

Utility Of Pulsatilla Nigrican And Sepia In Leucorrhoea

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Abstract: Now a day with modern civilized life a report suggests that women are probably dying because incidence is increasing due to change of life style. Women's health is compromised at practically in every step. The statement has been amplified to include the ability to lead a 'socially and economically productive life'. Among the people the health of women requires high attention. There are several medical disorders from which women suffer, from puberty to till after menopause like leucorrhoea, painful menses, menstrual irregularities; dysfunction uterine bleeding, cancer of genital organ, cervical and endometrial polyposis etc are chief problems. Many of victims suffer from among all this, but leucorrhoea is universal problem of all women. **Material & Methods:** Type of study: Comparative study& Prospective study. Type of sampling: random sampling **Conclusion:** These prove when homoeopathic medicine selected on bases of Totality of symptoms, causation, constitutionally and on bases of individualization, it gives permanent improvement without recurrences. [Gupta V Natl J Integr Res Med, 2021; 10(6):85-90]

Key Words: Leucorrhoea, Homeopathic medicine , Pulsatilla and Sepia.

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Introduction: The word leucorrhoea means a white flow from the vagina, almost any color or shade presents itself in this disease process. Any discharge that is not blood is called leucorrhoea. It is not a disease, but the product of disease state or condition of the system.

Leucorrhea (us) or leucorrhoea (common wealth) is a medical term that denotes a pathological whitish, yellowish or greenish discharge from the vagina of female. It is mucus discharge which represents desquamation of vaginal epithelial cells. Also called "white pani", "safed pani".in north central india, it is called "safed panni", "dhatu" or "swed pradhar".

Leucorrhoea: it is excessive amount of normal discharge, normally vaginal ph is 6-8 predominant flora is gram positive cocci & bacilli but here it converted in 3.5-4.5 ph due to various chronic factors. It present with inflamed mucus membrane, pain, swelling heat first discharge is thin exudation then thicker and lastly purulent with establishment of pus of various colors.

The term leucorrhoea literally means a white discharge- a white as opposed to a red sanguineous one though it is not infrequently of a light cream color, or yellow, or greenish & include variety of non hemorrhagic discharge. It is catarrhal of vagina, cervix, or uterus, the result of inflammation or irritation.

It May Varies From Women To Women According Their Intensity Discharge. Color: White, Yellow, Green, Black, Bloody, Grey, Creamy, Milky. Odor: Foul, Fishy, Frothy, Offensive, Green Corn or Sometime Absent. Quantity: Profuse or Scanty Itching: Present or Not. Quality: Acrid or Bland. It is quite different to discover cause and their natures, which produce it and prognosis is usually favorable but depends entirely upon discover & remove cause.

Homoeopathy is a vast science. Homoeopathy has good scope for different fields like pediatric, psychiatry, rheumatology, dermatology, gynecology etc. But among all fields gynecology field is very important. "A healthy mind in healthy body" is motto of homoeopathy and there by healthy society. Females are backbone of any country and their health is prime concern of any country.

Homoeopathic knowledge may be added to from time to time, but the basic truth of homoeopathy never change, cannot change, as it is a law of nature, law of similia and natur law of cure.

In homoeopathy there are numerous remedies, which are proved & verified by our stalwarts, which consider the suffering as a whole. In consequences morden system can treat only basis on symptoms, although they never give permanent relief and cure.

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A homoeopathic remedy reinforces the weakened vital principle (in disease) so, that it can devour the disease. It is to be understood that hardly any trouble of women is more common, more distressing and more depleting to general health, in one form or another, slight or serious, the majority of females suffer thus at some period of life.

Leucorrhoea appear in the order of nature. If the condition of patient is not of the right line of the perfect health in other and constitutional way the leucorrhoea is deranged and irregularities occur. In the treatment of such cases, the physician and patient have to seek to obey the call of nature for reestablishment of good health. In these cases in which it does not take place so easily and so effectually in an accomplished manner as is normal and natural we give proper medicine and the function becomes established, re-established or properly establishes as the case may be, because we there by cure the constitutional or other disorder of the system under which the system is toiling.

From its very nature, it is generally kept secret by the sufferers. So the trouble is likely to get more or less chronic. A false delicacy of feeling causes this form of ill-health to be unspoken of to the old family physician. Many of heard of and fear to operation will be ordered by those doctors who don't know their medicines well or by those orthodox men who "don't believe in any medicine at all".

