



Homeopathic remedies' effectiveness in treating uterine fibroids

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Abstract

Nearly half of all women worldwide suffer with uterine fibroids, a very common condition among women. For millennia, uterine fibroids and other feminine illnesses have been treated using homeopathic treatments. The purpose of this article is to discuss the effectiveness of homeopathic treatments for uterine fibroids. Modern society is seeing an increase in the usage of homeopathic treatments, which have been shown to be successful in therapeutic settings. To confirm the efficacy of homeopathic treatments for uterine fibroids, however, rigorous research studies are required.

Keywords: Homeopathic medicines, uterine fibroids

1. Introduction

Uterine fibroids are a prevalent condition that affects 20–50% of women [1]. For this condition, homeopathic treatments are safe and effective. In clinics, uterine fibroids have been successfully treated with a variety of homeopathic medications used on adorable little globules. Certain homeopathic medicines, such as Lycopodium, Cladocrea flour, Thuja occidentalis, and Medorrhinum Calcarea carb, are recommended based on the fundamentals of homeopathic remedy selection and have been shown to work in clinics [2]. In the complementary approach of homeopathy, medications are linked to the patient rather than the illness [3, 4]. Despite the fact that clinical and academic data demonstrated the high success of homeopathic medications in treating uterine fibroids, only a few studies have been done to explain their efficacy.

2. Uterine Fibroids Overview

2.1 Definition

Muscular tumors called uterine fibroids may develop anywhere along the uterine wall. Leiomyomas, myomas, and uterine fibromas are other names for fibroids. Uterine fibroids are solid, hard tumors that form in the uterus and are made of smooth muscle cells and fibrous connective tissue. It is estimated that between 20 and 50 percent of women who are of reproductive age have fibroids, whether they are identified or not. Benign (non-cancerous) uterine wall expansion is seen in around 99% of women with fibroids. There is no correlation between uterine fibroids and cancer, and they do not raise a woman's chance of developing uterine cancer. They may vary in size from a pea to a softball or the size of a small grapefruit [1].

2.2 Risk factors of Uterine Fibroids [5]

There are various factors that are responsible for increase the risk of developing uterine fibroids. These include following:

- Age
- Eating habits
- Ethnic origin
- Family history
- Obesity



2.3 Classification of Fibroids ^[5]

2.3.1 Uterine fibroids within the body of the uterus

2.3.1.1 Sub mucosal

These fibroids grow into the uterine cavity.

2.3.1.2 Intramural

These fibroids grow within the wall of the uterus.

2.3.1.3 Sub serous

These fibroids grow on the outside of the uterus.

2.3.1.4 Pedunculated fibroids

These fibroids grow on stalks that grow into the cavity of the uterus or out from the surface of the uterus. Their appearance is like mushrooms.

2.3.2 Cervical fibroid

Cervical fibroids are less common types of fibroids that are found in 1-2% of fibroid cases.

Cervical fibroid is most likely occurring as single outgrowth and often limited to supravaginal region. It may be of sub serous or intramural type.

2.3.3 Intra ligamentary fibroids

Sometimes fibroids originate from smooth muscles of the broad ligament. These type of fibroids are known as intra ligamentary fibroids and they are not connected or linked to the uterine cavity.

2.4 Symptoms of Uterine Fibroids

Uterine fibroids may be asymptomatic; however some females suffer from severe problem that may include:

- Menorrhagia and Metrorrhagia
- Dysmenorrhea
- Heaviness in the pelvic area
- Enlarged abdomen
- Frequent and urgent urination
- Pain during coition
- Lumbago
- Complications during pregnancy and labor
- Rarely, fibroids can cause reproductive problems, such as infertility ^[5]

2.5 Causes of Uterine Fibroids

Uterine fibroids are mostly caused by idiopathic factors. Different Research studies show a link of more than one factor in the pathogenesis of uterine fibroids. These factors may include:

- Hormonal causes (affected by estrogen and progesterone levels)
- Genetic causes (runs in families)

2.6 Investigation for diagnosis of Uterine Fibroids

- Pelvic Ultrasound
- MRI (Magnetic resonance imaging)
- X-rays
- CT (Computed tomography) scan
- CBC (Complete blood count)
- Hysterosalpingogram
- Laproscopy
- Hysteroscopy ^[5]

2.7 Homeopathic treatment of uterine fibroids

2.7.1 Miasmatic background of Uterine Fibroids

Uterine fibroid is a disease of psoric and sycotic back ground Psoric manifestations

- Lack: lack of immune system



- Lack of vital force
- Anxiety

2.7.1.2 Manifestation of sycosis

- Enlargement/excess; enlargement of myometrium and uterine tissues
 - Irregularity and Incoordination: estrogen and progesterone secretions and its receptors
- Remedies with psorosycotic background are best line of treatment for curing uterine fibroids [7].

