

GYNAECOLOGY-HOMOEOPATHY

There is an increasing incidence of gynecological and endocrinal disorders in women in recent times. It was found in a survey that every third woman is undergoing major gynaec surgeries by the age of 45 yrs of age. Majority surgeries are Hysterectomies (removal of the uterus), that too for the sake of minor complaints like small harmless fibroid or simple abdominal pain or little excess of menstrual discharge. This surgery becomes beginning of the physical and mental illness rather than end of problems. The women remains crippled throughout their life. Some girls start taking hormones in their early teens for simple menstrual delays or little excess menstrual discharge. They are forced to bear bitter side effects of hormones. Hormonal balances can be restored in a very natural way through the nature's scientific health discovery i.e. the Homoeopathic system of medicine. 90% of gynaec surgeries can be avoided by means of right kind of Homoeopathic treatment. Let us see what are the major problems those can be effectively solved in Homoeopathic system of medicine.

1. **MENSTRUAL IRREGULARITIES.** Various kinds of menstrual irregularities can be corrected in Homoeopathy in a very natural way without any negative side effects.
 - A. Primary Amenorrhoea. Late onset of 1st menstruation in girls is called as primary amenorrhoea. This is also called as delayed puberty. Usually 1st menstruation starts at 12 to 15 years of age. If onset of menstrual cycle is delayed beyond the age of 16yrs of age proper investigations are to be made in order to find the cause for delay. Primary amenorrhoea can be treated in Homoeopathy very effectively without side effects of artificial hormone supplementation.
 - B. Secondary Amenorrhoea: Delayed menstrual cycle like once in 35 days to 60 days or even more. Such irregularity can also be corrected in Homoeopathic system of medicine without resorting to hormonal supplementation.
 - C. Oligoamenorrhoea: Too scanty menstrual bleeding is called as Oligoamenorrhoea.
 - D. Polyamenorrhoea: Too frequent menstruation is called Polyamenorrhoea.
 - E. Menorrhagia & Metrorrhagia: Prolonged and profuse bleeding is called as menorrhagia and intermenstrual bleeding is called as metrorrhagia.

All these kinds of menstrual disorders can be very effectively dealt in Homoeopathic system of medicine.

2. **POLYCYSTIC OVAREAN DISEASE (PCOD).** This is another intriguing problem faced by many girls in our society and incidence is increasing steadily. PCOD poses many health problems if it is not intervened in time. Girls menstruate irregularly i.e. once in 2-6 months and bleeding is also pronged unduly, sometimes few weeks to few months also.

Ovum is not released regularly, instead many follicles mature and multiple cysts are formed, but ovum is not released. So, PCOD becomes a major cause for infertility (inability to conceive the pregnancy) now days. Let us try to observe main characteristics of this problem in order to suspect and investigate.

1. Irregular menstruation: Girls menstruate once in 2 to 6 months or sometimes 1yr. They menstruate regularly only under the influence of hormonal supplementation. Once hormone supplementation is stopped, menstruation stops again. These cycles of hormonal supplementation goes on.
2. Girls become obese (over weight) grossly and it becomes resistant to all the measures dieting exercises, medication etc. In turn this stubborn obesity can lead to many tendencies like Diabetes, Hypertension, Cardiac problems, Renal disorders, Arthritis, Thyroid problems etc.
3. Hirsutism: Excess, unwanted hair growth like beard, upper lip hair is a common feature in PCOD.
4. The diagnosis of PCOD: Diagnosis can be confirmed by Hormonal assessment and ultra sound scanning of abdomen

They get anovulatory menstrual cycles as long as they take hormones; menses get irregular once they stop consuming hormones. They suffer from many side effects from prolonged administration of hormones. This PCOD problem can be solved on a permanent basis in Homoeopathic system of medicine in a very natural way. Proper study of the individual case and planning of constitutional treatment is mandatory in order to obtain good results. Reveal all of your problems to the physician free and frankly. Person's physical and psychic nature is to be studied in order to plan the treatment in Homoeopathy. Even though it takes 2-4yrs of treatment to solve the PCOD problem totally it is quiet efficient and without side effects. Hormonal balance can be established in a very natural way without supplementing hormones artificially. Our neuro endocrinal system can be tuned to normalcy through proper homoeopathic treatment.

