids may grow while pregnancy because level of estrogen and progesterone increases in the body.
- Other risk factors such as insulin growth factor may effect fibroid growth.

Signs and symptoms

- Heavy menstrual bleeding may lasts for more than one week
- Irregular bleeding
- Pain in lower abdomen
- Enlargement of lower abdomen
- Pressure symptoms like constipation, retention of urine and backache
- Abdominal swelling
- Infertility in some cases (because sometimes fallopian tube may blocked by the fibroid size)
- Pain during intercourse with partner

Along with these physical symptoms patient may also gives us a series of mental symptoms while diagnosing a case.

Classification of uterine fibroids

These are classified on the basis of anatomical position into body and cervical fibroids.

- Fibroids present within the body are divided into
 - **Intramural and interstitial fibroids** – These are the most common type of fibroids present in uterus. They appeared in the wall of uterus and may push uterus wall outwards or inwards.
 - **Subserous and subperitoneal fibroids** – Subserous fibroids are grow on the outside of the uterus. These are covered by peritoneum and attains a pedicle called pedunculated subserous fibroid.
 - **Submucous fibroids** – Submucous fibroids are commonly developed within the middle layer of the uterus, myometrium.
 - **Cervical fibroids** – Cervical fibroids are rarely found in the patient because they may be located in the supra-vaginal part of the cervix.

Complications of uterine fibroids includes:

Hyaline, cystic and fatty degeneration may take place in the uterus

- Heavy bleeding may leads to anemia in the patient
- Unbearable pain in pelvic region
- Urinary tract infection due to enlargement in size of fibroid
- Infertility in some cases.

Diagnosis of uterine fibroids

Pelvic examination and following techniques are helpful in confirmation of uterine fibroids

- **USG** – Ultrasonography is a diagnosing imaging technique uses high frequency sound waves to produce images of internal tissues and organs on the screen. In cases of uterine fibroids a transvaginal ultrasound is enough to confirm that there is presence of any abnormal structures in the uterus. It is the best way used by physicians to diagnose any kind of abnormality related to internal organs of our body.
- **Pelvis MRI** – A pelvis MRI scan is an imaging test that uses a machine with powerful magnets and radio waves to create pictures of the area between hip bones. It is useful procedure performed by physicians to diagnose abnormal growths in the uterus.
- **Laparoscopy** – It is a type of surgical practice to examine internal organs by making small incisions in the pelvic region or in abdomen. Today, in the world of technology it is not performed and advised by physicians to diagnose cases of uterine fibroids in early stages.
- **Hysteroscopy** – Diagnostic hysteroscopy is a procedure to diagnose cases of heavy bleeding and abnormalities of uterus. It can be performed as diagnostic or operative to diagnose presence of fibroids in the uterus.

Conventional treatments for Uterine fibroids

In convential treatment of uterine fibroids non-steroidal anti-inflammatory drugs are given to give relief from pain and drugs like tranexamic acid are also used to reduce blood loss during menstrual bleeding. Some physicians also use gonadotropin – realising hormone agonists to shrink uterine fibroids, but in almost 80% of cases it is not found as an effective treatment because other manifestations like amenorrhoea may arise from regular use of these drugs. So, surgical interventions are used in most of the cases to remove fibroids from uterus. Today, we need nonsurgical alternatives to treat cases of uterine fibroid and homoeopathy medicines help a patient to dissolve uterine fibroid by using their holistic approach.

Homoeopathy approach to treat uterine fibroids

Homoeopathy keeps holistic approach to cure patients on the basis of individuality and by selecting best similar medicine from homoeopathic materia medica as symptoms perceived by the physician from patient. Homoeopathy tends to be a holistic approach because it treat the person as a whole, rather than focusing on a diseased part. It shows us that its approach is not limited to particular part and its medicines also helps

a person at both physical and mental level. In cases of uterine fibroid a physician receive both physical and mental symptoms with analysis of miasmatic manifestations

MIASMATIC CONCEPT OF MENOORHAGIA AS UTERINE FIBROID'S MOST COMMON SYMPTOM

Latent Psora: Menstruation too copious, of too long duration, too watery, connected with various bodily ailments. The menses flow for five, six, eight and more days, but only intermittently, a little flow every six, twelve, twenty-four hours, and then they cease for half or whole days, before more is discharged. The menses flow too strongly, for weeks, or return almost daily. Menses of watery blood or of brown clots of blood. (Chronic disease).

Sycosis: Menstrual flow, offensive large, clotted, stringy large clots, dark even black flow discharge are generally acrid and excoriating and produces vesicles excoriation, which are a source of great annoyance to the patient- offensive like stale fish. Many ovarian or tubular symptoms that develop during the menses, are dependent more in Sycosis than any other miasm. (Chronic miasm by J. Henry Allen)

Pseudopsora: Menstrual abnormality in tubercular patients exhaustive and often a prolonged and copious flow, usually bright red blood, seldom offensive may be painless but are always exhaustive, inducing anaemia. Cholera like symptoms, such as nausea, vomiting, extreme purging, from bowel, with sweat generally tubercular in origin. (Chronic miasm by J. Henry Allen)

Syphilis: Syphilis seldom attacks the ovaries or uterus, with degenerative changes causes heavy bleeding by(Chronic miasm J. Henry Allen).But the exact miasmatic diagnosis of abnormal bleeding will be carried by overall case taking, clinical symptoms, and pathological examination of patient.

