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## Homoeopathic treatment of uterine myoma associated with bulky uterus: A case report

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### Abstract

Uterine fibroids are the commonest benign uterine tumours, most commonly found in women in the reproductive age group. Approximately 25-35% women of reproductive age, mostly nulliparous or of low parity sufferers from this. This is a case of 38 years woman suffering from dysmenorrhoea and polymenorrhagia, diagnosed with bulky uterus and tiny myoma which recurred after one year of myomectomy operation. After treatment with individualized homoeopathic medicine for consecutive ten months, the patient recovered. Not only had the complaints of dysmenorrhoea and polymenorrhagia improved but also normal uterus with no myometrial sol.

**Keywords:** Homoeopathy, individualization, uterine myoma, bulky uterus, myomectomy

### Introduction

Uterine fibroid, commonly called leiomyoma, fibromyoma or myoma, is a benign growth of the uterus, made up of smooth muscles and connective tissues. It accounts for the most common indication for major pelvic surgery undertaken in women for neoplastic pathology<sup>[1]</sup>. The estimated incidence of uterine fibroid is 20 to 40% in women's childbearing years<sup>[2]</sup>. In 30% of uterine fibroid cases, morbidity occurs due to abnormal uterine bleeding and need to have hysterectomies among the women in their reproductive years<sup>[3-5]</sup>. There are various factors that are responsible for increase the risk of developing uterine fibroids. These include, age, eating habits, ethnic origin, family history, obesity<sup>[6]</sup>. These benign tumours are of clinical interest as they deal with the most important problem of reproductive era, i.e., sterility. Dysfunctional uterine bleeding such as Menorrhagia, metrorrhagia, and inter menstrual bleeding, dull ache may be the presenting symptom or some time asymptomatic and find accidentally in U.S.G. for other purpose, however pressure symptom like oedema of leg, retention and frequency of urine may be present. Surgical removal of fibroid is the treatment in modern medicine hand<sup>[7]</sup>.

Both surgical and radiological therapies are frequently used for the management of this Myoma; medical therapies are considered the first-line treatment and the ultimate is surgery. Long-term use of these conventional therapeutics has adverse effects<sup>[8-10]</sup>. For women who wish to retain the uterus for future pregnancies, myomectomy is known but whether this improves fertility outcomes is still questionable<sup>[11]</sup>. Uterine artery embolism though has an advantage over myomectomy and hysterectomy for symptomatic uterine fibroids but is associated with a higher rate of minor complications and soon requires surgical intervention within 2-5 years of the initial procedure<sup>[12]</sup> with much costs<sup>[13]</sup>. Although the presence of myomas is almost never associated with mortality, it may cause morbidity and affect the quality of life<sup>[14, 15]</sup>.

Homoeopathic medicines may offer an effective treatment option for women with symptomatic uterine fibroid and can improve the patients' quality of life.

### Case Report

38 years of multiparous female attended my clinic with complain of Polymenorrhagia and dysmenorrhoea since last 1 year. After ultrasonographic examination she was diagnosed with few tiny Myoma with bulky uterus. She had a history of Myomectomy 1.5 year ago. Few months after operation menorrhagia started with severe pain at lower abdomen specially at right side. She cannot tolerate the pain has to lie down throughout the day with flooding of blood. Pain lasts through the whole bleeding time.

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**Physical Generals:** She was of average height and obese. She had good appetite and cannot control her hunger; it causes uneasiness in stomach. Drinks 3 liters of water in a day but stool hard and constipated. Urine of yellowish colour sometimes and cannot hold the urge has to hurried to urinal. She had a strong desire for sour and spicy food.

**Mental General:** She was very much anxious and fearful about the disease. Fear of darkness. Irritated on least things. Very lazy wants to lie down all the time no energy for work.

