

Review Article

Role of Homoeopathy in Uterine Fibroid

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ABSTRACT

Fibroids is the commonest benign tumour of the uterus and also the commonest benign solid tumour in female. Histologically this tumour is composed of smooth muscle and fibrous connective tissue, so named as uterine leiomyoma, myoma or fibromyoma. Sometimes these tumours become quite large and cause severe abdominal pain and heavy periods. In other cases, they cause no signs or symptoms at all. The cause of fibroids is unknown.

According to the National Institutes of Health, about up to 80% of women have them by the age of 50. However, most women don't have any symptom and may never know they have fibroids. Uterine fibroid is commonest cause for infertility because it hinder nidation & growth of fertilized ovum. These are more common in nulliparous or in those having one child infertility. Because of that woman suffer from psychological stress. And suppuration of emotions Sometime these fibroids become quite large & cause severe abdominal pain.

Homoeopathic medicine not only helps in treating the Uterine fibroid by avoiding surgery but also prevent the recurrence. Modern school treats the disease but Homoeopathy treats the patient. Diagnosis of the disease is the aim of the modern school but diseases individualization and diagnosis of person is aim of the Homoeopaths.

Keywords: Fibroids, homoeopathy, management



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INTRODUCTION

Uterine Fibroids

Uterine fibroids (also called leiomyomas or myomas) are benign growths of the muscle inside the uterus. They are not cancerous, nor are they related to cancer. Fibroids can cause a wide variety of symptoms, including heavy menstrual bleeding and pressure on the pelvis.

Types of Uterine Fibroids

Submucosal: These fibroids are located just underneath the lining of uterus, protruding into the uterus. They cause heavy bleeding, long periods and irregular bleeding between the cycles.

Subserosal: These fibroids are located outside the uterus either in the muscle or hanging outside the uterine wall. They cause

bulk symptoms, such as pain and pressure in the pelvis, abnormal and excessive menstrual bleeding, pressure on spinal cord.

Intramural: These fibroids are located in the muscle of the uterus, either protruding into the uterine cavity or outside the uterine cavity. They put pressure on the spinal cord, rectum and pelvis, but are asymptomatic unless they grow in size.

Pedunculated: These fibroids are outside the wall of the uterus, attached to the uterus through a stalk. It puts pressure on the spinal cord, thus causing lower back pain.

Causes and Risk Factors

1. Hormones
2. Genetic changes
3. Family history

4. Pregnancy

Pathophysiology

Fibroids are a type of uterine leiomyoma. Fibroids grossly appear as round, well circumscribed (but not encapsulated), solid nodules that are white or tan, and show whorled appearance on histological section. The size varies, from microscopic to lesions of considerable size. Typically lesions the size of a grapefruit or bigger are felt by the patient herself through the abdominal wall. Microscopically, tumor cells resemble normal cells (elongated, spindle-shaped, with a cigar-shaped nucleus) and form bundles with different directions (whorled). These cells are uniform in size and shape, with scarce mitoses. There are three benign variants: bizarre (atypical); cellular; and mitotically active.

The appearance of prominent nucleoli with perinucleolar halos should alert the pathologist to investigate the possibility of the extremely rare hereditary leiomyomatosis and renal cell cancer (Reed) syndrome.

Clinical Features

Heavy menstrual bleeding

Menstrual periods lasting more than a week

Pelvic pressure or pain

Frequent urination

Difficulty emptying the bladder

Constipation

Backache or leg pain

Investigation

CBC

USG for abdomen and pelvis

Homoeopathic therapeutics

Sepia

Pelvic organs are relaxed and there is bearing down sensation as if the uterus would escape through vagina opening. She must cross her limbs to prevent protruding or apply some pressure on genitalia. There is atonic relaxation of the support of uterus especially broad ligament of the uterus and stretching and tearing of pelvic fascia led to widening of vaginal canal or introitus. Damage of the pelvic support at childbirth is one of the factors responsible for the prolapse. Bearing down sensation is worse when sitting while standing, on walking. With pelvic protrusion, there is leucorrhoea which is yellowish green

in color, cause intense itching of vulvar region with redness, swelling and eruption complete procidentia, that is, the uterus lies outside the vagina.

Lachesis

The growth alters the hormonal level and before menses she may have fainting spells. Menses are of short duration and flow is scanty. Flow is dark, non-clotted blood. Flow is watery. Regulatory of menses is well maintained in this patient. This regular flow of menses relieves many of her complaints. Metrorrhagia is marked.

Calcarea Carb

Calcarea Carb is a very useful Homeopathic medicine for treating heavy periods from uterine fibroids. Menses continue for long and may even appear early. Vertigo during menses may arise. Leucorrhoea of thick, milky or yellow colour is another complaint that may attend. ^[12]

Sabina Officinalis

In case of menstrual bleeding with clots in uterine fibroid cases, Sabina Officinalis is a significant Homeopathic medicine. The slightest motion increases menstrual bleeding. Pain from sacrum to pubis is another attending feature. During menses, pain in uterus may be present that gets better by lying on the back. Uterine pain may extend to the thighs. Other symptoms include foul, acrid, corrosive, yellow leucorrhoea.

Phosphorus

When there is prolonged and profuse bleeding with uterine fibroids, Phosphorus is one of the best homeopathic medicines for uterine fibroids. There may even be bleeding in between menses. The mood of the patient is pensive and even weeps before menses.

Medorrhinum

Intense menstrual colic, better pressing feet against support. Menses profuse, dark, clotted, foul, stains difficult to wash out, with frequent urination. Itching-vagina, better rubbing & by bathing with tepid water. Breast cold, icy, the rest of body warm

Calcarea fluorica

Stony hard and multiple fibroids, fibrocystic breast disease. The woman is also prone to joint pain or bone spurs, hemorrhoids, varicose veins.

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