



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493

P-ISSN: 2616-4485

Impact Factor (RJIF): 5.96

www.homoeopathicjournal.com

IJHS 2025; 9(4): 42-43

Received: 12-07-2025

Accepted: 14-08-2025

Dr. Priya Yuvaraj Marathe

Associate Professor,
Department of Organon of
Medicine, K.E.S. Loknete Adv.
Datta Patil Homoeopathic
Medical College, Vengurla,
Maharashtra, India

Sabina heals: A case report

Priya Yuvaraj Marathe

DOI: <https://www.doi.org/10.33545/26164485.2025.v9.i4.A.1886>

Abstract

Dysfunctional Uterine Bleeding (DUB) is a common gynecological disorder characterized by profuse and/or irregular bleeding without underlying structural pathology. The condition, often resulting from hormonal or idiopathic causes, can severely impact a patient's daily life due to heavy flow, clots, and associated pain. The homeopathic remedy Sabina (*Juniperus sabina*) is primarily indicated for uterine conditions involving atony and hemorrhage, presenting with profuse, gushing, bright-red bleeding, often intermingled with clots, and characteristic pains extending from the sacrum to the pubes. This paper presents two case reports demonstrating the curative action of Sabina in patients diagnosed with DUB. Case 1 involved a 21-year-old girl with severe dysmenorrhea, profuse flow with clots, and violent sacral-to-pubic pains. Case 2 involved a 47-year-old perimenopausal woman with frequent irregular spotting followed by a four-day profuse, gushing flow without pain or clots. Both cases were confirmed as DUB after clinical and diagnostic exclusion of organic pathology. Sabina (LM 0/1 potency) was prescribed based on the totality of symptoms in the first case and the characteristic gushing flow in the second. Treatment resulted in the restoration of a normal menstrual flow, a reduction in pain in the first case, and the cessation of the gushing flow in the second. The findings suggest that homeopathic management with Sabina offers a safe, effective, and holistic alternative for managing DUB in both young and perimenopausal women.

Keywords: Dysfunctional uterine bleeding (DUB), sabina, homeopathy

Introduction

In DUB there may be profuse and or irregular bleeding or clots from uterus, without any pathological changes in uterus. Because of discharge of clots there may be pains ranging from mild to severe which disturbed patients' daily routine. This is due to hormonal disturbance or some idiopathic causes.

Atony of uterus is main action of Sabina. So causes bleeding from uterus after abortion, premature labour, fibroid, retained placenta.

Bleeding from uterus long lasting, profuse gushing flow, blood liquid, bright red, intermingled with clots, characteristics pain from sacrum to uterus or pubes or below upwards aggravation least motion... all this totality of symptoms indicates Sabina.

Case Report

Case no 1)

A 21 years girl presented with complaints of dysmenorrhea since menarche, characterized by profuse menstrual flow with small and large clots with severe, violent pains extending from back to front. Pains are so intense that patients tossing about. Associated symptoms includes desire for lemonade, urine having strong smell, with family history was significant for uterine fibroid.

Clinical and diagnostics evaluation excluded structural pathology, confirming DUB. Based on totality of symptoms Sabina was prescribed in 0/1 degree of LM potency.

Case no 2)

A 47 years female presenting with irregular menstrual cycles. She was complaining of spotting after every 7-10 days. Then profuse flow for 4 days. Flow is like big gush coming out of uterus. There is no pains, no clots but only gushing flow.

Ultrasonography revealed no abnormal finding, confirming the diagnosis of DUB. On the basis of her characteristics gush of flow and absence organic pathology Sabina was prescribed in 0/1 degree of potency.

Corresponding Author:

Dr. Priya Yuvaraj Marathe

Associate Professor,
Department of Organon of
Medicine, K.E.S. Loknete Adv.
Datta Patil Homoeopathic
Medical College, Vengurla,
Maharashtra, India

Conclusion

Sabina works curatively in both cases in first case pain reduced with flow and in second case gush reduced and in both cases restoration of normal menstrual flow.

Discussion

Sabina is remedy from corniferae family proves by Dr. Hahnemann. This remedy have sphere of action on uterus, rectum, nerves, fibrous and serous tissue of small joint. It causes inflammation of urethra giving gonorrheal discharge. It also affects on inflammation of ovaries and uterus, after abortion of premature labour. This remedy also covered hemorrhages from kidney and bladder, rectum and anus.

In DUB there may be profuse and or irregular bleeding or clots from uterus, without any pathological changes in uterus. Because of discharge of clots there may be pains ranging from mild to severe which disturbed patients' daily routine. This is due to hormonal disturbance or some idiopathic causes.

Homoeopathic management may provide a safe, effective, and Holistic alternative for young girl and also for perimenopausal woman.

Conflict of Interest

Not available.

Financial Support

Not available.

References

1. Dr. Kent J, Lectures on Homoeopathic Materia Medica.
2. Boericke W, Boericke's new manual of homeopathic materia medica with repertory
3. Farrington E A, Lectures on clinical Materia Medica in family order, 4TH edition.
4. Sabina M, Barakat Z, Jost JM, Tatro R, Sai W, Trube J. Vaso-Occlusive Crises in Sick Cell Trait Patients With Blood Loss Anemia: A Report of Two Cases. *Cureus*. 2024 Mar 20;16(3).
5. Seekin T, Kula H, Chu A, Hajiyeva S, Seekin T. Rare Broad Ligament Cavernous Hemangioma Mimicking Advanced Endometriosis: A Case Report. *Reproductive Sciences*. 2024 Nov;31(11):3351-6.

How to Cite This Article

Priya Yuvaraj Marathe. Sabina heals: A case report. *International Journal of Homoeopathic Sciences*. 2025; 9(4): 42-43.

Creative Commons (CC) License

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-NC-SA 4.0) License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.