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## Utility of homoeopathic medicine sepia in female reproductive disorders with it's reportorial approach

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### Abstract

Homoeopathic system of medicine was founded by Dr Hahnemann in the late 18<sup>th</sup> century which works on the principle of Similia Similibus Currentur. In this era of modernization and erratic schedule, lifestyle of both males and females is getting severely affected. Females especially are suffering from hormonal disturbances which greatly affects menstrual cycle and gives rise to various female reproductive diseases. Severe Pre-menstrual syndrome, PCOD and Uterine fibroids are some disorders of female reproductive system which are commonly seen. Sepia officinalis is commonly known as cuttlefish and is a well-known medicine for its action on the female reproductive organs.

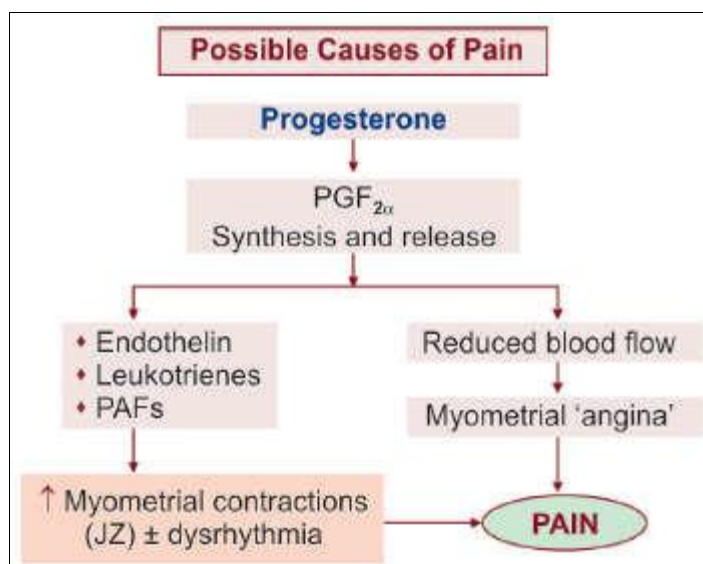
**Keywords:** Female reproductive disorders, pre-menstrual syndrome, sepia, menstruation

### Introduction

The female genital organs consist of an internal and an external group. The internal organs are situated within the pelvis, and consist of the ovaries, the uterine tubes, the uterus, and the vagina. The external organs are placed below the uro-genital diaphragm and below and in front of the pubic arch. They comprise the mons pubis, the labia majora, the clitoris, the bulbus vestibuli, and the greater vestibular glands.

Menstrual cycle is defined as cyclic events that take place in a rhythmic fashion during the reproductive period of a woman's life. Menstrual cycle starts at the age of 12 -15 years, which marks the onset of puberty. The commencement of menstrual cycle is called menarche. Menstrual cycle ceases at the age of 45 to 50 years. Permanent cessation of menstrual cycle in old age is called menopause.

Duration of menstrual cycle is usually 28 days. But, under physiological conditions, it may vary between 20 and 40 days [6].



Sepia is the one of the remedy in our materia medica whose chief action is upon the female reproductive organs. It also has a good action in cases of male complaints. It is best suited to females who have dark skin, who have increased sensitivity. The facial features are sallow and the eyes are surrounded by dark rings.

It affects the body's organic materials as well as its vital force. It quickly makes an affect on the circulation, which causes major disturbances seen in the proving. There are development of hot flushes and ebullitions as early as the fourth hour. These flushes end in perspiration and a tingling, weak sensation. Hot spells and free sweats follow any movement or effort. Another affect is erethism of the nervous system, which results in restlessness and anxiety<sup>[1]</sup>. It acts upon the vital forces as well as upon the organic substances of the body. It very soon impresses the circulation, which becomes more and more disturbed as the proving progresses. Even as early as the fourth hour there are developed flushes of heat and ebullitions. These flushes end in sweat, with a weak, faint feeling. Any motion or exertion is followed by hot spells and free sweats. Hand in hand with this orgasm is an erethism of the nervous system, causing restlessness, anxiety, etc<sup>[1]</sup>.

One of the most important characteristics of a patient of Sepia is their mental and emotional state. This medicine appears to eliminate the capacity for genuine affection and love to an extent during drug proving so it is a very good remedy if indicated in such mental symptoms.

A woman who has been normal in her relations with her husband brings forth a child, and then the thought of sexual relations causes nausea and irritability.

Sepia also covers different types of menstrual irregularities. It is also proves a very good action on amenorrhoea, dysmenorrhoea and menorrhagia as well. There is no clear demarcation regarding different types of menstrual complaints so it generally cover all sorts of it. The female is dark skinned with fine temperament and heightened sensitivity levels<sup>[1]</sup>.

#### **Characteristic features of female of sepia officinalis**

In the female there is a state as if she had indulged to excess, when this is not the case. - No endurance, tired after coition, sleepless nights, sleep full of dreams, jerking of muscles, twitching, leucorrhoea, congestion of the pelvis.

