

Review Article

Leucorrhoea and Homoeopathy

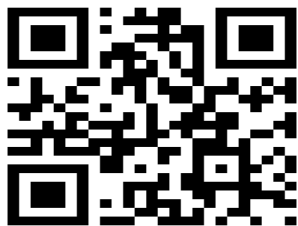
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ABSTRACT

Leucorrhoea, vaginal discharge is a universal problem of all women. Nobody escapes from this illness. Female genitals are very much prone to infections since they are moist, more sweaty and covered. The white vaginal discharge with foul smell makes it embarrassing to get into social gatherings and even engage in personal affairs. The affected women need reassurance, prevention of infection and some counselling as they usually have abnormal psychosomatic. Most secretions are regarding life style physiological and warrant no medical interventions. But it is significant if it is blood stained, profuse, foul smelling or with changes in its colour. Usually the normal secretions are slimy and slightly sticky. It is something like nasal secretion. Normally the quantity of vaginal secretions varies throughout the menstrual cycle, peaking at ovulation and also increasing when under emotional stress. Homoeopathy has the potential to develop as the first line of treatment for the management of leucorrhoea.

Keywords: leucorrhoea, homoeopathy, treatment



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INTRODUCTION

Leucorrhoea is an abnormal vaginal discharge often associated with irritation and is non-hemorrhagic in nature. The discharge may be white, yellow or greenish in colour. It is a symptom of underlying pelvic pathology. It accounts for more than an estimated of 1/4th gynaec patients visits to gynaecologist [1]. It is one of the common problems that women's has to face in their lifetime. Sometimes this symptom is so severe that, it over shadows actual disease and women seek the treatment of only this symptom [2-4]. Leucorrhoea is physiological when associated with various phases of menstrual cycle. It is considered that changes in the vaginal epithelium; changes in the normal bacterial flora and pH of the vaginal secretion predispose to leucorrhoea. But when it turns into pathological condition it produces associated problems like low backache, itching and burning sensation of vulva, poor appetite, discomfort, general weakness, pain in both legs etc. Chronic illness, fatigue, malnutrition, emotional disturbances, unhygienic condition, improper

diet, constipation and chronic retroverted uterus are responsible for leucorrhoea. Some time it is associated with infection like *Trichomonas vaginalis*, *Candida albicans* or mixed bacterial infections, gonococcal, monilial infections, vulvovaginitis, lesions of the vaginal wall and uterine cervix have all been associated with leucorrhoea [5-7]. It is also difficult condition to treat satisfactorily in view of its multiple etiology.

Infection with *Trichomonas* is associated with a significant risk of morbidity in women, including pelvic inflammatory disease, adverse pregnancy outcomes like abortion, preterm labor, cervical dysplasia and infertility, increased risk of postoperative infection and HIV acquisition and transmission [8-10]. Some general and systemic disorders produce excessive vaginal discharge. Women with pale color vaginal discharge are unable to conceive [11, 12]. Peculiar vaginal discharge is stated which is generally associated with body aches and thirst [13]. Leucorrhoea is usually associated with Low backache, vulval

itching, abdominal pain, pain in legs, general weakness and loss of appetite. It also affects psychology of the female unless treated properly. Health and efficiency of women are also affected. This psychological bearing makes it imperative for the physician to do his utmost for its relief. This paper illustrates the relationship between the associated symptoms of leucorrhoea and underlying pelvic pathology.

Definition: Leucorrhoea is strictly defined as an excessive normal vaginal discharge.

The symptoms of excessive is a subjective one with individual variation, while to declare it to be normal and not an infective one, requires clinical and laboratory investigations.

The term leucorrhoea should fulfill the following criteria:

- 1) The excess secretion is evident from persistent vulval moistness or staining of the undergarment (brownish yellow on drying) or need to wear a vulval pad.
- 2) It is non-purulent and non-offensive.
- 3) It is non-irritant and never causes pruritus.

Normal vaginal secretion :

The physiological basis involved in normal vaginal secretion is dependent on the endogenous estrogen level. With the rising estrogen level, there is abundant secretory activity of the endocervical glands and the superficial vaginal epithelium becomes rich in glycogen. The mucoid secretion from the cervical glands is normally small in amount. The radical of the glycoprotein mucin is split off and fermented into lactic acid. If however, the mucus is secreted in excess, it pours out at the vulva.