UTERINE FIBROIDS:

Uterine fibroid is a very common and one of the most harmless (benign) tumors of the uterus. It is also called as the myoma in the medical language. This is a relatively harmless growth from the uterine muscle. The incidence of uterine fibroid has increased many folds in these days, probably because of successful suppression of infections with powerful antibiotics and easy access to diagnostic techniques like ultrasonography. Many women are subjected to hysterectomies (removal of the uterus) because of harmless fibroid and mostly for other than medical reasons. Fibroids hardly affect health in a large percentage of cases. They are found accidentally in ultrasonography of the abdomen in a routine health checkup. People are threatened that if they are not operated they will get cancer or other dangerous illness, which doesn't hold true in 99% of the cases. In fact, Hysterectomy (removal of the uterus) may lead to suppression of disease force and may cause many lifelong crippling disorders. Women should try to retain the uterus to the maximum extent. They should not think that once pregnancy and child birth is over, and the uterus is a waste organ and its disorders are new sense to the body. It is a wrong thinking on the part of common man as well as medical profession.

Homoeopathy has a significant role in treating people with fibroid uterus and saving from removal of the uterus and thereby protecting general health of women.

Size of the fibroids varies from few mm to few inches sometimes weighing up to few pounds. Numbers of fibroids in a single uterus vary from single to as many as 200.

Symptoms of Fibroid Uterus: Many a times small fibroids do not give rise to any symptoms. They are detected accidentally in a Gynec examination or ultrasound scan of the abdomen. Symptoms depend on location and size of the tumor (fibroid)

1. Heaviness of the lower abdomen: Woman may feel heaviness of lower abdomen if fibroids size is large enough.
2. The most common and frequent problem women face in this disease is increased Menstrual bleeding and reduced inter menstrual period. Increased bleeding may lead to Anemia (blood less ness) and weakness.
3. Pain in abdomen: Pain abdomen is not a common symptom in uterine fibroid. Pain is severe and sudden if there is torsion (twist) of the fibroid. Pain is also severe when there is red degeneration in the fibroid.
4. Pain or Bleeding after sexual intercourse.
5. Increased frequency of urination or retention of urination.
6. Some people may have flatulence (gases), Bloating of abdomen, constipation and heaviness of abdomen.
7. Sometimes uterine fibroids may cause infertility and miscarriage (Abortion).
8. During pregnancy fibroids tend to grow due to the increased circulating oestrogens from the fetus and placenta.

How Fibroid is diagnosed by medical people:

1. Gynaecologist may detect during manual examination.
2. The clear cut way to make the diagnosis of uterine fibroids is by ultrasound scanning of the abdomen. It size, number, location etc can be viewed clearly by trained sonologist.

Treatment of the fibroids:

1. Cause of fibroids is not known in conventional medical system.
2. The treatment remains is removal (surgery) of fibroids or uterus is the only mode of treatment in conventional medical science.
3. After the age fertility of usually Gynaecologist prefer removal of the uterus.
4. They don't believe in after effects of hysterectomy (Uterus removal). They think that once diseased organ is removed, disease is eradicated from the person, but it is not true.

5. Fibroid is also a kind of tumor; means over growth or excess proliferation of cells in the body.
6. This tendency of excess cell division results from repeated suppression of various kinds of infection either by local application or internal administration of powerful antibiotics.
7. Repeated suppression of infections and inflammations leads to tumor tendency (sycosis).
8. This fibroid tumor is one of the safest expression of tumor tendency in the body.
9. If fibroid uterus is removed this tumor tendency is expressed elsewhere in the body, which will be more vital (important) organ than the uterus, which can endanger the life of the person.
10. This is the sole reason why homeopathic doctors save the organ like uterus.
11. The only exceptional indication for surgery (hysterectomy) can be red degeneration of the fibrous bleeding in to fibroid, severe infection and fibroid become a bag of pus; torsion of fibroid (twisting of the fibroid) very large fibroids weighing 1kg or more, cause various pressure symptoms and uncontrolled bleeding, etc if these complication are not there, homoeopathy is the best mode of treatment.
12. Under correct homeopathic treatment growth of fibroids will be stopped, regression of tumors start within few months, symptoms like prolonged menstrual bleeding can be controlled.
13. Small fibroids may disappear; large fibroids may become small are regress to some extent and remain passive and asymptomatic.
14. For relief or cure it may take 1-3 yrs of treatment in homeopathy, while under the treatment for fibroids patients also improve their general health.
15. After the menopause (45 yrs) fibroids tend to regress some and remain harmless & passive.
16. It was observed by many clinicians that if uterus is removed at a young age just because of harmless tumors like fibroid, women face many health problems like thinning of bones (osteomalacia or osteoporosis) early onset of osteoarthritis, spondylosis, disc problems etc.
17. It is necessary to avoid removal of uterus to the maximum extent, homoeopath can help in this process. 90% fibroid cases are a curable with homoeopathic treatment.

