

## **ANALYZING THE EFFICACY OF HOMEOPATHY IN TREATING DYSFUNCTIONAL UTERINE BLEEDING: A RETROSPECTIVE STUDY**

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### **ABSTRACT**

Dysfunctional uterine bleeding is characterized by abnormal uterine bleeding without discernible organic, systemic, or iatrogenic causes. This can manifest as varying patterns such as heavy or light periods, spotting, or irregular cycles of different lengths. The regular shedding of the endometrial lining, the blood-enriched tissue layer inside the uterus, occurs during monthly menstrual cycles. Many women experience fluctuations in their menstrual cycles, including changes in frequency, duration, flow volume, or spotting between periods. Chronic miasms often remain concealed, making their symptoms more challenging to ascertain. In this study, symptoms from each case were collected using the homeopathic case form, and a comprehensive symptom profile was constructed. Homeopathy utilizes the totality of symptoms unique to each patient to address the disease, emphasizing the necessity for individualized treatment to truly address miasms. The symptom totality was then analyzed and converted into rubrics, which were subsequently matched with miasms using miasmatic reference materials and repertorization techniques. The remedy that covered the maximum number of rubrics, along with the corresponding miasmatic medicine, was prescribed. The study demonstrates that homeopathy exhibits promising efficacy in treating dysfunctional uterine bleeding using a miasmatic approach alongside the careful selection of the similimum. This approach has shown to stimulate the compromised vitality in patients with dysfunctional uterine bleeding, providing relief. The findings underscore the effectiveness of addressing dysfunctional uterine bleeding through both the similimum and miasmatic lenses.

### **KEYWORDS:**

Dysfunctional uterine bleeding, Homoeopathy, Psora, Sycosis, Syphilis.

### **INTRODUCTION**

Abnormal uterine bleeding is most common gynaecological symptom that describes irregularities in the menstrual cycle involving frequency, regularity, duration, and volume of flow outside of pregnancy. Up to one-third of women will experience abnormal uterine bleeding in their life, with or without major clinical conditions, most commonly occurring at menarche and pre menopause. The normal menstruation has a class interval of 21-35 days, flow lasting 4-5 days with 20 to 80 millilitres of blood loss <sup>[1]</sup>. An average woman can expect roughly 400 Menstrual Cycles during her reproductive life span and it is estimated that up to 20% of women are suffering from excessive blood loss <sup>[2]</sup>.

Excessive Menstrual Bleeding has several adverse effects including Anaemia, Iron deficiency and reduced quality of life. It affects medical and social health of women. As per Dr. Allen, a woman should have no suffering at the menstrual period; there should be but a simple consciousness of its presence, a little lagging of the forces of life, a pause, as it were, for the preparation indeed, we should not have more than the simple consciousness of the presence and action of any organ, yet we find in the menstrual function of women, every degree of suffering even to the anguish of death, as the organs attempt to perform their periodical work. The sexual organs of the women of today are the great centres of disease<sup>[3]</sup>.

In the pursuit of preserving fertility and averting potential complications, Homeopathy assumes a pivotal role as the primary medical intervention for Abnormal Uterine Bleeding. In addition to conventional treatment modalities, Homeopathy addresses dynamic internal changes constitutionally. According to aphorism 78, chronic diseases stemming from a chronic miasm represent the most prevalent and formidable afflictions of humanity. Even with robust bodily constitutions, well-regulated lifestyles, and vigorous life energies, these diseases persist stubbornly.<sup>(4)</sup> It is important to accept the fact that at present, each human being is characterized by a miasmatic modulation through which its individuality tries to emerge<sup>(5)</sup>.

Miasmatic prescribing, Miasm is an invisible, dynamic, disease producing potential<sup>(6)</sup>. It is called Prima Causa morbi (fundamental cause for all-natural diseases), the Causa Causorum (cause for the causes). It is the fundamental and efficient cause of all sickness and creates obstacles in the process of cure. Miasm is term comparable to diathesis, dyscrasias, constitution or terrain. Hahnemann recognized three Miasm, which he called Psora, Sycosis, Syphilis<sup>(7)</sup>. Based on Miasm, Hahnemann's miasmatic theory contained two venereal and two non-venereal Miasm that produced life-long chronic diseases<sup>(8)</sup>. Hahnemann had realized that syphilis was an infectious blood disease that could mask itself with the symptoms of many different illnesses The two non-venereal Miasm are Psora (the itch disease) and Pseudo-psora (the tubercle disease). The two venereal Miasm are Sycosis (the fig wart diseases) and Syphilis (the chancre disease).<sup>(9)</sup> According to this Chronic Miasm, it may change according to physical and mental makeup of an individual<sup>(10)</sup>. According to the Miasmatic classification of dysfunctional uterine bleeding symptoms is described in the table 1.