Cause:

- A. Physiological
- B. Pathological

In physiological leucorrhoea, the discharge is normal due to excitement or other factors like nervousness.

It is found under following conditions:

- 1) Seen in new born baby for a weak due to maternal oestrogen.
- 2) Seen in girls during puberty.
- 3) At the time of ovulation and premenstruation.
- 4) During Sexual excitement.

In pregnancy. In pathological leucorrhoea, the causes are:

- 1) General ill health and under nutrition.
- 2) Dysfunctional state in genital tract.
- 3) Psychological factors.

Excessive cervical secretion:

Mucous discharge from the endocervical glands increases in such conditions as chronic cervicitis,

cervical erosion, mucous polypi and ectropion.

When the mucous secretion of the cervix is produced in excess, it undergoes little changes in vagina and appears as mucoid discharge of vulva.

Excessive vaginal secretions:

This form of leucorrhoea is seen when the discharge originates in the vagina itself as a transudation through vaginal walls.

Symptoms:

- 1) Weakness and tired feeling.
- 2) Pain in lumbar region and calves.
- 3) Dragging sensation in the abdomen.
- 4) Intense itching.

Diagnosis:-

- 1) General examination.
- 2) Vulval inspection.
- 3) Bimanual including a speculum examination.
- 4) Microscopic examination of discharges.
- 5) Hanging drop preparation.
- 6) Clue cell.
- 7) Gram stain.
- 8) Culture.
- 9) V.D.R.L.
- 10) Haemogram.
- 11) Urine examination.

General Treatment

- Rest and exercise.
- Diet: none stimulating, but nourishing.
- Personal hygiene is important.
- Regularity of bowel movements and habits.

Local Treatment

If the discharge is acrid and too, copious douche of normal saline water is beneficial, otherwise, nothing is advised to apply. In some cases, Hydrastis lotion is recommended.

Homoeopathic management-

While treating leucorrhoea the selection of drug should fulfill the criteria of indication that is on basis of totality of similimum.

Calcarea carbonica [Calc.]

Indicated by its general symptoms, and these are always the more important in this affection. More prominent of these are morning hunger, acidity of the stomach, cold and damp feet. It corresponds especially to scrofulous persons with enlarged cervical glands. The leucorrhoea is profuse, milky, persistent or yellow and accompanied by itching and burning. It suits leucorrhoea in infants and young girls often recurring before puberty, leucorrhoea before menses or in recurring attacks between the menses. Calcarea phosphorica is a fine remedy in the scrofulous diathesis; it has a profuse milky bland leucorrhoea. Sulphur is another remedy suitable to scrofulous subjects; it has a

leucorrhoea which makes the parts sore. It is rather indicated by the general than the local symptoms. Caulophyllum has leucorrhoea in little girls which is very profuse and weakens the child very much. Cimicifuga. Dr. Dyce Brown praises this remedy in leucorrhoea, especially in nervous, neuralgic and hyperaesthetic patients.

Pulsatilla[Puls]

produces a cures a milky leucorrhoea which becomes watery, acrid and burning from being retained in the vagina. It is a mucous, thick, creamy, white leucorrhoea sometimes replacing menses, with chilliness, disposition to lie down and lowness of spirits. It corresponds to a disposition to leucorrhoea and suits leucorrhoea in chlorotic subjects. Helonin. Southwick recommends this remedy in the 1X or 2X trituration for profuse, yellow, thick leucorrhoea with some irritation and itching. In anaemic sallow patient with much prostration and general debility, worse from slight colds and exertion, it is a most useful remedy.

Sepia

Cures a leucorrhoea which is yellowish green color, somewhat offensive and often excoriating, due to pelvic congestion of a passive type. It is milky, worse before menses with bearing down; there are pains in the abdomen and pruritus. The patient has a sallow, pimply face, and it is most suitable to those of dark complexion who are feeble and debilitated and who have a sensation of emptiness at the pit of the stomach. It leads all other remedies in leucorrhoea of little girls, though Mercurius pro-iodide should not be forgotten if the discharge be yellow. Liliun tigrinum has an excoriating, watery, yellowish or yellowish brown leucorrhoea, which is profuse and is accompanied by a depression of spirits and bearing down in pelvic region. Hydrastis suits a tenacious, thick, ropy leucorrhoea with erosion of the cervix; a mucous leucorrhoea which is profuse and debilitating corresponds to Hydrastis. Kali bichromicum has a yellow, ropy, stringy leucorrhoea. It is suitable to fat, light-haired persons.