2.7.2 Miasmatic Homeopathic Remedies for treatment of Uterine Fibroids

2.7.2.1 Thuja

- Fibroid of any type with enlargement of uterus.
- Heaviness of the lower abdomen [8].

2.7.2.2 Medorrhinum

- Hypertrophy and fibroids with clotted, dark, offensive, profuse menstruation stains difficult to wash out, urinates frequently during menses [9].

2.7.3 Other Homeopathic Medicines used for treatment of Uterine Fibroids

2.7.3.1 Calcarea carb

This remedy is used for uterine fibroids on the basis of constitution of patient along with local symptoms of cutting uterine pains. This is a suitable remedy in fatty, flabby and mostly fair females who have early, profuse and long lasting menstruation. The complaints are mostly aggravated after hard work and strain. *Calcarea carb* is highly efficacious in those cases where constitution of the patient and local symptoms match [10].

2.7.3.2 Calcarea flour

This bio chemic salt remedy is highly efficacious in restoring the lost elasticity of smooth muscles and remove hard tumors of any smooth muscle. Uterus, being a smooth muscle organ, is a main target of action of this remedy. If uterine fibroids are of stony hardness and there are indurated swellings in uterine region, this remedy is highly recommended for treatment of uterine fibroids. Moreover, if uterine fibroid with bearing down pains are presented, this remedy could cure the case [11].

2.7.3.3 Phosphorus

Phosphorus is a remedy for highly sensitive, intelligent and long slender females having uterine fibroids along with marked stitching pains in uterine region. This is a suitable remedy in lean thin heighted females who have early, scanty and long lasting menstruation [10, 11].

2.7.3.4 Apis mellifica

Apis is a remedy for females who develop uterine fibroid due to suppressed sexual desire, jealousy with local symptoms of marked tenderness over uterine region. This is a suitable remedy in females who have painful menstruation with stinging burning pains [10, 11].

2.7.3.5 Conium

Conium is a remedy for any kind of tumors including uterine fibroid that are caused by suppression of unsatisfied sexual desire, from excessive indulgence or from effects of some sort of injury. It is suitable for uterine fibroids with dysmenorrhea and pain in thighs [10, 11].

2.7.3.6 Bufo rana

It is a palliative remedy of uterine fibroid for controlling pains and other symptoms including menorrhagia and metrorrhagia. However, it could be prove curative in uterine fibroids if given to a female who have strong sexual desire that can be satisfied with coition and females are indulge in masturbation [10, 11].

2.7.3.7 Calcarea phos

This bio chemic salt remedy is highly efficacious for uterine fibroids on the basis of constitution of patient. Females are lean, thin, and anemic with weak bones, too early, excessive, and bright menses [10, 11].

2.7.3.8 Lycopodium

Lycopodium is a constitutional remedy for many ailments prescribed on the basis of mentality and physical appearance.



Lycopodium proved to be highly efficacious remedy in case of females with loss of confidence who suppress their Youngers and is suppressed by their elders and who have marked emaciation particularly of upper body part ^[10, 11].

2.7.3.9 Carcinocin

Carcinosin is a nosode and given in all cases of malignant outgrowths, although, uterine fibroids are mostly benign but sometimes cancerous predisposition in family history of patients of uterine fibroids necessitates the administration of *Carcinosin* as an inter-current remedy ^[11].

3. Discussion

A medical issue known as uterine fibroids is linked to subfertility, menorrhagia, lumbago, and other symptoms that interfere with a woman's everyday activities. Mefenamic acid, tranexemic acid, combination oral contraceptive pills, and gonadotrophin-releasing hormone agonists are some of the medications used in the conventional medical system to try to control it, although they only reduce a small number of symptoms and have a number of dangerous side effects [5]. Uterine fibroids may be safely and completely treated with homeopathy without the need for surgery. Uterine fibroids are among the numerous medical disorders that homeopathic remedies are quite effective in treating. This medical method consists of a variety of medications that not only limit the development of uterine fibroids but also prevent their recurrence depending on the whole of symptoms, miasmatic background, and mindset. Regarding this, a vast record of uterine fibroids being treated with various homeopathic medications can be found in the literature on homeopathy, which includes material media, therapies, and repertories [8–11]. Nonetheless, scientific research using reliable procedures and methods is essential in our day and age [12]. The lack of scientific evidence supporting the efficacy of homeopathic remedies in treating uterine fibroids is rather shocking. Research facilities must now carry out ethically approved clinical studies to inform the scientific community on the effectiveness of homeopathic remedies for uterine fibroids and other conditions where the allopathic medical system is almost ineffective.

Conclusion

The current research study concludes that a number of medications, especially those chosen based on miasmatic background, such as Thuja and Medorrhinum, provide therapy for uterine fibroids. When given according to the constitution and severity of the symptoms, a number of other medications, such as Calcarea flour, Calcarea carb, Lycopodium, and Lachesis, may also be effective. Nevertheless, little is known about studies on the effectiveness of homeopathic treatments for uterine fibroids.

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