CHRONIC CERVICITIS:

Inflammation and ulceration of cervix (junction passage between uterus and vagina) is also a very common problem.

The most usual symptom is white discharge or leucorrhoea, cause of the cervicitis is hormonal imbalance in the body.

Conventional treatment is cauterization (burning with electricity or cryosurgery). Which gives a palliation (temporary relief) or suppression of the problem? Suppression of this cervicitis can lead to more serious health disorders.

Homoeopathy can successfully treat this problem within 6-8 months. Proper study of the person and planning of treatment is necessary. It doesn't need any local application or surgery.

CANCER OF CERVIX/CERVICAL CANCER:

Cancer of the cervix is one of the life threatening diseases women face in their life.

Early detection of cancer is in 0 or 1st stage and proper homoeopathic treatment will go a long way in preventing and palliating cervical cancer.

Let us try to know how to suspect, and what are the screening tests to undergo.

Cancer of the cervix occurs mainly in the age group of 45-55 though it may occur in much younger and in older women.

It is rare in virgins and it is observed that coitus (sexual intercourse) increases the risk.

Very early coitus, that is in teenage girls, and multiple sexual partners may predispose to cervical cancer later in life.

The practice of male circumcision and strict rules concerning virginity at marriage and coital hygiene may play a part.

Trauma to the cervix associated with childbirth and chronic cervicitis may contribute in the causation of cervical cancer.

SYMPTOMS: Main symptom that is found in cervical cancer is watery, many times offensive blood tinged or blood stained discharge.

This discharge may be increased by contact as after coitus (intercourse, douching or insertion of a diaphragm). Later, frank and sometimes severe and continuous bleeding occurs, then person may become anemic (blood lessness). Sometimes frequency of urination may increase. Pain is a late symptom, but once it begins it may become severe and intractable, radiating from the pelvis and lower back in to the legs. General debility, extreme weakness and loss of body weight may be found.

PATHOLOGY: What change takes place in the cervix in cancer?

Excess and uncontrolled cellular division leads to growth (tumor) ulceration of the uterovaginal junction leads to growth (tumor) ulceration always bleeding, infection, and spread of the cancer tissue to surrounding tissues and distant organ tissues which endangers life of the person if disease process is not arrested in the very beginning stage itself.

DIAGNOSIS:

Preventive Screening: Even apparently healthy women should undergo Pap smear examination at the gynaec clinic, yearly once during their reproductive age especially when during their

period of active sexual life. Thus simple screening test can detect at the '0' stage and prevent spread of the cervical cancer.

No sooner symptom of watery or bloody discharge is noted, one should approach the Gynecologist.

Simple calposcopy and cervical cone biopsy will diagnose the cancer and help for early planning of treatment.

TREATMENT OF CERVICAL CANCER:

1. Conventional method is a piecemeal approach.

2. Homoeopathic approach: Precancerous states

Cervical erosion – Cervicitis

Hormonal imbalance – Natural correction

Constitutional approach prevents malignancy.

Treatment: Early stage '0' or 1st stage.

Goes well along with surgery and radiation.

Palliation without side effects.

Countering side effects of radiation.

Early detection makes it possible to totally relieve or cure cases of cervical cancer. Early detection is possible only when women can undergo preventive gynaec examination and screening tests periodically women are strongly advised to undergo preventive screening periodically as a compulsory health measure.

Usual modes of treatment in conventional system of medicine is radiation; surgery and chemotherapy and sometimes with different combination & permutation of above modules depending on patients general health, stage of the disease and resources of the patient and medical institution. Outcomes are far from satisfaction. Relapses and recurrences are quiet common, side effects of strong, massive medication, radiation is inevitable.

Homoeopathic approach in cervical CA is wholistic. Constitutional medication can be used to prevent cervical CA in whose family CA is running. Cancer cervix also be treated in preclinical state, when cervicitis; cervical erosions and menstrual irregularities can be treated on a constitutional basis, so that more serious problems like tumors & cervical cancers can be prevented in large number of cases.