**Table 1: Miasmatic classification of dysfunctional uterine bleeding symptoms.**

Psora	Sycosis	Syphilis
<ul style="list-style-type: none"> <li>○ Scanty menses</li> <li>○ Menses appear one or more times and then cease for several month</li> <li>○ Dysmenorrhoea</li> <li>○ Leucorrhoea</li> <li>○ Dysfunctional uterine bleeding</li> <li>○ Weakness</li> <li>○ vertigo</li> </ul>	<ul style="list-style-type: none"> <li>○ Bright red blood</li> <li>○ Profuse bleeding</li> <li>○ Tiredness</li> <li>○ Vertigo</li> <li>○ Spotted blood</li> <li>○ Pelvic pain</li> <li>○ Large clots</li> <li>○ Dysmenorrhoea</li> </ul>	<ul style="list-style-type: none"> <li>○ Profuse</li> <li>○ Acrid and offensive</li> <li>○ Associated with lumbago</li> <li>○ Irregular periods</li> <li>○ Profuse blood 2with clots</li> </ul>

## MATERIALS AND METHODS

A total number of 10 cases were screened between the age of 15 to 35 yrs. for the study. The diagnosis was made on basis of strong clinical presentation, examination finding as well as investigations, whenever required. Cases with manifestations of dysfunctional uterine bleeding were randomly included in the study. Data was collected from patients by interviewing the patients and after clinical examination. All the data were recorded in standardised case record, once the date was recorded, it was processed as per the guidelines adapted in the standardised case record of SKHMCH. A totality of symptoms was erected in each case, taking in consideration of personality assessment and as per the principles of homeopathy. Remedies are selected based on the Miasm, Homoeopathic Materia Medica and various Repertories. After following up cases, the inferences were drawn by analysis of the outcome. According to the distribution of symptoms were shown in the table 2.

## Findings

**Table 2: Showing the distribution of symptoms**

Sl.no	Symptoms	Before treatment	After treatment
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1	Painful menses	11	6
2	Profuse menses	12	8
3	Offensive	11	7
4	weakness	10	9
5	vertigo	5	3
6	Blood clots	13	5
7	Bright red color	12	7
8	Infertility	8	1
9	Painful coition	10	1
10	Aggravation at night	10	8
11	Amelioration open air	9	9

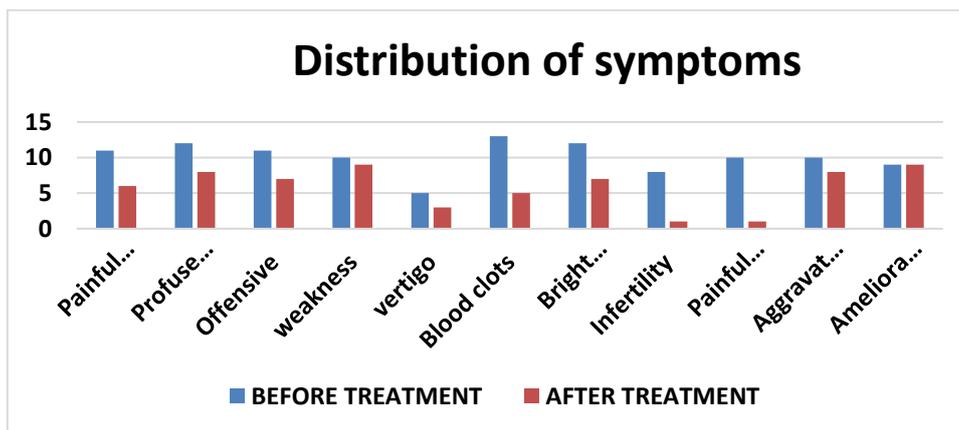


Fig 1: Distribution of symptoms

**RESULT AND DISCUSSION**

The outcome of the study conducted in 10 cases, most of the symptoms under psora syphilitic, there by the medicine given accordingly to the patient in the basis of Miasm<sup>(11)</sup> Through an overlook 4 cases are under psora, 5 cases under syphilitic and 1of them under sycotic nature according to their pathological symptoms. Considering the totality, Lachesis prescribed for psora complaints, Merc sol prescribes for syphilitic complaints and Thuja prescribed for sycotic complaints<sup>(12)</sup>. Each case was taken according to the homeopathic case performs and a totality of symptoms was generated<sup>(13)</sup>. The predominant Miasm was psora syphilitic in this study. The remedy which covered maximum rubrics and the Miasm given was prescribed. According to the miasmatic analysis of cases were shown in the table 3.

