

Review Article

Therapeutics of leucorrhoea

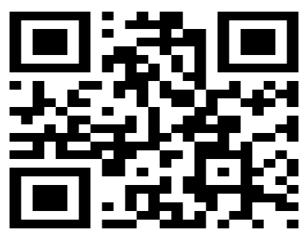
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ABSTRACT

Vaginal discharge is the commonest reproductive tract infection among rural women in many community-based studies in India. Recent evidence shows that the association between vaginal discharge and reproductive tract infection is weak. Psychosocial factors also contribute to vaginal discharge. So, the problem of vaginal discharge can be best understood not only in the biomedical perspective but also in the socio-cultural perspective. Proper understanding of this problem helps in initiating appropriate medical education programs and framing health policies. This common problem may occur due to unhygienic conditions, infection of the genital tract, or impaired immune function. Unfortunately, most women are highly embarrassed by this problem. Well, women are not only embarrassed in front of others because of this, but most of them also avoid discussing the problem with their medical health care providers, which is why the treatment for vaginal discharge caused by leucorrhoea could be a bit of a challenge.

Keywords: Therapeutics, leucorrhoea, female remedies, gynecological problem



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INTRODUCTION

Leucorrhoea

Sepia officinalis

For leucorrhoea at menopause. *Sepia officinalis* is the top natural medicine to treat leucorrhoea mainly in women at the menopause age with excessive hot flushes, perspiration, and weakness. This medicine is very beneficial when the vaginal discharge is yellowish green in color with excessive itching in the vulva. Another prominent feature for using homeopathic medicine *sepia officinalis* is the presence of bearing down sensation in the pelvis as if the pelvic organs would come out from vulva. The women requiring this medicine usually suffer from menstrual irregularities of various kinds. The mental symptoms guiding towards the use of *sepia officinalis* are extreme irritability and indifferent behavior towards family and friends.

By synoptic key of materia medica by C. M. Boger: Milky discharges. Worse: cold air, north wind, wet, snowy, sexual excess, before menses, morning and evening. Better: violent motion, warmth, cold drinks.

By lectures on homoeopathic materia medica by James Tyler Kent: *Sepia* is suited to tall, slim women with narrow pelvis and lax fibres and muscles, such a woman is not well built as a woman. Whitish, milky discharges from the posterior nares from the vaginal, excoriating, milky leucorrhoea, which at times takes on the appearance of curds, thick, cheesy and horribly offensive, it has thick green and yellow discharges.

By study on materia medica by N. M Choudhari: Very characteristic leucorrhoeal discharge, bloody, slimy and yellowish. Thinner consistency like milk, coming profusely after each urination. It is acrid

mostly in daytime and practically absent in the night.

Alumina: For severe burning and itching in genitals. Alumina is another top natural medicine which brings about very good results in the treatment of leucorrhoea. The symptom that guides towards its use is very acrid and transparent discharge from vagina that causes excessive burning and itching in genitals. Such burning gets better by washing the parts with cold water. Another indication for the use of alumina in patients of leucorrhoea is that the discharge is very profuse and even runs down till the heels. The complaint of vaginal discharge is worse during day time and after menses and the patient is physically and mentally exhausted after menses. Alumina is also a remedy of great help for patients who usually suffer from chronic constipation and go without passing stool or poop for many days.

By synoptic key of materia medica by C. M. Boger: worse: Warmth, room. Bed, foods like potato. Speaking, dry weather, early on awaking, sitting. Better: evening, open air. Moderate exertion and temperature.

By lectures on homoeopathic materia medica by James Tyler Kent: The discharges are commonly thick and yellow, but may be albuminous, stringy.

By Study On Materia Medica by N. M. Choudhari: The discharges thick and yellow. Worse warm, better, sitting.

