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Efficacy of homeopathic medicines in the treatment of uterine fibroids

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Abstract

Uterine fibroid is the highly prevalent disease of females affecting almost half of the world female population. Homeopathic remedies are being used for treatment of female disorders including uterine fibroids from centuries. The article aims in describing the efficacy of homeopathic remedies in managing uterine fibroids. The use of homeopathic remedies is rising in the modern area and is proved effective in clinical practice. However, scientific research studies are needed to be done to validate the effectiveness of homeopathic remedies in the treatment of uterine fibroids.

Keywords: Homeopathic medicines, uterine fibroids

1. Introduction

Uterine fibroid is a common disorder of females with 20-50% prevalence rate ^[1]. Homeopathic remedies are not only effective but also safe for this illness. Many homeopathic medicines, spread on sweet tiny globules have been proved efficacious in treating uterine fibroids in clinics. Some homeopathic remedies as *Lycopodium*, *Cladocrea flour*, *Thuja occidentalis*, *Medorrhinum* *Calcarea carb* are prescribed on the basic principles of selection of remedy in homeopathy are proved to be effective in clinics ^[2]. Homeopathy is a complementary system where medicines are attributed to individual rather than disease ^[3, 4]. However, there is only a handful research studies conducted that describes the effectiveness of homeopathic medicines in uterine fibroids although clinical and literature data showed high efficacy of homeopathic medicines in uterine fibroids.

2. Uterine Fibroids Overview

2.1 Definition

Uterine fibroids are the muscular tumors that grow anywhere in wall of the uterus. Fibroids are also called as uterine *fibromas*, *leiomyomas*, or *myomas*. Uterine fibroids are firm, solid tumors that are composed of fibrous connective tissue and smooth muscle cells that develop in the uterus. According to estimation, 20 to 50% of women of reproductive age have fibroids, either diagnosed or undiagnosed. About 99% of women with fibroid have benign (non-cancerous) outgrowth of uterine wall. Uterine fibroids have no association with cancer and even it does not increase the risk for uterine cancer in females. They are of variable size; the size may range from a pea to the size of small grapefruit or a softball ^[1].

2.2 Risk factors of Uterine Fibroids ^[5]

There are various factors that are responsible for increase the risk of developing uterine fibroids. These include following:

- Age
- Eating habits
- Ethnic origin
- Family history
- Obesity

2.3 Classification of Fibroids ^[5]

2.3.1 Uterine fibroids within the body of the uterus

2.3.1.1 Sub mucosal

These fibroids grow into the uterine cavity.

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2.3.1.2 Intramural

These fibroids grow within the wall of the uterus.

2.3.1.3 Sub serous

These fibroids grow on the outside of the uterus.

2.3.1.4 Pedunculated fibroids

These fibroids grow on stalks that grow into the cavity of the uterus or out from the surface of the uterus. Their appearance is like mushrooms.

2.3.2 Cervical fibroid

Cervical fibroids are less common types of fibroids that are found in 1-2% of fibroid cases.

Cervical fibroid is most likely occurring as single outgrowth and often limited to supravaginal region. It may be of sub serous or intramural type.

2.3.3 Intra ligamentary fibroids

Sometimes fibroids originate from smooth muscles of the broad ligament. These type of fibroids are known as intra ligamentary fibroids and they are not connected or linked to the uterine cavity.

2.4 Symptoms of Uterine Fibroids

Uterine fibroids may be asymptomatic; however some females suffer from severe problem that may include:

- Menorrhagia and Metrorrhagia
- Dysmenorrhea
- Heaviness in the pelvic area
- Enlarged abdomen
- Frequent and urgent urination
- Pain during coition
- Lumbago
- Complications during pregnancy and labor
- Rarely, fibroids can cause reproductive problems, such as infertility [5]

2.5 Causes of Uterine Fibroids

Uterine fibroids are mostly caused by idiopathic factors. Different Research studies show a link of more than one factor in the pathogenesis of uterine fibroids. These factors may include:

- Hormonal causes (affected by estrogen and progesterone levels)
- Genetic causes (runs in families)

2.6 Investigation for diagnosis of Uterine Fibroids

- Pelvic Ultrasound
- MRI (Magnetic resonance imaging)
- X-rays
- CT (Computed tomography) scan
- CBC (Complete blood count)
- Hysterosalpingogram
- Laproscopy
- Hysteroscopy [5]

2.7 Homeopathic treatment of uterine fibroids

2.7.1 Miasmatic background of Uterine Fibroids

Uterine fibroid is a disease of psoric and sycotic background [6].

2.7.1.1 Psoric manifestations

- Lack: lack of immune system
- Lack of vital force
- Anxiety

2.7.1.2 Manifestation of sycosis

- Enlargement/excess; enlargement of myometrium and uterine tissues
- Irregularity and Incoordination: estrogen and progesterone secretions and its receptors

Remedies with psorosycotic background are best line of treatment for curing uterine fibroids [7].