Before long the secret suffer become frantic, morbid, and thinks she is at apart for lifelong invalidism. This is just where homoeopathy brings encouragement and actual help to all these suffers-in-secret. The fact is that, homeopathic cure can be accomplished without any local examination, but our method of prescribing, based solely on the "individual symptoms". Most certainly homoeopathy restore to health in a natural way, by stimulating nature to repair the diseased condition from within-outwards and which is safer, better and saner.

Any disease of females it is especially necessary to pay attention to pregnancy, sterility, sexual desire, miscarriages, sucking, and the state of the menstrual discharge. With respect to the leucorrhoea particularly, we should not neglect to ascertain if it reoccur as to how many days it last, weather its flow is continuous or

interrupted, what is its general quantity, how is its color, weather there is menstrual discharge before or after or during, but especially by what bodily or mental ailments, what sensations and pains, it is preceded, accompanied or followed; if there is menses, what is its nature, what sensations attend its flow, in what quantity it is, and what are the conditions and occasions under which it occurs?"

Moreover it, leucorrhoea complicated with serious disease of womb & adjacent parts, which the best interest of the sufferer require the earliest attention to its treatment. By homoeopathic medicines we can cure & prevent to further progress & its complication.

Leucorrhoea is one of which tend to reoccur frequently so treated with such homoeopathic medicines to remove it tendency. Here we can treat leucorrhoea due to various bacterial, fungal & parasitic infective discharges of various color & smell. Also we can treat discharges due to anemia and who are having poor hygienic condition. This is absolutely curable condition with homoeopathic medicines. To educate females in personal hygiene and counseling will be useful to reduce its incidence to a great extent, because a healthy female is the foundation or family.

Sometimes leucorrhoea affect sexual life it cause sterility & create social problem & it's create major problem in women life. So with homoeopathic medicines we can eradicate that problems, give pleasurable & enjoyment life to women.

In olden days women believe that leucorrhoea is common and no need of treatment and of course she believe that how to ask and tell to physician due to hesitation. But now a day women aware of this kind of problem and by the homoeopathic treatment i want to give a relief to certain women and want creat awareness about leucorrhoea in some rural and urban area to give them secure safe life. Homoeopathic materia medica is replete with drugs covering all such maladies of the women.

Pulsatilla

Discharge: Creamy, Greenish, Milky White, Aluminous, Slimy, Thick Or Thin, Purulent, Acrid Or Bland, Painless. Sometimes Instead Of Menses. < After & Between Period

Sepia

Discharge: Yellow, Greenish, Brown, Bloody, Milky White, Offensive, Purulent, Thick Or Thin Watery, Gushing, Stain Yellow. Sometime As Water. < Before , After & Between Periods, After Urination. Instead Of Menses. Especially In Infants, Little Girls.

Aim and Objective: To evaluate utility of, pulsatilla and sepia succus for leucorrhoea.

Review Of Literature

Pulsatilla: Leucorrhoea, burning, thin and acrid. Milky leucorrhoea, with swelling of the vulva, particularly after menses. Thick, white mucus leucorrhoea, especially when lying, or before or during the menses, which are scanty; with cutting or cramping in the bowels.

Leucorrhoea thick, like cream, attended with Pruritis near the change of life; when occasioned by fright in young girls before menstruation is fairly established.

Suppression of the menses, with nausea and disposition to vomit. Menses too early. Menses too long. Menses too short. The blood is thick and black. Retention of urine. Incontinence of urine. Frequent desire to urinate, with drawing in the abdomen. Colourless, watery urine. Obstinate constipation. Frequent loose mucus stools. Loose stool in the morning.

She is unable to sleep in the early part of the night; falls asleep to awaken late in the morning, with mouth tasting so badly that she must arise and cleanse it. Better in the open air ; cannot endure a warm room ; Worse towards evening; has sometimes nausea and vomiting in the morning.

Sepia Officinalis: Yellowish, thick leucorrhoea ; Leucorrhoea clear as water, Mucus leucorrhoea. Leucorrhoea at the climacteric 'period, at puberty, during pregnancy; Leucorrhoea with stitches in the uterus; Leucorrhoea with itching in the vulva or vagina.

Sanguineous mucous discharge from the vagina. The leucorrhoea increases when she is attacked with frequent eructations and retching; in this case her face turns paler.

