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## Homoeopathic management of Pelvic Inflammatory Disease (PID)

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### Abstract

Pelvic Inflammatory Disease (PID) is a polymicrobial infection of the upper genital tract involving the uterus, fallopian tubes, and ovaries. It is frequently associated with untreated Sexually Transmitted Infections (STIs), especially *Chlamydia trachomatis* and *Neisseria gonorrhoeae*. It is a major cause of chronic pelvic pain, infertility, and ectopic pregnancy in women of reproductive age. Timely diagnosis and comprehensive management, including homeopathic therapeutics, can reduce morbidity and prevent long-term sequelae.

**Keywords:** Pelvic Inflammatory Disease (PID), infertility, fallopian tube inflammation, homeopathic management, chlamydia, gonorrhoea, chronic pelvic pain

### Introduction

#### Definition

Pelvic Inflammatory Disease is a significant gynaecological condition resulting from ascending infection of the female reproductive tract. It primarily affects women of childbearing age and is often linked to sexually transmitted infections. The disease may present with acute or chronic manifestations and is a leading preventable cause of infertility worldwide. Early diagnosis and appropriate treatment are vital to prevent complications like chronic pelvic pain, adhesions, and ectopic pregnancy.

#### Risk factors

- Multiple sexual partners
- Unprotected sexual intercourse
- Previous history of PID or STIs
- Early onset of sexual activity
- Use of intrauterine devices (IUDs) without proper asepsis
- Frequent vaginal douching
- Poor genital hygiene
- Immuno- compromised state (e.g., HIV)

#### Causes (Etiology)

- Bacterial agents
- *Neisseria gonorrhoeae*
- *Chlamydia trachomatis*
- Anaerobes (e.g., *Bacteroides fragilis*)
- Mycoplasma and Ureaplasma species
- Pathways: Ascending infection from lower genital tract to uterus and fallopian tubes.
- Post-abortion, postpartum or post-surgical infections can also precipitate PID.

#### Signs and symptoms

- Lower abdominal or pelvic pain
- Abnormal vaginal discharge (often purulent)
- Dyspareunia (painful intercourse)
- Dysuria (painful urination)
- Irregular menstrual bleeding or post-coital bleeding

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- Fever, chills, malaise
- Adnexal tenderness and cervical motion tenderness on pelvic examination.

### Pathophysiology

In PID, pathogenic organisms ascend from the vagina/cervix into the endometrium and fallopian tubes. This leads to:

1. Endometritis → Salpingitis → Oophoritis → Tubo-ovarian abscess formation.
2. Inflammation and exudation cause adhesions and scarring of fallopian tubes.
3. Chronic sequelae include infertility, ectopic pregnancy, and chronic pelvic pain due to tubal damage and pelvic adhesions.

### Complications

- Infertility due to tubal blockage.
- Chronic pelvic pain.
- Ectopic pregnancy (due to tubal damage).
- Tubo-ovarian abscess.
- Perihepatitis (Fitz-Hugh–Curtis syndrome).
- Recurrent PID

### Prevention

- Safe sexual practices (condom use, limiting partners).
- Prompt treatment of STIs and partner screening.
- Good genital hygiene.
- Avoidance of unnecessary vaginal douching.
- Aseptic techniques during gynaecological procedures.
- Health education and awareness programs for reproductive-aged women.

### Prognosis

- With early diagnosis and appropriate treatment, prognosis is favourable.
- Delay in treatment increases risk of chronic pain, infertility, and ectopic pregnancy.
- Recurrent PID worsens reproductive outcomes.

### Homeopathic management

Homeopathy addresses PID by treating acute symptoms and preventing chronic complications, with remedies chosen on individualization:

#### Belladonna

Sudden onset pelvic pain, high fever, throbbing pain, heat, and congestion. Tenderness over the uterus cannot bear the slightest pressure on abdomen. Strong heat and swelling in pelvic organ. Aggravation on touch, noise Amelioration on Rest.

#### Mercurius solubilis

Purulent offensive vaginal discharge sometime metallic or Fishy with burning, worse at night. It is associated with Ulceration or erosion of cervix/vaginal mucosa. Profuse perspiration that does not relieve. It is more suited on septic pus forming stage.

#### Apis mellifica

Pelvic pain with stinging, burning sensations, ovarian swelling; better with cold applications. Oedema is caused by the action on cellular tissue, particularly that of the eyes, cheeks, neck, and ovaries. It generally causes inflammation

and effusion. Burning, stinging discomfort in the ovaries or uterus.

#### Sepia

Chronic pelvic pain, bearing-down sensation Patient to cross leg or press with the hand to support the pelvic organ, irregular menses, history of recurrent PID. Chronic leucorrhoea yellowish greenish and offensive. Chronic cervicitis and pelvic venous stasis. Indifference to loved once.

#### Pulsatilla:

Mild temperament, Desire consolation and mood swing. thick yellow greenish discharge from vagina. Discharge before menses, shifting pelvic pain, Pain worse in warm room, better in open air. Delayed scanty menses. Suppression of natural discharge.

#### Lachesis

Left-sided ovarian pain, congestion before menses, aggravation during sleep. Acts on circulation and nerves, causing adverse effects such as enlarged, indurated, and painful ovaries. After flow, uterine and ovarian aches subside. Tumours of the ovaries.

#### Sabina

IT is suited to subacute or chronic PID. Itching in the genitals, pain from the sacrum to the pubis, or vice versa, shooting up the vagina. Leucorrhoea is a caustic, thick yellow liquid with pruritis. Ovaritis following abortion.

#### Secale cor

It is useful in Passive and offensive bleeding from uterus. Dark foetid menstruation, brownish unpleasant leucorrhoea, and female organ gangrene. Puberal fever, I've never been well since my abortion. It is indicated in postpartum or post abortal PID. It is suited on Septic, Gangrenous or atonic condition of Pelvic organs.

#### Kreosotum

It is useful in chronic, ulcerative PID. IT Acts on the mucous membrane of the female genitals, causing excoriation and burning. During coition, there are profuse acid hot vile discharges and intense pain

#### Ars alb

Deep action on mucous membranes, giving profuse, acrid yellowish thick leucorrhoea, uterine Ca. A burning sensation in the ovarian area. Stitching discomfort in the ovary into the leg, which is numb.

#### Medorrhinum

It is suited for chronic PID with a gonorrhoeal miasmatic base. Menstrual colic that is severe. Fishy odour from Leucorrhoea. Better pressure is obtained by drawing in the ovaries.

### Conclusion

In the homoeopathic system of medicine, there is an excellent scope for treating several gynaecological diseases, including Pelvic Inflammatory Disease (PID). To treat PID naturally, homoeopathic medications increase the body's natural defence mechanism to fight infectious invaders and remove the infection.

**Conflict of interest**

Not available

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Not Available

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