Calcarea carbonica: for milky vaginal discharge with itching. Calcarea carbonica is the best remedy for milky white vaginal discharge along with itching in the vulva. Leucorrhoea getting worse from exertion or when urinating is a strong indication towards the use of calcarea carbonica. This homeopathic medicine also brings about very good results in leucorrhoea in little girls who perspire excessively on head and feel very cold. Physically, the patient requiring homeopathic medicine calcarea carbonica fair complexioned and obese. There may also be an unusual craving for boiled eggs and indigestible things like chalk, pencils and lime

Kreosotum: for offensive vaginal discharge

with violent itching. Kreosotum is the best natural medicine where leucorrhoea is very offensive and acrid, causing violent corrosive itching of genitals. The vaginal discharge is yellow and always leaves a yellow stain on the linen. The condition gets worse between periods. Standing makes the discharge worse and the patient feels better while sitting or lying down.

Natrum muriaticum: for thick vaginal discharge which gets worse while walking. Natrum muriaticum is a natural medicine of great help for treating leucorrhoea where the vaginal discharge is thick, white and transparent. The discharge gets worse on walking. Contractive pains in the abdomen usually accompany leucorrhoea. The women requiring this medicine are mainly anemic and crave for salty things in excess. The heat of the sun is unbearable for the patients.

Hydrastis canadensis: for thick yellow vaginal discharge with excessive itching.

Hydrastis canadensis is best for patients of leucorrhoea who experience a vaginal discharge that is yellow, thick and ropy and hangs down in long strings. Excessive itching is always felt. The discharge is worse immediately following menses with a lot of weakness. Another strong feature for using hydrastis canadensis is the presence of some liver complaint or constipation in women along with leucorrhoea. Platina: bearing down sensation with prolapse of uterus. Inflammatory conditions of ovaries and fallopian tubes. Genitalia are oversensitive. In post-menopausal women, uterine polyps, decubitus ulcer and prolapse of uterus are responsible for leucorrhoea. Uterine fibroids and uterine carcinoma are also important factors for leucorrhoea. Leucorrhoea during parturition causes violent cramps in limbs and profuse haemorrhage, with hysterical and puerperal convulsion. It is predominantly a women's remedy, especially suited to a hysterical woman, with uterine troubles. The ailments are due to shock, excitement, disappointment, grief, fright etc. Violent cramp-like pains which increases gradually and subside gradually. Mental symptoms always alternate with physical

symptoms. Alternating moods. Modalities: walking in open air.

Helonias: leucorrhoea with severe burning and itching in the vulval region. Feeling of weight and soreness in the womb. Severe backache after discharges. Leucorrhoea is thick and yellow especially after miscarriage. Feet feel numb while sitting.

Therapeutics on the basis of symptoms and colour of discharge

For acrid discharge causing violent itching

Iodum is of great help in those cases of leucorrhoea where the discharges are so acrid that they make holes in the linen. Such discharges are worse at the time of menses with corrosive itching. Borax is the ideal remedy for acrid leucorrhoea where the discharge is like the white of an egg with a sensation as if warm water is flowing with excessive itching. Such a discharge is worse mid-way between the menstrual cycle.

Mercurius solubilis is another medicine to treat acrid vaginal discharge. The symptoms indicating its use are acrid leucorrhoea with intense itching and burning in parts that are worse at night. Itching can also get worse while urinating and the patient has to wash off the parts with cold water after urination. The color of vaginal discharge is mainly greenish and bloody for using mercurius solubilis for treatment of leucorrhoea.

For leucorrhoea with backache

Aesculus hippocastanum is the best remedy for leucorrhoea patients with lameness in back accompanied by a thick, dark yellow vaginal discharge. The leucorrhoea condition gets worse after menses.

Kali carbonicum is the ideal medicine for patients who feel a sharp, cutting pain in the lower back with a sensation as if the back would break. The vaginal discharge is yellow with burning and itching in the vulva and the patient feels very chilly.

Eupionum is another effective medicine when a patient has a severe backache with gushing leucorrhoea that gets worse after menses. Some sort of uterine displacement is often noticed in women requiring eupionum.