Discharge of green-red fluid from the vagina during her pregnancy. Leucorrhoea especially profuse after urination ; after making an effort to vomit; Leucorrhoea having the appearance of pus ;Leucorrhoea like milk, only in the day time, with burning pain, and producing soreness between the thighs. Pains while walking, on account of soreness occasioned by the leucorrhoea.

Discharge of blood only when walking ; Leucorrhoea of a yellow or greenish water, like pus or bad smelling fluids ; bearing down in the pelvis ; stinging pain in the ovarian region ; frequent urging to urinate, and itching in the genitals ; the discharge is of a varied nature. Acrid leucorrhoea. Menses too early. Menses too late. Scanty menses.

Continued desire to urinate, with painful bearing down in the pelvis. Sensation as if drops came out of the bladder. Turbid urine, with brick dust sediment. Blood red urine. Violent burning in the bladder and desire to urinate. Constipation. Exhausting diarrhoea. Prolepsis of the rectum. A painful sensation of goneness in the pit of the stomach continually. Slight darting pains shooting upwards from the cervix uteri. Sexual intercourse is intolerable.

Materials And Methodology:

Sources of Data: Project Site: Radhadevi multispeciality homoeopathic centre indore.

Materials Utilized: The Materials Utilized For The Study Has Been Taken From, 1. Case Record Form Of Radhadevi multispeciality homoeopathic centre indore. 2. Homeopathic Software like Radar 10. 3. Source Book And Different Homoeopathic Materia Medica: 1) Lecture On Homoeopathic Material Medica By- J. T .Kent, 2) Allen's Keynotes 3) Homoeopathic Drug Pictures By Dr. M .L. Tyler 4) Pocket Manual Homoeopathic Materia Medica By William Boericke. And Therapeutic Materia Medica And Repertories By: J. T. Kent, Phatak Repertory

Method of Collection of Data: The study shall be performed in following way:

Methodology: Type of study: Comparative study & Prospective study. Type of sampling: random sampling. 1. No. Of cases: 30 cases were randomly collected who were suffering from leucorrhoea in which 15 cases of each medicine.

2. Cases taking were done according to guidelines mentioned by dr. Hahnemann in aphorisms 83-104 in specially designed format for the study. 3. Duration of cases: 06 months. 4. Criteria selection for selection of works:

Inclusion Criteria: Cases having history of discharge from vagina, itching and smell at least more than 1 month were included study. Women age between 7 years to 50 years from all socio-economical strata was included study.

Exclusion Criteria: Leucorrhoea is associated with malignancy excluded. Uterine fibroids. Ca of cervix. Cervical erosion

5. Diagnostic criteria: All cases were diagnosed clinically on bases of clinical features. Detailed history was taken in each case with special reference to previous history, family history, physical generals and mental generals. Systemic examination was done in all cases to exclude the possibility of other systemic diseases. 6. A totality of symptoms was erected in each case as per the principles of homoeopathy. 7. The cases were recorded by keeping the holistic and individualize concept in mind. 8. Selection of remedy among these: pulsatilla & sepia. 9. Selection of potency: Homoeopathic remedy will be given according to cases 30, 200, 1m. 10. The follow-up of cases has been done: every 10, 20, 30 days as per requirement of the cases. 11. Response shall be divided in four categories:

A. significant improved: Feeling of mental and physical well being. Intensity of associated symptoms and frequency of the existing episodes disappear with no relapse for 6 month.

B. moderate improved: Physically and mentally well being with decreased intensity of complains. Discharges are decreased or intermittent means relapse within 6 months.

C. status quo: All complaints are remaining as it is. No change in complains.

D. left the treatment: Patient who left the treatment irrespective of improvement or not

12. Associated advices with main course of treatment: Don't use vaginal douches. Never use petroleum jelly or oil for vaginal lubrication. This can create a breeding ground for bacteria to grow. Avoid wearing tight clothing, such as

bathing suits, exercise wear, or pantyhose for prolong periods of time. Always wear cotton panties. Cotton allows your genital area to breathe helping it stay dry. Healthy diet is necessary and well balanced foods rich in fiber, protein, carbohydrate other essential nutritional Food rich in iron like spinach and other dark green leafy vegetables were advised.

Vitamin c tablets or in crude form through food for good absorption for iron were advised to cases. 13. Acute medicines were prescribed to the cases when the cases required. 14. Conclusion: effectiveness of medicines which were given to the cases according to totality and characteristics of leucorrhoea symptoms which concluded by significant improved or moderate improved.