Kreasote.[Kreos]

Few medicines have the same power in leucorrhoea as Kreasote. It cures a profuse watery, sometimes a yellowish leucorrhoea. The acidity is marked; it causes excoriating of the parts which come in contact with it, causes soreness and smarting and red spots and itching on the vulva, always with great debility; leucorrhoea preceding menses. It is so acrid that it causes the pudenda and thighs to swell and itch. Nitric acid. Highly recommended by Jahr in

a corrosive leucorrhoea; it being one of our best remedies, and one too often neglected. In fact, all of our remedies are prone to be neglected in leucorrhoea, and their place taken by far less efficient local applications. Nitric acid suits a greenish, foetid, obstinate leucorrhoea; the presence of fig warts and condylomata will further indicate the remedy. Platinum. Periodical, thin watery leucorrhoea with very sensitive organs. Albuminous leucorrhoea in the daytime. Iodine has an acrid, corrosive leucorrhoea accompanied by right ovarian inflammation.

Borax[Bor]

suits a clear, copious and albuminous leucorrhoea having an unnatural heat to it. Leucorrhoea midway between menses with great nervousness, white as starch, perfectly bland without pain. Dr. Hughes recommends this remedy in the 2X trituration for a chronic vaginal catarrh, which is sometimes mistaken for uterine leucorrhoea. Graphites cures a leucorrhoea associated with pains in the lower abdomen and weakness of back in pale young girls. It is profuse, very thin, white mucus, occurs in gushes; the menses are delayed, scanty and pale. Leucorrhoea more profuse in morning when rising, especially indicates Graphites.

Alumina.[Alum]

Leucorrhoea in chlorotic girls which is transparent or of yellow mucus, which is very profuse and ropy, and greatly exhausting, as it is very rich in albumen. It occurs chiefly in the daytime; the great profuseness is its characteristic. It is apt to be acrid. Causticum. Leucorrhoea occurring chiefly at night.

Mercurius.[Merc]

Acrid excoriating leucorrhoea smarting and burning, swelling of external genital organs. Purulent greenish yellow leucorrhoea worse at night; heat, tenderness and pain involving nabothian glands, form good indication for Mercurius. Scrofulous and syphilitic subjects with yellow and thick leucorrhoea also indicate the remedy.

Belladonna

corresponds to recent or acute attacks of leucorrhoea dependent upon pelvic inflammation and congestion; oftentimes bearing down in pelvis. Thin, odorless, bland leucorrhoea. Sensitive cervix and bearing down pains. Stannum. Profuse bland leucorrhoea, yellowish, with great debility, backache; patients are weakened and sallow.

Arsenicum.[Ars]

Leucorrhoea from exhausting diseases; cancer, etc. It is best suited to weak persons, old women,

especially the chronic form with much weakness; the discharge is acrid, corrosive and yellow. Dictamnus was one of Hahnemann's remedies for leucorrhoea. It is of tenacious mucus, attended with painful erosions of the pudendum and itching of the anus. Secale. Brownish and offensive leucorrhoea, with metrorrhagia, especially in thin scrawny women who suffer from excessive menstruation and prolapsus.

Sulphur is another remedy suitable to scrofulous subjects; it has a leucorrhoea which makes the parts sore. It is rather indicated by the general than local symptoms.

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Helonin For profuse, yellow, thick leucorrhoea with some irritation and itching, in anaemic sallow patients with much prostration and general debility, worse from slight colds and excretion, it is most useful remedy.

Lilium TIG has an excoriating, watery, yellowish or yellowish brown leucorrhoea, which is profuse and is accompanied by a depression of spirits and bearing down in pelvic region.

Hydrastis suits a tenacious, thick, ropy leucorrhoea with erosion of the cervix; a mucous leucorrhoea which is profuse and debilitating corresponds to Hydrastis.

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