**Medicals and Treatment History**

She was suffering from uterine fibroid 1.5 years ago. Presenting symptom was menometrorrhagia at that time, taken courses of Oral Contraceptive pills (OCP) to control the bleeding but of no use. Then myomectomy was performed. After operation normal menstrual cycle appeared for 5 months then again irregularity starts with severe pain during bleeding. She used to take pain killer to control the pain. Previously since menarche she used to have cycle of 28 days and slight pain in lower abdomen only on first day during heavy flow.

**Clinical Findings**

On repeat Ultrasonography tiny Myoma found with bulky uterus.

**Analysis and Evolution of Symptoms:**

**Mental Generals:** Irritable.  
Fearful.

Indolence, no energy for work.

**Physical Generals:** Appetite good

Stool hard.

Constipated.

Cannot hold the urge for urine, has to hurried to urinal.

Desire for sour food.

**Particulars:** Uterine Myoma with severe dysmenorrhoea during the flow.

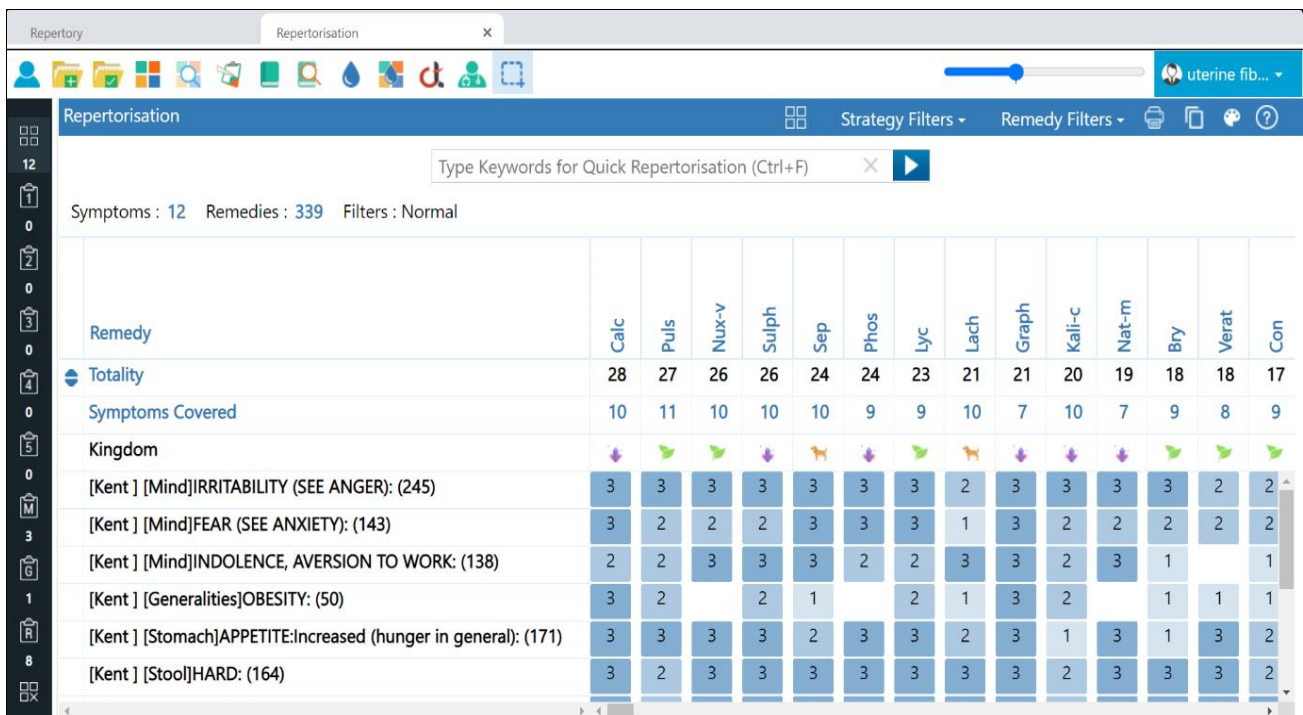
**Maiasmatic Analysis**

Symptoms	Psora	Syphilis	Sycosis
Irritable	√		
Fearful	√		
Indolence, no energy for work	√		
Appetite good	√		
Stool hard	√		
Constipated	√		
Cannot hold urge for urine, has to hurried to urinal			√
Desire for sour food	√		
Uterine Myoma			√
Dysmenorrhoea during the flow			√

After analysis it is evident that this is a Psoro-sycotic case.