Sepia is indicated in especially in the females who have been loving and affectionate in the earlier times and had great relationship with husband and child but after just mere a thought of sexual relationship causes irritability and in some cases nausea as well. There are different types of menstrual irregularities found in the female. Sometimes the flow is scanty while sometimes its painful and profuse.

When a mother should be having her period but doesn't, after the child stops nursing, this is when Sepia sets in. It is also indicated in the condition of if the menses are to be brought after the death of the child. While, in Calcarea, menstruation occurs while the child is nursing. Sepia covers the complaint of leucorrhoea in little girls. The characteristic of Leucorrhoea is thick greenish acrid or milky leucorrhoea<sup>[2]</sup>.

Other characteristic symptoms of Sepia include stabbing sensations from the uterus to the umbilicus and a sharp pain radiating upto the vagina. Sepia also covers the prolapse of the uterus and vagina. It feels like everything is pressing down on the pelvis, and you have to cross your limbs tightly

or "sit close" to prevent it. It covers a wide range of menstrual disorders because irregular menstruation occurs in almost all forms, including early, late, scanty, profuse, amenorrhoea, and menorrhagia. When a patient experiences nausea from the sight or smell of food, Sepia proves a great medicine for treating morning sickness of pregnancy<sup>[3]</sup>.

The patient of Sepia experiences bearing-down, as though everything would escape through vulva; she feels as though she needs to press against vulva or cross her limbs to stop protrusion. Leucorrhoea: yellow-greenish; itchy all over. There are early, copious, erratic, and too-late menses, along with excruciating pains. There is shooting kind of pain that go upto the vagina from the uterus to the umbilicus. Morning sickness, vaginal pain, especially during coitus, and uterine prolapse are among the symptoms that fall under the category of Sepia<sup>[4]</sup>.

#### **Reportorial approach from kent repertory**

##### **Mind rubrics of sepia officinalis**

1. Absent minded
2. Aversion to husband
3. Aversion to members of the family
4. Business, averse to
5. Concentration difficult
6. Confusion of mind
7. Contradiction is intolerant of
8. Dullness, sluggishness
9. Exertion, from mental aggravation
10. Frightened easily
11. Hysteria
12. Impetuous
13. Indifference, apathy
14. Indifference, to her children
15. Intolerance, aversion to work
16. Irritability, after coition
17. Weakness of memory
18. Occupation, amel
19. Restlessness, nervousness
20. Sadness, mental depression
21. Sexual excess, mental symptoms from
22. Timidity
23. Weeping, tearful mood<sup>[5]</sup>.

##### **Female genitalia rubrics of sepia officinalis from Kent repertory**

Sepia officinalis covers the following rubrics which come under the chapter of Female Genitalia

1. Genitalia- female abortion
2. Cancer of uterus
3. Coition aversion to
4. Coition enjoyment absent
5. Heaviness uterus
6. Induration uterus
7. Itching leucorrhoea from
8. Itching pregnancy during
9. Itching vagina
10. Leucorrhoea morning
11. Leucorrhoea acid excoriating
12. Leucorrhoea albuminous
13. Leucorrhoea bloody
14. Leucorrhoea burning
15. Leucorrhoea copious
16. Leucorrhoea girls little
17. Leucorrhoea greenish

18. Leucorrhoea gushing
19. Leucorrhoea menses before
20. Leucorrhoea menses between
21. Leucorrhoea milky
22. Leucorrhoea offensive
23. Leucorrhoea purulent
24. Leucorrhoea transparent
25. Leucorrhoea white
26. Leucorrhoea yellow
27. Menopause
28. Menses morning only
29. Menses absent amenorrhoea
30. Menses copious
31. menses late
32. Menses scanty
33. Menses one day only
34. Metrorrhagia climacteric period
35. Pain uterus menses before
36. Pain vagina coition during
37. Pain bearing down uterus
38. Pain bearing down uterus morning
39. Pain bearing down uterus afternoon
40. Pain bearing down uterus come out as if everything would
41. Pain bearing down uterus crossing limbs amelioration
42. Pain bearing down uterus menses during
43. Pain labor like <sup>[5]</sup>
44. Pain sore menses before
45. Pain uterus
46. Placenta retained
47. Prolapse uterus
48. Prolapse uterus crossing limbs and amelioration
49. Prolapse vagina
50. Sterility
51. Subinvolution

### Conclusion

Sepia is a homoeopathic medicine which is well known for its action on Female Reproductive System. It is a polycryst medicine and covers psoric, sycotic and syphilitic symptoms. It is prescribed for women's hormonal imbalance, pms and menopausal conditions. It has a great role in managing gynaecological and obstetrical problems. It also treats the psychological and emotional complaints of women. Sepia also plays an infallible role in managing symptoms of PMS <sup>[7]</sup>. Homoeopathy plays an important role when it comes to less side effects, safety and holistic health. So Sepia can prove as a breakthrough for treating female complaints holistically, safely and effectively. Moreover, it also covers the emotional complaints of women as well in the different stages of life.

### Conflict of Interest

Not available

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