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An extended voyage from infertility to fertility

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Abstract

A 36years female presented with the Complains of being eager to conceive. She is having a married life duration of around 8years. Regular Menstrual cycles. Heavy bleeding associated with severe pain in abdomen, backache. History of Pain in Lt lower limb during her periods After analysing the totality of symptoms and by considering the mental symptoms Sepia 200C was prescribed, which proved to be effective in treating the Infertility with endometriosis and most fortunately she conceived.

Keywords: Totality of symptoms, infertility, endometriosis, left lower limb pain, sepia

Introduction

The World Health Organization has defined infertility as a disease of the reproductive system characterised by the failure to achieve pregnancy after 12 months or more of regular unprotected sexual intercourse. Infertility broadly divided into primary and secondary infertility. Primary infertility is infertility in a couple who never had a child, whereas secondary infertility is failure to conceive following previous live birth of a child. Among female pathology, there may be either ovulatory dysfunction or structural problems in fallopian tubes and other reproductive system or combined pathology in an almost equal proportion¹. Reproductive structural problems may be caused by pelvic inflammatory diseases, endometriosis², fibroids or congenital problems.

Case Report A 36years old female presented with the Complains of being eager to conceive. She is having a married life duration of around 8years reported on 04.06.21 with a complaint of Pain in Left lower limb during menses since menarche. History of married life of a duration of 8years.

Patient history

A 36years female presented with the Complains of being eager to conceive. She is having a married life duration of around 8years. Regular Menstrual Cycle. Heavy bleeding associated with severe pain in abdomen, backache. History of Pain in Lt lower limb during her periods. She took analgesics for her temporary relief, while the symptoms started reappearing. In v/o eager to conceive, the patient approached a Gynecologist which diagnosed to be Infertility due to Endometriosis.

Obstetrics Gynaecology: G₁P A₁ Menstrual History 28days cycle with 3-4days duration with normal flow. Married life of 8years duration. H/O Missed abortion (2weeks)

Provisional Diagnosis: Infertility

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Analysis and Evaluation of Symptoms

S. No	Category	Symptoms	Common/Uncommon	Intensity
1	Mental Generals	Weeping-causeless	Uncommon	++
2	Mental Generals	Weeping- ameliorating condition	Common	++
3	Mental Generals	Concentration difficulty	Uncommon	++
4	Mental Generals	Fear Thunderstorm	Uncommon	++
5	Mental Generals	Sensitive to slight noise	Uncommon	++
6	Physical Generals	Heat flushes of	Common	+
7	Physical Generals	Desires spicy food	Uncommon	++
8	Physical Generals	Sleep Restless	Common	+
9	Physical Particulars	Pain in Left Thigh During Menses <Slight exertion>pressure, drawing limbs	Uncommon	+++

Totality of Case

1. Weeps without any reason
2. Feels better by crying
3. Difficulty in thinking and concentration
4. Fear of thunderstorm
5. Sensitive to slight noises
6. Hot flushes all over the body.
7. Desires for spicy food
8. Pain in Left thigh during menses
9. Pain during intercourse
10. Decreased sexual desire
11. Agg by Slight exertion, Amm by pressure and drawing of limbs.

12. Decreased sleep.

Timeline

Patient visited OPD on 4th June 2021. Medicine was prescribed on same day. Patient had regular follow ups. Medicine was repeated on 22nd June 2021. Placebo was given at 3rd, 4th & 5th visits.

Therapeutic Intervention

Case report was collected in an according manner and repertorisation as done by using Kents method Sepia 200 was selected. The patient was asked to report after 15 days.

Remedy Name	Lyc	Sep	Phos	Sulph
Totality / Symptom Covered	29 / 11	25 / 11	24 / 11	24 / 10
[Kent] [Mind]Weeping, tearful mood, etc.: Causeless: (20)	2			3
[Kent] [Mind]Weeping, tearful mood, etc.: Causeless: Without knowin...		1		
[Kent] [Mind]Concentration: Difficult: (162)	3	3	3	2
[Kent] [Mind]Fear (see anxiety): (143)	3	3	3	2
[Kent] [Mind]Sensitive, oversensitive (see offended): Noise, to: (90)	2	3	2	2
[Kent] [Generalities]Heat, flushes of: (117)	3	3	3	3
[Kent] [Generalities]Food: Spices: Agg: (1)			1	
[Kent] [Extremities pain]Pain: (168)	3	1	2	3
[Kent] [Genitalia female]Pain: (28)	2	1	2	1
[Kent] [Mind]Aversion: Approached to being: (9)	3			1
[Kent] [Generalities]Exertion physical: Agg: (125)	2	3	2	3
[Kent] [Sleep]Restless: (215)	3	2	1	3

Repertorisation₃ sheet

Justification of Remedy

Profound melancholy, weeping without cause, difficulty in concentration, Fear of thunders, sensitive to noise, depressed mood, pain in Left lower limb, drawing type of pain < slight exertion, week memory, uterine disorders with menstrual irregularities, aversion to sex₆, heat flushes. Sepia₄ is having more effectivity in treating the infertility

with endometriosis, The remedy was chosen according to the principles and practices of homoeopathy and given on the basis of constitutional totality after detailed case taking recording interpretation and evaluation of symptoms and when required repertorisation. Hence Sepia was chosen as the prescribing remedy.

Table 1: Follow ups with prescription

Date	Symptoms	Prescription
(1st visit) 4/6/21	Pain in Left lower limb during menses since menarche. She took analgesics for her temporary relief, while the symptoms started reappearing. In v/o eager to conceive, the patient approached a Gynaecologist which accidentally revealed Endometriosis in U/S Abdomen and Pelvis.	1. <i>Sepia</i> 200 potency of water dose for 3 consecutive days 2. Placebo once a day before going to bed for 15 days duration
20/06/21	Eager to conceive History of pain in Left thigh during menses is much better for the last menstrual cycle. Intensity of pain is much better when compared to previous analgesics. H/O sleep improved. LMP:17/06/21	1. Placebo 4 pills daily once to night
22/07/21	Eager to conceive History of pain in Left thigh during menses is much better for the last menstrual cycle. Intensity of pain is much better when compared to previous cycle. LMP:20/07/21	1. Placebo 4 pills daily once to night
22/08/21	Regular cycles, H/o Pain had come down	1. Placebo 4 pills daily once to night
22/09/21	History of pain in Left thigh during menses is much better for the last menstrual cycle. Intensity of pain is much better when compared to previous cycle. LMP:17/09/21	<i>Sepia</i> 200/1 dose 4 pills early morning on empty stomach
30.10.21	Had not yet attained menses, advised HPT, which revealed HPT=+ve, U/S Abdomen and pelvis shows single live intrauterine gestational sac	Placebo 4 pills 1 month

Conclusion

Thus, it is the responsibility of the homoeopathic fraternity to make people aware about the scope of homoeopathy for infertility. The dynamic homoeopathic remedies are not only effective but can do wonders in treating infertility with the most efficient and gentle form.

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