Even after detection of clinical cancer also enduring palliation or treatment can be carried out in homoeopathy without side effects. Intractable pain is one of the problems many patients face in terminal stage, when cancer spreads to bladder; rectum and surrounding tissues. Homoeopathic

medication (suitable) is quite effective in alleviating pain without side effects of conventional pain killers.

If treatment is started in early stages spread of cancer tissue & progression of the disease can be stopped. If radiation & surgery is already done by the time you approach the homoeopathic physician; still advantage can be taken in preventing relapses, and counteracting side effects of radiation and chemical treatments.

You may be advised to undergo gynaec examination when you are under the Homoeopathic treatment.

Menopausal Syndrome: - Many women face problems like hormonal imbalances, osteoporosis, osteoarthritis, hot flushes, depression, and cardiac problems. All these chronic problems can be dealt very effectively in homoeopathic system without suffering from any side effects.

Female infertility: If woman doesn't conceive within 1 yr of married & active sexual life without using any contraceptives, it may be necessary to investigate to find out the cause of infertility. These following causes & conditions can be very well tackled in homoeopathic system of medicine very effectively and safely.

Tubal Blocks: Fallopian tubes get blocked due to mainly infections; like gonococci, streptococcal or tubercular infection leave fibrosis, scarring and blockage in fallopian tubes. These blocks remain even after infections are cured totally with antimicrobial agents. Homoeopathy has many remedies which resolve blocks after infection. You give the history of any past illness without fail to your homoeopathic physician. He will be able to select proper homoeopathic medicines if you give proper history of all the infections.

Hormonal Imbalance: Hormonal imbalances are the major cause of infertility in large percentage of cases. Hormonal imbalance can be at any level from hypothalamus, pituitary to gonadal hormones like estrogen, progesterone, testosterone levels, etc. It is very difficult to assess hormone levels and their subtle imbalances by laboratory investigations. Contrary to that, if you can give the detailed menstrual history, including general health conditions, problems associated with menstrual cycle, your homoeopathic doctor will be able to select proper constitutional homoeopathic remedy, which brings balance in neuro endocrinal system which can help for conceiving in a very natural way, you can avoid bitter side effects of all the hormonal supplements.

The main symptom that is expressed in hormonal imbalance is by various menstrual irregularities. All kinds of menstrual irregularities can be treated very well in homoeopathic system of medicine.

Cervical erosion/cervicitis can be cured in homoeopathic system, which is also a result of hormonal imbalance.

Uterine fibroids: Small fibroids can be treated with homoeopathic medicine, sometimes polyps are to be removed surgically.

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Sperm antibodies in cervical mucus can prevent conception. Cervical mucus secretion can be made healthy with proper homoeopathic treatment.

Lesion of ovaries: Infertility can be due to non ovulation also PCOs and various ovarian cysts; can be very well treated in homoeopathic system of medicine.

Infertility can also due to male causes. These following conditions can be treated in homoeopathy very effectively.

Impotency, Insufficient sexual diseases, erectile dysfunctions, early or premature ejaculation can also result in infertility. These impotency problem can be solved very effectively in homoeopathy, couple should be very frank enough while revealing their problem clearly to the concerned physician.

Oligospermia: Semen analysis can reveal defects in semen quantity and quality, which is a very often a cause of infertility.

Less number of sperms; or less motile, or abnormal forms of sperms also can lead to no conception.

Quantity and quality of sperm count can be substantially improved with homoeopathic medication.

Ozoospermia is a condition where we find no sperms in semen examination. If problem is due to spermatogenesis it is difficult to treat, but still fair trial can be given in homoeopathy.

Defective spermatogenesis can be due to past infection of testes, mumps or due to gonococcal infection. Give clear history regarding previous infections to your physician. It is possible in

Homoeopathy to antidote effects of previous infections, bacterial or viral which enhance healthy spermatogenesis.

If Ozoospermia is due to blockage of epididymus still can be tried in homoeopathic medication. Sometimes surgical intervention is necessary in removing block in epididymis.

Male hormonal (testosterone) deficiency any endocrinal disorders also can cause infertility. All endocrinal problems can be tackled in homoeopathic surgeon.

Obesity, Diabetes; Thyroid problem also can cause infertility.

All these causative factors of infertility can be tackled in homoeopathic system of medicine very effectively and safely.