Result: Results are as follows.

Table 1: Distributuion Of 30 Cases According To Marrital

Sr. No.	Marital Status	No Of Patients
1	Married	20
2	Unmarried	10
	Total	30

In this study of 30 cases of leucorrhea seen mostly in married female is 20 more than unmarried female is 10.

Table 2: Distribution Of 30 Cases Of Leucorrhoea According To Age Group:

Sr.No.	Age Group	No Of Patients
1	0 To 10	01
2	11 To 20	02
3	21 To 30	10
4	31 To 40	15
5	41 To 50	02
	Total	30

In this graph and table shown that 01 case of 0 to 10 age group, 02 cases of 11 to 20 age group, 10 cases in 21 to 30 age group, while 15 cases in 31 to 40 and 02 cases in 41 to 50 age group of leucorrhoea shown. This rate suggested highest in reproductive age group.

Table 3: Distribution Of 30 Cases According To Result

Results	No Of Patients
Significant Improvement	20
Moderate Improvement	15
Left Treatment	3
Starus Quo	2
Total	30

Observation: Out of 30 cases of leucorrhoea study shown that Significant Improvement was in 20 cases, moderate Improvement in 15, and 03 was

left the treatment. While 02 was shown no changes in symptoms.

Table 4: Distribution Of 15 Cases Out Of 30 Cases Of Leucorrhoea For Pulsatilla Leucorrhoea Symptoms In Relation With Results

Sr. No	Symptoms	Significant Improved	Moderate Improved	Status quo	Total
1	Acrid, corrosive	8	1	1	9
2	Creamy	6	2	0	8
3	Milky	6	1	1	8
4	< Lying down	2	2	0	4
5	< before, during & after menses	6	2	1	9
6	Swollen vulva	4	2	1	7
7	Cutting pain in uterus	3	2	0	5
8	Backache	4	4	2	10
9	Retention of urine	0	0	1	1
10	Like sympathy	9	3	3	15
11	Weeps easily	5	4	1	10

Out of 30 cases, there were 15 cases of leucorrhoea which shown utility of Pulsatilla in Leucorrhoea symptoms in relation with results (significant improvement, moderate improvement and status quo), in number of patients.

Table 5: Distribution Of 15 Cases Out Of 30 Cases Of Leucorrhoea For Sepia Leucorrhoea Symptoms In Relation With Results

Sr. No	Symptoms	Significant Improved	Moderate Improved	Status Quo	Total
1	Indifference to everything	8	3	3	14
2	Bloody	3	2	0	5
3	Greenish	1	1	1	3
4	Yellow	6	2	3	11
5	Milky	6	1	0	7
6	Profuse	2	5	0	7
7	In place of menses	1	1	2	5
8	< during day	6	2	0	8
9	< before & after menses	8	2	2	12
10	Must cross leg to prevent prolaps	4	1	5	10
11	Corrosive	6	1	2	8

Out of 30 cases, there were 15 cases of leucorrhoea which shown utility of Sepia in Leucorrhoea symptoms in relation with results (significant improvement, moderate improvement and status quo), in number of patients.

Discussion: Present (chief) complaints, associated complaints, and ailments from, causative modality, hereditary history, past history, constitution, and physical general as well as mental general also taken for consideration for the selection of remedies among these Pulsatilla

and sepia, Also theory of individualization & holistic concept following in each case. Wherever need of cases studied with laboratory investigation in that CBC, Routine Urine test, and

Physical, Chemical and Microscopic investigation of discharge of vagina. Majority of cases which studied were taken first allopathic treatment but recurrence continuous when exposure to causative & predisposing factors, than they coming toward homoeopathic treatment. Majority of case shown history of suppression of leucorrhoea by local treatment, in these each

cases remedies given on the bases of Law of Similia & individualization, remedy selected constitutionally to avoid recurrences. Moreover, to every patient gives advice to avoid causative factors or exposure to disease stimulating factors.

After these much study I reached on following conclusion.

Conclusion: Out of 30 cases (10 cases of each medicine) studied significant improvement in 20 cases, moderate improvement in 15, in 3 cases left treatment and 2 cases status quo. These prove when homoeopathic medicine selected on bases of Totality of symptoms, causation, constitutionally and on bases of individualization, it gives permanent improvement without recurrences.

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