

Homoeopathy as a Trump Card in Treating Prolapse of Uterus

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ABSTRACT

Prolapse of Uterus is herniation of uterus into the vaginal vault because of the weakness of supporting muscles. This is not a life-threatening situation but quiet common condition amongst most of the parous women. Prolapse of uterus is in or out of the vaginal wall. Homoeopathy provides an effective treatment in assisting the maintenance of supports of uterus and can overcome prolapse of uterus.

Keywords: Homoeopathy, Herniation, abdomen, Vagina, Supports, Women, Prolapse of uterus

INTRODUCTION

Prolapse of uterus is defined as “The herniation of the uterus from its natural anatomical location into the vaginal canal, through the hymen, or through the introitus of the vagina”. Women between the age of 50- to 80 years may be experiencing Prolapse of Uterus. Major health related issue which is usually affecting women in developing and developed countries. Uterine prolapse may happen at any age, but effects postmenopausal women who had more vaginal deliveries. Uterine prolapse means uterus descended from normal position in the pelvis further down into vagina Usually uterus and vagina are placed

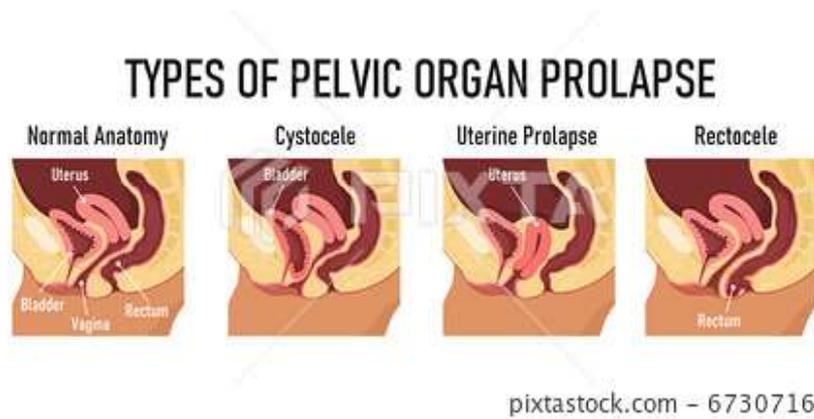
in the position due to supports of vagina & uterus, when these supports are affected or develop any weakness gradually this causes downward movements of uterus and wall of vagina. Weakening of pelvic floor muscles leads to uterine prolapse which leads to damage to supportive tissue during pregnancy and child birth, effects of gravity, loss of oestrogen.

Etiology

1. Birth injury
2. Loss of pelvic support
3. Peripheral nerve injury
4. Delivery of Big baby
5. Loss of Pelvic support
6. Post partum cough
7. Instrumental assistance delivery
8. Age factor (Loss of oestrogen hormone in menopausal age group because of which weakening of muscles are seen)
9. Prolonged constipation (straining of muscles)
10. Obesity

Types of Prolapse

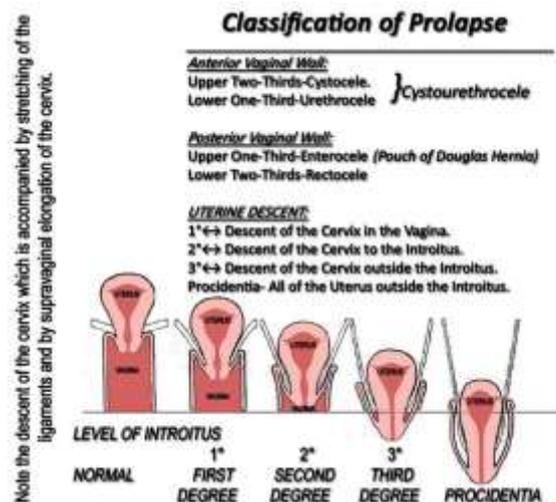
1. Uterine prolapse
2. Cystocele
3. Rectocele



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Classification of Prolapse

1. Normal
External OS lies at the level of Ischial spines. No prolapse.
2. First Degree
Uterus descends down from its normal anatomical position but the external OS still remains above the introitus.
3. Second degree
External OS protrudes outside vaginal introitus but uterine body still remains inside vagina.
4. Third degree
Uterine cervix and body and fundus descend to lie outside the introitus.
5. Procidentia
Involves prolapse of uterus with aversion of entire vagina.



Clinical features

1. Sensation like as if sitting on a balloon like structure.
2. Sensation something coming down per vaginum.
3. Backache, dragging pain in pelvis.
4. Dyspareunia.
5. Difficulty in passing urine.
6. Painful micturition.
7. Stress incontinence.
8. Bowel incontinence
9. Pain in pelvis
10. Fullness in the bladder

General Management

- Kegels exercise
- Reduce weight
- Avoid weight lifting
- Pessary ring
- Diet and lifestyle changes
- Homoeopathic Management

1. Sepia

Bearing down sensation as if everything would come out. Sitting with cross legs will help in decreasing the bearing down sensation. Chilly patient. Takes cold easily.

History of recurrent abortions. Violent stitches upwards in vagina. Lancinating pain from uterus to umbilicus. Painful vagina, Irregular menses, Decreased sexual desire. Thin built with narrow pelvis. Irritable, Indolent, quarrelsome, great sadness, weeping, consolation aggravates. Aggravation by cold, Amelioration by sitting with crossed legs.

2. Lilium Tigrinum

Uterine prolapse with general laxity of ligaments. Bearing down sensation. Unable to move, fearful as if womb would drop. Constant desire to defecate and urinate with prolapse. Prolapsed uterus with tumefaction. Hot patient. Depressed, Weakness of uterus. Menses are early, scanty, dark offensive cease on lying down. Increased sexual desire, hot patient, Anxious, Fearful as if suffering from incurable disease. Aggravation by Warm room. Amelioration by fresh air, keeping herself busy.

3. Helonias Dioica

Prolapse uterus with dragging pain in sacral region. Miscarriage, Sensation as if womb is moving, Chilly patient. Irritable. Soreness sensation in uterus. Backache, Chilly patient, Worn out sensation, Intolerance to contradiction. Agg by thinking complaints.

4. Fraxinus Americanus

Indicated in all types of prolapse of uterus. Hot flushes, Prolapse with bearing down sensation. Tenderness in left inguinal region, extending down the thigh. Enlarged uterus. Agg by afternoon, night.

5. Murex

Murex Bearing down sensation, sensation as if internal organs would be pushed out. Sore pain in uterus. Early profuse menses with huge clots. Increased sexual desire. Leucorrhoea makes her feel happier. Conscious of the womb. Pain from Right side of uterus to right or left breast. Aggravated by lying down, Amm by pressure.

6. Aletris Farinosa

Prolapse with pain in right inguinal region. Anaemia, Nutrition deficiency. Easy exhaustion. Premature and profuse menses with labour like pain. Prolapse with pain in right inguinal region. Premature and Heavy menses.

7. Conium maculatum

Best remedy suited in old maids and women. Sensation as of bearing down with pain in labia. Indicated in cancerous and scrofulous persons. Sweats day and night after sleeping or even when closes the eyes. Suppressed menses with rash over body ceases the flow. Swollen breast before and during menses. Indifferent, No interest in anything. Avoids society.

8. Aurum Muriaticum Natronatum

Chronic prolapse of uterus. Sensation as if uterus is interfering action f bladder and bowels. Ulcers at the neck of uterus and vagina. Swelling at cervical region. Leucorrhoea with contraction in vagina. Aggravation by Cold wet weather, rest.

Declaration by Authors

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