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## MANAGEMENT OF LEUCORRHOEA WITH THE HOMOEOPATHIC INTERVENTIONS

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### Abstract

**Background:** Leucorrhoea is a condition where there is an abnormally high level of regular vaginal discharge, which is a common problem that women discuss in gynaecological clinics. This can cause shame and have adverse effects on a woman's quality of life. Homeopathy, which takes a comprehensive approach to medicine, aims not to just treat leucorrhoea but also deals with any accompanying symptoms, providing comfort both physically and mentally and enhancing the patient's overall standard of living.

**Objective:** The aim of this research is to assess the feasibility of using homeopathy as a treatment method for leucorrhoea, with the use of different homoeopathic interventions.

**Methods:** To conduct the analysis PubMed, Scopus and Google scholar was utilized to look for and refer to pertinent articles. The search was conducted using the terms like Leucorrhoea, vaginal discharge, vaginitis, interventions and Homoeopathy.

**Conclusion:** Homeopathy has shown to be a promising alternative treatment option for the management of leucorrhoea. Moreover, Homeopathic medicines are safe, natural and do not cause any undesirable side effects. Nonetheless, the current evidence suggests that homeopathy can be a useful tool in the management of leucorrhoea and should be considered as part of a comprehensive treatment plan for women experiencing this condition.

**Keywords:** Homoeopathy, Discharges, Vaginitis, Leucorrhoea.

## Introduction

Leukorrhea, also spelled leucorrhoea is a flow of a whitish, yellowish, or greenish discharge from the vagina of the female that may be normal or that may be a sign of infection. Such discharges may originate from the vagina, ovaries, fallopian tubes, or, most commonly, the cervix. Leukorrhea may occur during pregnancy and is considered normal when the discharge is thin, white, and relatively odourless. Physiological leukorrhea is a normal condition occurring within several months to a year of the onset of menses in adolescent girls and is sometimes present in new-born girls, usually lasting one to two months. However, in many cases, leukorrhea is a sign of infection, especially when the discharge is yellow or green, has an offensive odour, and is accompanied by irritation, itching, pain, or tissue inflammation.<sup>1</sup> Throughout their lives, women often face vaginal discharge and discomfort. Doctors who treat women frequently encounter vaginitis. It is critical to understand what is normal during an examination when assessing a patient's vaginal issues, such as irritation or discharge.<sup>2</sup> Leucorrhoea can be caused by various factors, including bacterial vaginosis, trichomoniasis, and vulvovaginal candidiasis. Symptoms of leucorrhoea include itching, burning, irritation, discharge, and discomfort in the perineal area.<sup>3</sup>

## Causes of leucorrhoea

1. The Physiological causes which may occur during certain stages such as birth, puberty, pre-menstruation, pre-ovulation, pregnancy, lactation, and sexual arousal.
2. The Pathological causes which can be due to abnormal conditions in the reproductive system or psychological factors.
3. The Other causes such as lifestyle habits, personal hygiene, genetic factors, oral contraceptives, douching, and the use of cosmetics.<sup>4</sup>

The diagnosis of leucorrhoea can be done by analysing the vaginal fluid for microorganisms and the number of white blood cells. If there are more than 10 white blood cells visible under a microscope, it can help to confirm the diagnosis.<sup>5</sup> Effective counselling and a compassionate approach are critical in treating women with leucorrhoea. In addition to medication, women should be advised to maintain cleanliness of their external genitalia by

keeping them dry and clean, regular washing of the genitals after urination and defecation, wiping from front to back, adequate rest, sleep and exercise.<sup>6</sup>

### **Homoeopathic Management**

Hahnemann's approach to medicines is based on the principles of logic in homoeopathy, including both inductive and deductive reasoning. The basis of treatment in homoeopathy is the law of Similia Similibus Curentur, which asserts that like cures like. Accordingly, treatment for a patient's ailments involves administering medicines that are capable of inducing similar symptoms in a healthy individual. The homoeopathic treatment approach considers the sum total of a patient's symptoms as a reflection of their underlying internal condition, which is related to the vitality of their own life force.<sup>7</sup>

Homeopathy can provide women with optimal health during every phase of their life, spanning from birth to senior years. It is advantageous for addressing a comprehensive spectrum of emotional, psychological, and physical issues, associated with diverse stages that women may encounter. Additionally, it can lead to support for women as they navigate through vital transitions and landmarks in their life. The way in which abnormal leucorrhoea is addressed will depend entirely on its root cause. In allopathic medicine, treatment options for leucorrhoea may include antibiotics or antimicrobial agents, as well as vaginal creams in gel formulations.<sup>8</sup>

### **Homoeopathic Therapeutics**

- 1. Alumina:** This medication is recommended when there is an excessive and clear vaginal discharge that is irritating and thick, accompanied by a burning sensation in the vagina that worsens during the day and after menstruation, and can only be alleviated by using cold water to clean.
- 2. Borax:** Leucorrhea in this medicine is similar to the texture of egg whites and causes a feeling of warm water flowing in the vulva along with itching. Menstruation occurs earlier than expected and is heavy, accompanied by cramping, nausea and pain in the stomach that spreads to the lower back.
- 3. Calcarea Carb:** This medication is suitable for overweight and pale women who have

soft skin. The discharge from the vagina is white and resembles milk, and it gets worse before menstruation.

4. **Eupionum:** This medicine is meant to be used for the treatment of a specific type of vaginal discharge that is yellow and not strongly flavored, gushing leucorrhoea and which tends to worsen after menstruation accompanied by intense lower back pain.
5. **Graphites:** This medicine is recommended for women who have a light skin tone and prone to skin issues, constipation, delayed menstrual cycles, and catching colds easily. The type of vaginal discharge that this medicine is intended to treat is abundant, thin, and whitish, causing irritation and weakness in the lower back.
6. **Kalium bichromicum:** This medicine is primarily recommended for individuals who are overweight, have a light complexion, and are prone to catarrh. It is used to treat a specific type of vaginal discharge that is yellow and sticky, as well as itching and burning sensations in the vulva that cause intense discomfort and excitement.
7. **Pulex irritans:** This medication is recommended for women who appear to be older than their age and experience delayed menstrual cycles, as well as intense burning sensations in the vaginal area. The vaginal discharge is greenish-yellow in colour that is difficult to remove.
8. **Pulsatilla:** This medication is particularly appropriate for women who have a gentle and submissive personality. The type of vaginal discharge that this medicine is intended to treat is creamy, causing a burning sensation and irritation.
9. **Sepia Officinalis:** This medicine is suited to indifferent women with aversion to her family and occupation. Leucorrhoea is yellowish, greenish in colour with excessive itching in the vagina worse in evening and forenoons, washing, cold air better by cold bathing, hot applications and exercise
10. **Syphilinum:** This medicine is suited to women with profuse thin, watery and acrid leucorrhoea with knife like pain in the ovaries worse at night, sundown to sunrise, seashore and better during day and by moving slowly.<sup>9</sup>

## Conclusion

Homoeopathic system of treatment is based on holistic and individualistic approach and medicines is selected on the basis of totality of symptoms, causation, constitutionally and it gives permanent improvement without any future recurrences. There is always an excellent scope in homeopathy for the treatment of leucorrhoea in women's but in future larger clinical trials with large sample size should be done.

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