Diathesis: Haemorrhagic diathesis.

As discussed previously, menorrhagia is an outward reflection of the internal disease which may be acute due to some exiting cause or chronic in nature due op miasms, diathesis and constitutional dyscrasia, which can be successfully treated and managed by homoeopathy on the basis of homoeopathic principles. The importance of menstrual symptoms like menorrhagia, amenorrhoea etc. in female disorder are mentioned by Dr Samuel Hahnemann in Aphorism 89 and Footnote 1 of aphorism 94 of Organon of medicine.89 When the patient (for it is on him we have chiefly to rely for a description of his sensations, except in the case of feigned diseases) has by these details, given of his own accord and in

answer to inquiries, furnished the requisite information and traced a tolerably perfect picture of the disease, the physician is at liberty and obliged (if he feels he has not yet gained all the information he needs) to ask more precise, more special questions In women, note the character of menstruation and other discharges, etc.(6th edition)

94 Footnote 1: In chronic diseases of females it is specially necessary to pay attention to pregnancy, sterility, sexual desire, accouchements, miscarriages, suckling, and the state of the menstrual discharge. With respect to the last-named more particularly, we should not neglect to ascertain if it recurs at too short intervals, or is delayed beyond the proper time, how many days it lasts, whether its flow is continuous or interrupted, what is its general quality, how dark is its colour, whether there is leucorrhoea before its appearance or after its termination, but especially by what bodily or mental ailments, what sensations and pains, it is preceded, accompanied or followed; if there is leucorrhoea, what is its nature, what sensations attend its flow, in what quantity it is, and what are the conditions and occasions under which it occurs.

Some suggested homoeopathy medicines by physicians to treat uterine fibroids

- **Thuja occidentalis** – Thuja occidentalis is known as king of anti-sycotic remedies in homoeopathy materia medica. It is used to treat various unwanted growths in the body like cysts, tumors etc. In cases of uterine fibroid thuja occidentalis is used to treat intramural and subserous fibroids. Cauliflower like growth and bleeding tendency of fibroids with fixed ideas of mind are considered as striking features of remedy while prescribing.
- **Calcarea carbonica** – Calcarea carbonica is used for uterine fibroids on the basis of constitution of patient along with local symptoms of cutting uterine pains. On basis of constitution it is suitable for fatty, flabby and fair woman's who suffered with profuse and long lasting menstruation. Growths are normally found as soft and spongy with bleeding tendency. This remedy is considered as an best antipsoric remedy in our materia medica.
- **Calceria flourica** – A biochemic salt is highly efficacious in restoring the lost elasticity of smooth muscles. It also helps to remove any kind of tumor from smooth muscle musculature. So, calceria flourica is an indicated remedy in cases of uterine fibroids with symptoms like hardness and swelling over the pelvic and abdominal region.

- **Graphitis** – Graphitis is another homoeopathic remedy used to treat cases of uterine fibroids. It acts on swollen endometrium of the uterus and to cure cauliflower excrescence of the uterus. Symptoms like great tenderness of uterus and anemic condition of the patient indicates graphitis as a remedy.
- **Phosphorus** – Phosphorus is a highly recommended remedy to treat sub-mucous type of fibroids in the uterus. Highly sensitive, intelligent and long slender females with marked stitching pains in uterine region shows efficiency of the medicine to use it in cases of fibroids.
- **Conium** – Homoeopathy remedy conium is a well indicated remedy to treat any kind of tumor including uterine fibroid. Generally it is used when fibroids are caused by suppression of unsatisfied sexual desires. Associated symptoms like pain in thighs and pain during menstrual bleeding may also be considered by the physician while choosing conium as a remedy.
- **Bufo rana** – Bufo rana is a great palliative remedy of uterine fibroid to control pain and other associated symptoms like suppressed menstruation. Sometimes, it also cures the cases of fibroids with stitching, rending and tearing pains in the uterus and cervix.
- **Carcinosinum** – Carcinosinum is a homoeopathy nosode used to treat benign tumors. It is used when cause of fibroids tends to the family history.

In homoeopathy medicines are given on the basis of individuality and totality of the symptoms. So, many other remedies also may come out as to treat arising symptoms in the patient.

CONCLUSION

Quality of life and patient satisfaction must be considered as our goals in the management of uterine fibroid. Today, it is difficult for medical science to suggest a general rule towards treatment of any disease. So, we need to individualize every case

because there is great variability among the patients regarding their age, cause and living standards. Here, healing art of homoeopathy helps us to individualize each case via perceiving the whole case by knowing origin of the disease. In cases of uterine fibroid homoeopathy medicines are proved to be efficacious to cure the case when prescribed on the basis of constitution, miasm and the totality of the symptoms.

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