2.7.2 Miasmatic Homeopathic Remedies for treatment of Uterine Fibroids

2.7.2.1 Thuja

- Fibroid of any type with enlargement of uterus.
- Heaviness of the lower abdomen [8].

2.7.2.2 Medorrhinum

- Hypertrophy and fibroids with clotted, dark, offensive, profuse menstruation stains difficult to wash out, urinates frequently during menses [9].

2.7.3 Other Homeopathic Medicines used for treatment of Uterine Fibroids

2.7.3.1 Calcarea carb

This remedy is used for uterine fibroids on the basis of constitution of patient along with local symptoms of cutting uterine pains. This is a suitable remedy in fatty, flabby and mostly fair females who have early, profuse and long lasting menstruation. The complaints are mostly aggravated after hard work and strain. *Calcarea carb* is highly efficacious in those cases where constitution of the patient and local symptoms match [10].

2.7.3.2 Calcarea flour

This bio chemic salt remedy is highly efficacious in restoring the lost elasticity of smooth muscles and remove hard tumors of any smooth muscle. Uterus, being a smooth muscle organ, is a main target of action of this remedy. If uterine fibroids are of stony hardness and there are indurated swellings in uterine region, this remedy is highly recommended for treatment of uterine fibroids. Moreover, if uterine fibroid with bearing down pains are presented, this remedy could cure the case [11].

2.7.3.3 Phosphorus

Phosphorus is a remedy for highly sensitive, intelligent and long slender females having uterine fibroids along with marked stitching pains in uterine region. This is a suitable remedy in lean thin heighted females who have early, scanty and long lasting menstruation [10, 11].

2.7.3.4 Apis mellifica

Apis is a remedy for females who develop uterine fibroid due to suppressed sexual desire, jealousy with local symptoms of marked tenderness over uterine region. This is a suitable remedy in females who have painful menstruation with stinging burning pains [10, 11].

2.7.3.5 Conium

Conium is a remedy for any kind of tumors including

uterine fibroid that are caused by suppression of unsatisfied sexual desire, from excessive indulgence or from effects of some sort of injury. It is suitable for uterine fibroids with dysmenorrhea and pain in thighs ^[10, 11].

2.7.3.6 Bufo rana

It is a palliative remedy of uterine fibroid for controlling pains and other symptoms including menorrhagia and metrorrhagia. However, it could be prove curative in uterine fibroids if given to a female who have strong sexual desire that can be satisfied with coition and females are indulge in masturbation ^[10, 11].

2.7.3.7 Calcarea phos

This bio chemic salt remedy is highly efficacious for uterine fibroids on the basis of constitution of patient. Females are lean, thin, and anemic with weak bones, too early, excessive, and bright menses ^[10, 11].

2.7.3.8 Lycopodium

Lycopodium is a constitutional remedy for many ailments prescribed on the basis of mentality and physical appearance. *Lycopodium* proved to be highly efficacious remedy in case of females with loss of confidence who suppress their Youngers and is suppressed by their elders and who have marked emaciation particularly of upper body part ^[10, 11].

2.7.3.9 Carcinocin

Carcinosin is a nosode and given in all cases of malignant outgrowths, although, uterine fibroids are mostly benign but sometimes cancerous predisposition in family history of patients of uterine fibroids necessitates the administration of *Carcinocin* as an inter-current remedy ^[11].

3. Discussion

Uterine fibroid is a medical condition accounted for risk factor for subfertility, menorrhagia, lumbago and various symptoms that hurdles daily routine of a female. Conventional medicinal system tries to manage it through mefenamic acid, tranexemic acid, combined oral contraceptive pills, gonadotrophin releasing hormone agonists but these treatments are only suppressive for few symptoms and have many hazardous side effects ^[5]. Homeopathy can offer a safe and non-surgical complete treatment of uterine fibroids. Homeopathic medicines are highly efficacious to treat many medical conditions including uterine fibroids. This system of medicine is comprised of versatility of medicines based on totality of symptoms, miasmatic background and mentality that not only stop the growth of uterine fibroid but also prevent it from regrowth. In this regard, homeopathic literature comprising of material media, therapeutics and repertories provide a massive record of treating uterine fibroids with several homeopathic medicines ^[8-11]. However, this era relies on scientific research with sound methodologies and protocols ^[12]. It is somewhat appalling that effectiveness of homeopathic medicines in uterine fibroids treatment is not proved scientifically. It is need of the day that research centers should conduct clinical trials with ethical approval that will help to aware the scientific community regarding efficacy of homeopathy medicines in uterine fibroids and other cases where allopathic system of medicine is almost failed.

4. Conclusion

It is concluded from present review paper that several medicines offer treatment of uterine fibroids particularly medicines selected on the basis of miasmatic background e. g. *Thuja* and *Medorrhinum*. Several other medicines as *Calcarea carb*, *Calcarea flour*, *Lycopodium*, *Lachesis* can also prove to be efficacious when administered on the basis of constitution and totality of symptoms. However, there is paucity of information regarding research on efficacy of homeopathic remedies in treating uterine fibroids.

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