Embracing on a Journey: Unveiling the triumph over secondary infertility through the healing touch of homoeopathic medicine

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Abstract
Infertility, defined as the difficulty in conceiving after a year or more of consistent unprotected intercourse, can be categorized as primary or secondary. Presently, there's a noticeable uptick in cases marked by irregular menstrual cycles, posing hurdles to conception. Traditional medical interventions often fall short in adequately addressing irregular menstruation. Yet, homeopathy presents itself as a viable alternative for treating infertility stemming from irregular periods. In O.P.D. of gynaecology ward from A. M Shaikh Homoeopathic medical college &Hospital, Belgaum, Karnataka. Carefully chosen homeopathic remedies along with appropriate counselling have shown effectiveness in regulating menstrual cycles and facilitating conception. The duration of treatment differs depending on individual cases. Our study outcomes regarding irregular menstruation are highly promising. Several patients who previously struggled with infertility due to irregular periods successfully conceived with the aid of homeopathy. These results inspire confidence and reinforce our commitment to furthering the field of infertility treatment through homeopathy.

Keywords: Infertility, irregular menses, homoeopathy, pulsatilla, oophrorinum, folliculinum

Introduction
Irregular menstruation can have causes that aren’t due to underlying disease. examples include family history of irregular menstruation, menopause or menarche, physical stress, psychological stress, smoking or medication side effects.

Epidemiology of irregular menses
In the literature, the prevalence of irregular menstruation varies from 5% to 35.6% depending on age, occupation, and the country of residence. Some reasons for this variability are differences in the definition of irregular menstruation used by researchers and participants' age distribution.

Symptoms of irregular periods abdominal or pelvic cramping
- Lower back pain
- Bloating and sore breasts
- Food cravings
- Mood swings and irritability
- Headache
- Fatigue

Investigations and Diagnosis
Trans-vaginal ultrasound (TVS): Has increased appreciation of the physiological changes in the ovary and endometrium that occur during normal menstrual cycle. it has become primary investigative tool in women with irregular or absent periods.

Case study of infertility due to irregular periods
- Name of the patient: XYZ
- Age: 27 years
- Sex: female
- Address: Ujwal Nagar, Belagavi

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Date of visit: 10/12/23

Present Complaints
C/O Secondary Infertility
- Eager to conceive.

Details of presenting complaints
- Menses are irregular, dark accompanied with severe abdominal colic.
- Menses are sometime scanty sometime heavy
- In general she is hot patient

Mentals: She cries all the time while narrating her symptoms

Menstrual history: Irregular, she has headache & pain in breast before menses which is better after menses, movement & fresh air.

Obstetric history: Married since 7 years, she has 1 child
1st FTND Female Baby 6 Years

Past History: Not significant

Medical history she has taken allopathic treatment for conceiving since last 3 years but not conceived.

Family history - She has 1 brother and 1 sister and her parents. All are keeping good health.

Personal history:
Diet: mixed
Appetite: Good
Thirst: Thirstless
Bowel: Regular
Desire: Not particular
Aversions: Fatty and drinks
Sleep: Disturbed sleep

General physical examination: Moderately built & nourished
Weight 55 kgs
BP 110/80
P/R 72/MIN
R/R 18/MIN
No signs of anaemia, jaundice or cyanosis

Treatment: Folliculinum 200
F/U ON; 29/1/2024 She has missed her periods
LMP 18/1/2024
UPT Done Positive,
USG Done ON 12/3/24

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**BELAGAVI SCAN AND DIAGNOSTIC CENTRE**

**Name:** Mrs. Heena Shakti
**Age/Sex:** 27 Yrs./F
**Ref. By:** Dr. Shripad K Patil
**Date:** 12-Mar-2024

**TWINS OBSTETRIC ULTRASOUND**

**LMP:** 18/01/2024
**GA by LMP:** 7 wks 5 days
**EDD by LMP:** 24/10/2024

- Twin live fuses are visualized within the intrauterine gestational sac. The fuse A is on right side of the gestational sac and twin B towards left side.
- Foetal poles are visualised.
- Gestation age CRL = 0.8 cm
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- Foetal cardiac activity noted.
- Internal OS is closed.
- Cervical length is 3.8 cms.
- There is no adnexal mass or collection bilaterally.
- USG EDD = 31-01-2024

**IMPRESSION:**
- Twin dichorionic live intrauterine pregnancy with twin A and twin B corresponding to 6 wks 5 days and 6 wks 5 days respectively.

Recommended: NT scan at 11 to 13 weeks.

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**CT. I / MRI. ULTRASOUND / COLOUR DOPPLER / XRAY / AMBULANCE / FACILITIES**

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Conclusion
Cases of irregular cycles are increasing globally. So, early detection of irregular menses and its treatment is necessary to maintain the health of women. Homoeopathy is a good treatment for infertility due to irregular menses. With homoeopathy, we can also avoid the complications of allopathic medications.

Conflict of Interest
Not available

Financial Support
Not available

References

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