When discharge is white in color

The best remedies for leucorrhoea with white

discharge are natrum muriaticum, borax, and graphites. Natrum muriaticum is suited for patients in whom the vaginal discharge is thick white, transparent with itching in the vulva. Bearing down pains accompany leucorrhoea and walking worsens the discharge. Borax is mainly given to patients in whom the leucorrhoea is albuminous white like the white of an egg that gets worse mid-way between the menstrual cycle. Graphites is an effective remedy for profuse white leucorrhoea that is accompanied by excessive weakness in the back. The leucorrhoea gets worse in the morning upon rising from bed. The patient requiring medicine graphites is mainly obese, feels chilly and always constipated.

When discharge is yellow in color

Hydrastis canadensis is the top remedy for leucorrhoea where the vaginal discharge is thick, yellow and stringy, forming long strings that hang down. Such discharge gets worse after menses. *Hydrastis canadensis* is very beneficial for patients in whom leucorrhoea is usually complicated with some sort of liver complaint or constipation. Another medicine of great help in treating yellow leucorrhoea is natrum carbonicum. The leucorrhoea is thick yellow very profuse and is accompanied by colicky pains in the abdomen before the discharge. *Kreosotum* is also a good natural remedy for leucorrhoea where the vaginal discharge is yellow in color and very offensive with corrosive itching of the parts. The patient complains that the discharge gets worse on standing and stiffens the linen along with leaving a yellow stain. For leucorrhoea in young girls *pulsatilla pratensis* is one of the best natural medicines for treating leucorrhoea in young girls reaching puberty. It is used where the vaginal discharge is creamy and acrid in nature. Cutting pain in the abdomen or chilliness usually accompanies the vaginal discharge. The girls requiring this medicine are of a mild temperament with weeping tendencies. *Calcarea phosphoricum* is another very beneficial natural medicine for young school going girls suffering from leucorrhoea. The girls experience white

vaginal discharge like the white of an egg, and may complain of anemia or headache. Leucorrhoea in young girls that worsens during urination or after passing stool can also be treated with calcarea phosphoricum. Caulophyllum, meanwhile, is of great help in treating vaginal discharge in little girls where the discharge is of very acrid nature and that makes the patient excessively weak. Such girls mainly complain of heaviness of eyelids along with leucorrhoea.

For leucorrhoea in women at menopause

Sepia officinalis, *graphites*, *psorinum*, and *sanguinaria canadensis* are of great help in the treatment of leucorrhoea at menopausal age. *Sepia officinalis* is the best remedy for vaginal discharge that is yellowish in colour and is of an acrid nature. Excessive hot flushes and bearing down sensations in pelvic organ along with vaginal discharge give a strong indication for recommending this medicine for women at menopause. *Graphites* can help those women suffering from leucorrhoea who are obese and have a vaginal discharge of white color. The discharge is worse in the morning on rising. *Psorinum* is the ideal remedy for women with a very offensive vaginal discharge that is accompanied by severe backache and weakness. *Sanguinaria canadensis*, on the other hand, is very beneficial when the vaginal discharge continues even after complete cessation of menses.

For leucorrhoea with anemia and weakness

cinchona officinalis works well where the vaginal discharge is very offensive and bloodstained with great debility. *Natrum muriaticum* is the best remedy when the patient complains of a thick, white, transparent vaginal discharge that gets worse on walking. Anemia and headache accompany leucorrhoea in patients requiring *natrum muriaticum*. *Silicea* is very beneficial for women with a vaginal discharge that is milky white in color and is very acrid in nature. Leucorrhoea gets worse during urination. Such patients can also complain of worsening of leucorrhoea by eating sour things.

CONCLUSION

Leucorrhoea is the most common and affecting a major population of all age group. It is affecting daily routine and decreasing the quality of life. Homeopathy has wonderful role in treatment of leucorrhoea in compare to other conventional treatment. Homeopathy treats the patient as a whole, taking note of causative factors, sign and symptoms and framing a totality of symptoms for the individualization purpose, which in turn helps in selection of *similimum*. Homeopathy offers a complete, gentle and permanent cure in case of leucorrhoea.

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