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Navigating secondary infertility with homoeopathy: An evidence-based case report

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Abstract

This case study provides a detailed account of treating secondary infertility in a female patient through an individualized homoeopathic regiment. The study's subject was a 36-year-old woman who had struggled with fertility following several treatments, including hormonal intervention and IVF, without success. Following a personalized selection of Homoeopathic treatment using the Murex remedy, the subject experienced gradual overall health improvement and eventually confirmed pregnancy. This case suggests a potential role of Homoeopathy in managing infertility, particularly in situations where conventional therapeutic approaches have been unsatisfactory. This evidence-based report serves to underline the effectiveness of homoeopathy in treating female infertility and the importance of further research to evaluate this approach's efficacy meticulously. It suggests that Homoeopathy might offer an alternative or adjunct to conventional treatment, characterized by cost-effectiveness, minimal invasive procedures, and alleviated risk of side-effects.

Keywords: Infertility, secondary infertility, homoeopathy, murex, case study, personalized treatment, pregnancy, female infertility, alternative medicine

Introduction

Infertility, defined as the inability of a couple to conceive after one year of unprotected intercourse, poses a significant challenge to a considerable number of couples worldwide. In particular, female infertility has been on the rise, prompting a surge in exploration of alternative therapies to share the burden of treatment(1–4). Homoeopathy is one such alternative system that has seen a substantial increase in use. This scientific discipline prioritizes treating the patient holistically and individually, often succeeding where conventional treatments either fail or result in undesirable complications (5). This article presents an evidence-based case report of a woman with secondary infertility, who achieved a successful pregnancy following individualized Homoeopathic treatment. The objective is to illuminate the potential of Homoeopathy in addressing female infertility cases and pave the path for further in-depth research on the subject.

Case presentation

We report the case of Mrs P.A., a 36-year-old woman grappling with polycystic ovary syndrome (PCOD) and secondary infertility. Despite being married for 11 years, she found it impossible to conceive and sought help from an infertility specialist. Unfortunately, hormonal treatments and Intrauterine Insemination (IUI) yielded no results. She conceived due to In Vitro Fertilization (IVF) but suffered from persistent leucorrhoea causing significant discomfort during her pregnancy. Although her gynaecologist reassured her that her symptoms were normal, they persisted, culminating in a tragic miscarriage during her seventh month of pregnancy. This incident plunged her into depression, and her health severely deteriorated, making it difficult for her to engage in routine tasks due to unnecessary fatigue and body pain. Personal History: The patient is giving and shares willingly, often unperturbed if she doesn't receive what she desires in return. She is cemented firmly in a close-knit family setting that includes her parents and siblings. She requires their support and is loath to venture outside unaccompanied. The depth of her bond with her family is evident through her frequent physical expressions of affection toward her mother. Outgoing and affable, she communicates without hesitation, vividly expressing herself. Yet, her upbeat demeanor is blemished by her frequent nightmares featuring water

and sea themes.

Following the miscarriage, she spiraled into depression and battles incessant feelings of physical and mental ill-health, despite ongoing psychiatric counseling. Physical Generals: Mrs P.A. experiences decreased appetite with distinct cravings for milk and fish, suffers from constipation, and displays increased thirst. Her perspiration is within normal limits. She experiences an irregular menstrual cycle, occurring every 20 days, lasting for five days, and accompanied by clotting. Her response to temperature is ambithermal. Past History: Her medical history includes a skin allergy treated with topical applications. Family History: Her mother underwent a hysterectomy due to uterine fibroids.

Selection of Remedy

Based on the comprehensive case history, a list of symptoms and indications were compiled. These included a yielding disposition, vivid dreams of the sea, Delusion of sickness, early and profuse menses, leucorrhoea during pregnancy, and miscarriage in the seventh month. After careful case analysis and symptom correlation, a miasmatic classification was assigned to the patient - Syphilitic Miasm. Repertorisation done using Complete Repertory, several remedies were considered, namely Pulsatilla, Sepia, Phos, Murex, Lyco, Croc, Nat Mur, and Ignatia. Murex was selected because it reflected the patient's key symptoms-yielding nature, vivid dreams of the sea, early menses, and significant tiredness or weakness that arose after pathological onset.

Follow up and treatment

The follow-ups and outcomes were documented over the course of several months. In March 2018, after her first dose of Murex 30C, there was minimal improvement in her symptoms. She was still feeling dull, depressed, and weak, and her menses remained painful and early. The next three months saw gradual improvements. Her appetite improved to the point of normalcy, her feelings of weakness disappeared completely, and her bowel movements stayed regular. While her menses had regulated, it remained painful and clotted. Murex 200C Single dose was prescribed. Over the following two months, the patient noted significant improvements in her general health. Her appetite had improved to the point where she could eat normal portions, she had lost all feelings of weakness, and her bowel movements remained regular. Her menstrual period had also regulated with no pain or clots. Then, in September 2018, she tested positive for pregnancy and had no symptoms of leucorrhoea. Following this, she continued to stay healthy from October to November, with regular appetite, no weakness, and regular bowel movements. By November, an early pregnancy was confirmed by an ultrasound that showed a gestational sac, and the patient later gave birth to twins. In conclusion, the Homoeopathic treatment was successful in treating the patient's secondary infertility. The successful conception after seven months of treatment, from February to September, was a positive and significant outcome for the patient.

Discussion

Infertility has emerged as a significant challenge for many couples, with one in six experiencing difficulties in conceiving. The situation is becoming progressively

concerning due to the emotional burden it places on affected individuals and couples. Moreover, conventional treatment methods often offer limited success, expensive, or involve invasive medical procedures and hormonal therapies with potential side-effects. This presented case study provides vital insight into the potential of treating female infertility through individualized Homoeopathic remedies, focusing on a wholesome treatment approach, considering personality, lifestyle, and complete symptomatology. It illustrates how Homoeopathy has assisted in this case where conventional medicine had previously failed. The selection of Murex, based on the comprehensive consideration of patient's symptoms, proved effective for a patient diagnosed with secondary infertility. A constant follow-up of the patient's health and proper adjustment of potency over time led to a gradual improvement in the patient's overall health and, eventually, confirmed conception. The case with its remarkable positive outcome underscores the need to explore the efficacy of Homoeopathy in treating infertility. It is a call for more extensive research for Homoeopathy's role in infertility treatment considering the potential benefits it offers - being cost-effective, having minimal invasive procedures, and reduced risk of side-effects. Thus, it could provide an excellent alternative to conventional infertility treatments, carrying significant implications for improving the success rate of infertility treatments globally.

Conclusion

The conclusion of this case study firmly establishes the beneficial role of Homoeopathy in managing cases of secondary infertility. This report provides evidence that individualized Homoeopathic treatment, focusing on a qualitative totality of symptoms and reportorial analysis, can lead to successful conception. The clinical outcome in the case of Mrs PA, a secondary infertility patient who conceived after receiving Murex, is a real-world example of the effectiveness of individualized Homoeopathic treatment. Crucially, this treatment provided a positive outcome without any adverse events, which emphasizes the safety and tolerability of Homoeopathic treatments. Particularly for patients who may not respond to, or wish to avoid, conventional medical treatments with their associated costs, invasive procedures, and potential side effects, Homoeopathy offers an alternative option. Moreover, this case report could pave the way for further research into the efficacy of Homoeopathy for treating female infertility. Broader, more rigorous studies will help validate these findings, contributing to the evidence base for Homoeopathy as an effective treatment option.

Conflict of Interest

Not available

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Not available

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