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Dr. Tummala Aarathi Reddy

Assistant Professor,
Department of Obstetrics and
Gynaecology, MNR
Homoeopathic Medical
College, Sangareddy,
Telangana, India

Dr Sreevidhya JS

Associate Professor,
Department of Obstetrics and
Gynaecology, MNR
Homoeopathic Medical
College, Sangareddy,
Telangana, India

Dr. E Siva Rami Reddy

Professor and Head,
Department of Practice of
Medicine MNR Homoeopathic
Medical College, Sangareddy,
Telangana, India

Endometriosis: Homoeopathic perspective

Dr. Tummala Aarathi Reddy, Dr Sreevidhya JS and Dr. E Siva Rami Reddy

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Abstract

Endometriosis is a disease of contrast. It's a benign condition, but malignancy transformation is also possible. Cyclic hormones stimulate growth but continuous hormones suppress it. Homoeopathy plays prime role in providing the healthy existence in both physical and mental plane without any side effects and can come across in women who is exposed to Endometriosis.

Keywords: Endometriosis, homoeopathy, ovaries, uterus, abdomen

Introduction

Endometriosis is presence of functioning of endometrium in sites other than uterine mucosa. Ectopic endometrial tissues found in myometrium called as Endometriosis interna or Adenomyosis. Tissues found at sites other than Uterus is called as Endometriosis externa or Endometriosis. It is a condition where cells are similar to endometrium layer of tissues that cover inside the uterus, grows outside it. Most often seen on ovaries, fallopian tubes & tissues around uterus & ovaries. Incidence is of an average of 10% while highest is seen in infertile women of an around 30-40%. There are 2 types of sites a) Common sites: Ovaries, Pelvic peritoneum, Pouch of Douglas, Uterosacral ligaments, Rectovaginal septum, sigmoid colon, Appendix, Pelvic lymph nodes, fallopian tubes. b) Remote: Umbilicus, Abdominal scar, Episotomy scar, Lungs, Pleura, Ureter, Kidney, Arms, Legs, Nasal mucosa.

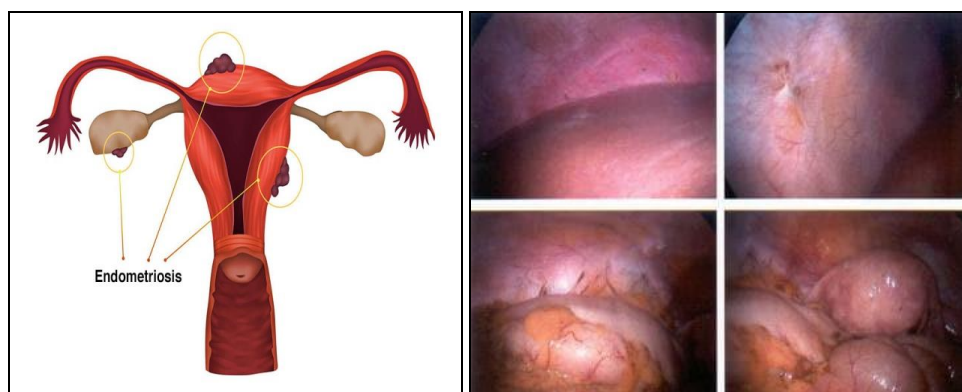


Fig 1: Endometriosis

Risk factors

1. Daughters or Sisters of endometriosis are at higher risk.
2. Low progesterone levels may be generated and may contribute to hormone imbalance.
3. Women with affected 1st degree relative.
4. Previously not have had given birth.
5. Delayed child bearing
6. Genital Obstruction
7. Environmental toxins
8. Prolonged exposure of oestrogen.