**Repertorial Analysis [16]:**

Repertorization was done using Kent repertory by Zomeo elite software.



**Fig 1:** Show Quick Repertorisation

**Prescription:** Considering the totality after repertorization Calcarea carb 30 twice daily for consecutive two days along with placebo for 30 days was prescribed. Calcarea carb was prescribed not only based on repertorization but also

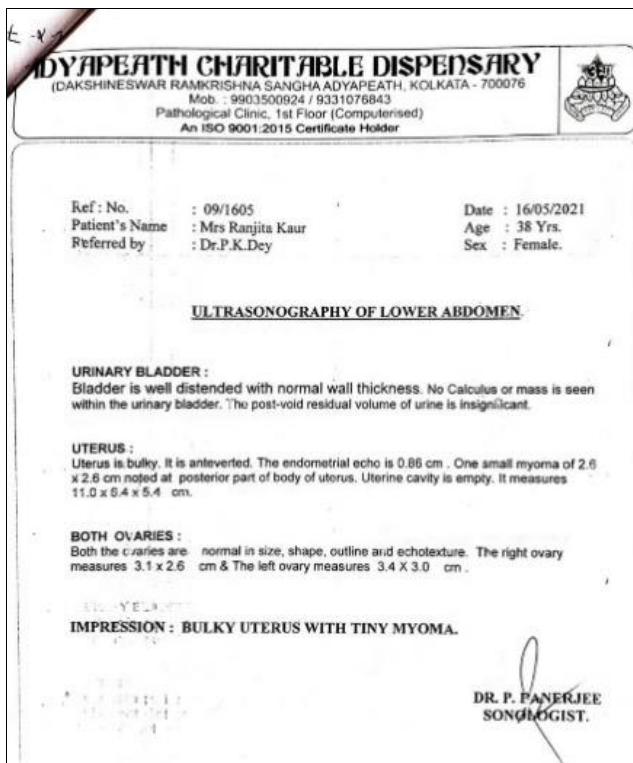
considering the patients constitution and many times it was proven curative in cases of uterine fibroid [17-19].

**Follow up and Outcome**

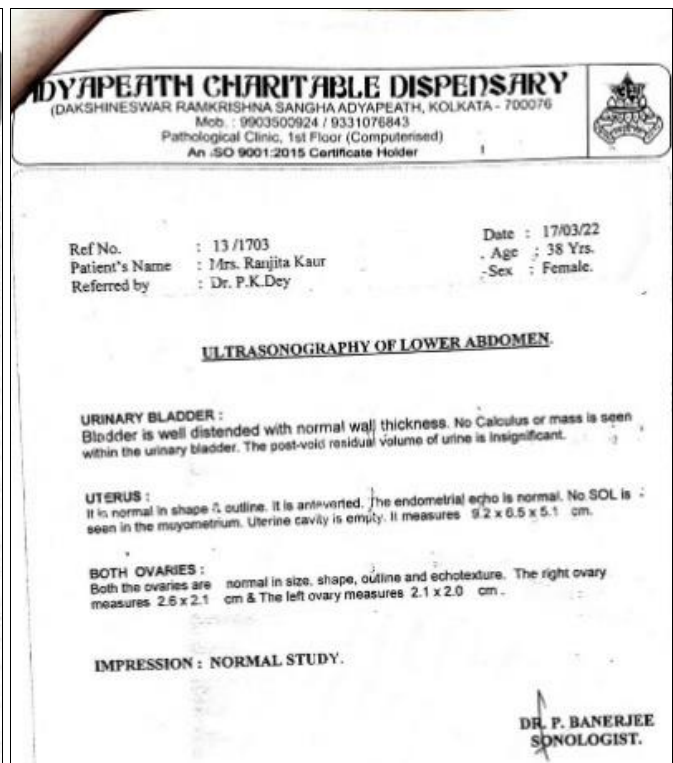
**Table 1:** Show complaints, medicine prescribed and visual Analog scale (VAS) for Dysmenorrhoea