Table 3: Miasmatic analysis of cases

Sl no	Miasm	No. Of cases
1	Psora	4
2	Sycosis	1
3	Syphilis	5

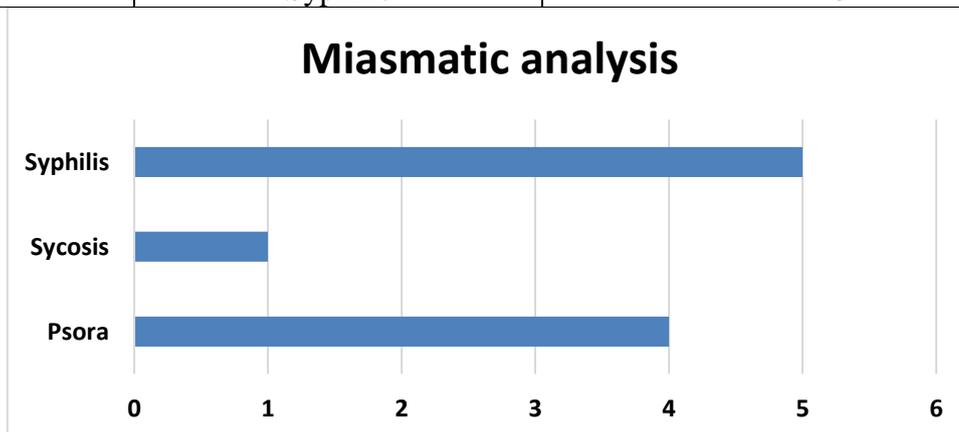
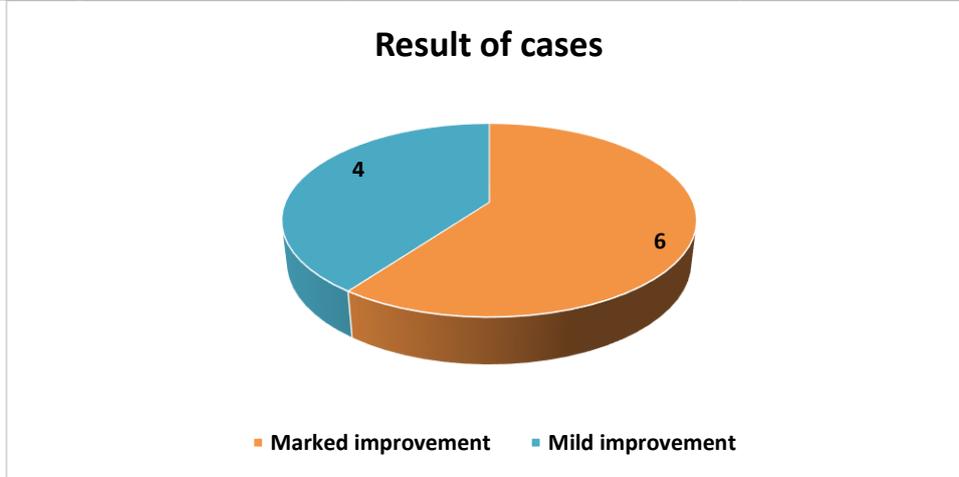


Fig 2: Miasmatic analysis of cases

**Table 4 : Distribution of patients according to results**

According to results	No. Of patients	Percentage (%)
Marked improvement	6	96
Mild improvement	4	4



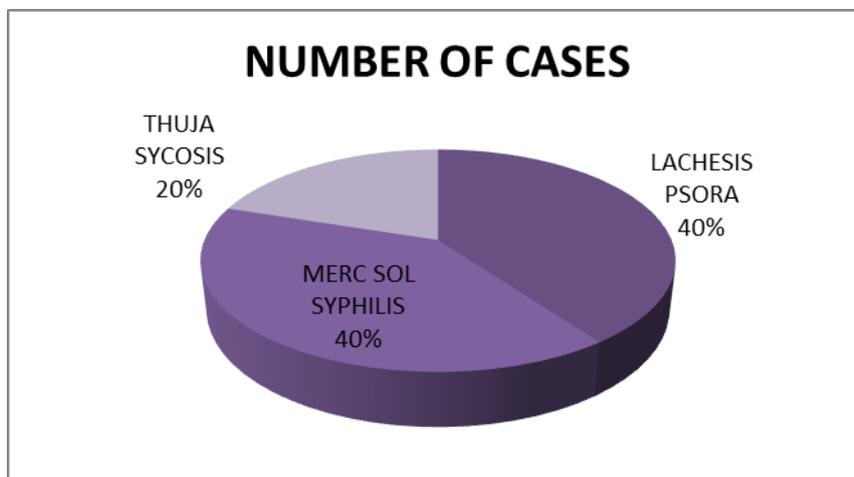
**Fig 3: Showing the distribution of cases according to result**