Corresponding Author:

Dr. E Siva Rami Reddy

Professor and Head,
Department of Practice of
Medicine MNR Homoeopathic
Medical College, Sangareddy,
Telangana, India

Pathogenesis**Its explained in theories**

- 1. Retrograde Menstruation (Sampsons theory):** Retrograde flow of sloughed endometrial cells via fallopian tubes into pelvic cavity during menstruation. Endometrial fragments get implanted in peritoneal surface of pelvic organs.
- 2. Coelomic metaplasia Theory (Meyer & Ivanoff):** Endometriosis originates from metaplasia of specialized cells that are present in mesothelial lining of visceral and abdominal peritoneum.
- 3. Lymphatic & Vascular Metaplasia Theory (Halbans theory):** Explains the occurrence of endometriotic lesions at distant sites such as lungs, arms or thighs.
- 4. Genetics:** High risk of endometriosis in those with an affected 1st degree relative. Multifactorial inheritance is thought of, defect of local cellular immunity may be responsible for ectopic tissue to grow in abnormal sites only in susceptible women.
- 5. Immunologic factors:** Women with endometriosis have higher concentration of activated macrophages with decreased cellular immunity
- 6. Inflammation:** Endometriosis may be associated with subclinical peritoneal inflammation.

Clinical Features

1. Dysmenorrhoea, Dyspareunia, Dyschezia, Dysuria
2. Deep seated pain back and rectum
3. Menorrhagia
4. Chronic pelvic pain
5. Abdominal pain
6. Chronic fatigueness
7. Haemoptysis

Homoeopathic Management

Homoeopathy is the best system of medicine in treating Endometriosis. It doesn't have any side effects, it promotes health in general. Following are some of the medicines prescribed for Endometriosis.

1. Pulsatilla nigricans

Useful in treating endometriosis. Endometriosis in young age, Hot patient, Scanty menses, Delayed menses, Delayed menarche, Desire for fatty food, meat, intolerance to oily food. Aggravation by lying before menses, during menses, Amm by discharges, slow gentle motion.

2. Sepia

This remedy is helpful in woman whose periods are late and scanty, burning and soreness is but heavy and flooding when early. Her pelvic organs feel weak and sagging, craving for vinegar or sour foods. Women who need this remedy are usually indifferent with an irritable, detachment regarding family members, and a loss of interest in daily tasks. Exercise, especially dancing, can brighten up her mood and improves her energy.

3. Calc carb

It is a useful remedy during Endometriosis for pale, fat flabby, relaxed and chilly patients tired by overwork. Excessive pains during menses. Menses too early too profuse, too long lasting with subsequent anaemia. Head and neck will be having more perspirations, worse during sleep. Metrorrhagia and uterine fibroids, with marked uterine hemorrhages. Anxious about the

future and about her health. Agg by physical exertion, overlifting. Amm by Cold bathing, hot applications.

4. Lachesis

It is an important remedy for endometriosis. Haemorrhages, Fainting Weakness, Melancholy, Periods profuse. Generally worse before menses, and pains and mood better once the flow starts. Hot flushes, with headaches, palpitations and hot sweats. Headaches, beginning at the back and passing over to the front of the head with burning sensations. Sensitive to touch. Nausea, diarrhoea or haemorrhoids. The left ovary is painful and swollen, and there may be prolapsed uterus. They generally feel worse in mornings, can't tolerate heat and are hypersensitive to tight clothing around neck or waist.

5. Cimicifuga

Indicated remedy in Endometriosis with pain during periods. Its indicated in case of severe, bearing down pain in the lower abdomen, uterine region and back during menses. More the flow, more the pain. Sharp electric shock like pains may be seen in various parts of body. Sour eructations, loud belching.

6. Sabina

Indicated remedy for Endometriosis when colicky or labour like pains appear in pelvis. Marked pain in back and sacrum, pubis. Menses are profuse, partly fluid and part clotted. Menstrual bleeding is bright and contains clots as well as fluids.

7. Platina

Indicated remedy in endometriosis. Feeling exhaustion and forsaken, there can be feeling of contempt for others. There is violent cramping dark bleed, often bearing down pain burning and soreness usually with marked sexual desire.

8. Xanthophyllum

Great remedy for Endometriosis. Periods are very painful with pain that can radiate into back, thighs and legs. Menstrual bleed is excessive and exhausting with a bearing down pain. Profuse menses and exhaustion. Very effective remedy in periods which are painful.

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