Date	Complaints	Medicine prescribed	Visual Analog scale (VAS) for Dysmenorrhoea
18.05.21	Tiny Myoma at uterus with polymenorrhagia and dysmenorrhoea	Calcarea carb 30/BD/2 days with placebo for 30days	10
29.06.21	LMP- 09.06.23, menorrhagia with dysmenorrhoea persisting.	Calcarea carb 30/BD/2 days with placebo for 30 days	10
02.07.21	Menstruation appeared only once in a month (LMP - 01.07.23). Dysmenorrhoea slightly decreased and only for 1 <sup>st</sup> 3 days	Placebo for 30 days	8
27.08.21	Menstruation twice on 30.07.21 and 22.08.21 but bleeding less profuse and dysmenorrhoea less.	Calcarea carb 200/BD/2 days with placebo for 30 days	7
29.09.21	Menstruation once in a month (LMP – 19.09.21 bleeding less in profuse and dysmenorrhoea less last for first 3 days	Placebo for 30 days	6
05.11.21	Menstruation on time 17.10.21, bleeding profuse with dysmenorrhoea	Calcarea carb 200/BD/2 days	7
03.01.22	Mentruation on time. On 16.11.21 and on 14.12.21. Bleeding normal in amount. Dysmenorrhoea much less than before	Placebo for 30 days	3
30.01.22	Menstruation cycle regular. LMP- 11.01.22. Dysmenorrhoea less but catches cold. H/o exposure to cold. Sneezing continuous	Rhus Toxicodendron 30/BD/2 days	2
29.02.22	Mentrual cycle regular. LMP on 09.02.22. Bleeding normal in amount with slight pain	Placebo for 30 days	1
20.03.22	Mentrual cycle regular on 03.03.22. Only a discomfort during first two days. On repeat Ultrasonographic imaging no Myoma found with normal size of Uterus	Placebo for 30 days	1

**Clinical Findings**



**Fig 2:** Before treatment



**Fig 3:** After treatment

**Discussion**

Uterine fibroids are a very common complain among women in recent era. It may be symptomatic or asymptomatic affects mental and physical health. It is the cause of many anaemias, infertility and severe physical distress. Surgery and Oral Contraceptive pills are only treatment of choice in modern system of medicine which has several side effects.<sup>16</sup> Homoeopathy is an alternative treatment option for uterine fibroid which is cost effective and with no side effects. In this case a woman who had previously suffered from uterine fibroid, after myomectomy operation, complain recurred and she was successfully

treated with individualized homoeopathic medicine. Ultrasonographic finding justifies that myoma with bulky uterus recovered to normal uterus within 10 months after treatment with Individualized homoeopathic medicine. Improvement of dysmenorrhoea was ascertained by Visual Analog Scale (VAS) at each follow up. The VAS score of dysmenorrhoea at baseline was 10 and after ten months of treatment, it reduced to 1, which shows a significant improvement.

**Conclusion**

Homoeopathic medicines may offer an effective treatment

option for women with symptomatic uterine Myoma.

### Declaration of patient consent

The authors certify that they have obtained appropriate patient consent form. In the form the patient has given her consent for her images and other clinical information to be reported in the journal. The patient understand that her name and initials will not be published and due efforts will be made to conceal her identity.

### Conflict of Interest

None.

### Source of Funding

None

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### How to Cite This Article

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