For psora symptoms of dysfunctional uterine bleeding Lachesis is prescribed based on the symptoms are menses appear between two or three weeks and scanty menses and also menses too short and feeble. Pains are relieved by the flow. irregular menses accompanied by backache hemorrhagic tendency is marked feature of this drug. On the basis of miasmatic totality for sycotic dysfunctional uterine bleeding, Thuja selected as menses scanty, retarded, polyp, fleshy excrescences. ovaritis, worse left side, at every menstrual period. Profuse perspiration during menses.

And here the syphilitic dysfunctional uterine bleeding belongs to anti-syphilitic remedy such as Mercurius solubilis which is having all symptoms are aggravated at night, in summer and from warmth. Melancholia and fears during menses. Acrid and profuse with offensive discharges. profuse menstrual flow and the menstrual blood has a metallic odor; irregular periods are syphilitic<sup>(14)</sup>. Syphilitic menses associated with lumbago. According to the distribution of medicines according to miasms were shown in table 5.

**Table 5: Distribution of medicines according to Miasm**

Sl.no	Medicines	Miasm	Number of cases
1.	lachesis	psora	4
2.	merc sol	syphilis	4
3.	thuja	sycosis	2



**Fig 4: Showing the distribution of medicines according to Miasm**

**CONCLUSION**

From the study it was concluded that homoeopathy has a great role to play in the cases of Dysfunctional

uterine bleeding leading to improvement in the individuals. Anti-miasmatic prescription by taking the whole individual picture of the patient has a great effect in the dysfunctional uterine bleeding. Moderate relief was seen in 98% of patients. Mild relief was seen in 2% of patients due to presence of obstacles to cure in certain cases and the reference of this can be found Organon of medicine in Aphorism 3, it states about what is to be cured, what is curative and its application and removing obstacles, if he clearly perceives what is curative in medicines. Hahnemann developed a method to reveal to the homoeopath what their curative powers are, through a type of drug trial conducted on volunteers, called a proving. In aphorism 5, deals with exciting cause and fundamental cause which is due to chronic Miasm. In chronic diseases, Hahnemann states that this fundamental cause is likely due to a Miasm. Miasm can be thought of as a predisposition to certain disease states, which has been acquired or inherited<sup>(15)</sup>.

In Aphorism 260 deals with obstacles to cure. In order to remove such obstacles diseases are usually aggravated by such noxious influences. Intercurrent remedies must be prescribed. In Homeopathically beneficial in the treatment of dysfunctional uterine bleeding. Whatever the cause of dysfunctional uterine bleeding, Homoeopathy is very much capable of treating the problem<sup>(16)</sup>. In cases of dysfunctional uterine bleeding, due to any type of causes, homoeopathic medicines not only relieve symptomatology but also the complete cause too. Once the cause is cured, the symptoms is also cured. Even in pathological causes resulting in excess distressing discharge. Homoeopathy can offer relief. Homoeopathic medicines are naturally acting and its material content is very minute in quantity, so it is completely safe. In this study Merc sol, Thuja, Lachesis, are the medicines prescribed on the basis of Miasm too<sup>(17)</sup>.

For a true homeopath it becomes essential to know about the Miasm of underlying disease condition, it will not only help in deducting the true picture of that individual but also the evolution and prognosis of that condition.<sup>(18)</sup> Hahnemann was the first physician to use the term "Miasm" which has its origins in the Greek word for taint or fault. He postulated that certain infectious diseases were by Miasm. It was a common belief that Miasm were responsible for the spread of many types of diseases among groups of people<sup>(19)</sup> The constitutional treatment and miasmatic treatment of dysfunctional uterine bleeding is of the greatest importance. A dyscrasias is a sin process or something that makes the body healthier, or a disease of a defined character; a general impairment of health; a degeneration, a faulty condition of the body; a morbid pre disposition., and a predisposed condition of the state of the organism. Here we must understand the character of the bloody discharge, clots, amount, mental and physical phenomena of the diathesis.<sup>(20)</sup> Out of 10 cases through this, compiling the method of curing dysfunctional uterine bleeding on the basis of miasmatic approach. Though the symptoms may change and leads to appropriate Miasm and particular remedies which may enhance the cure of that particular individual.

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