



SCOPE OF HOMOEOPATHY IN LEUCORRHOEA

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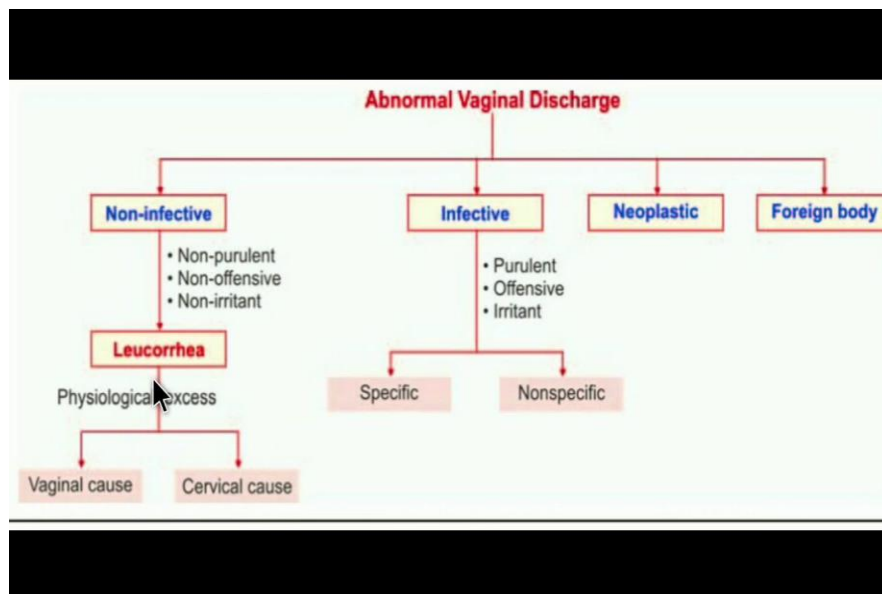
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ABSTRACT: A white or yellowish discharge from the vagina is known as leucorrhea or vaginal discharge. When a female reaches puberty, when her menstrual cycle starts, and when she is pregnant, it is natural. Vaginal discharge is a normal issue that affects women, but it can irritate girls going through puberty. Estrogen hormone stimulation causes vaginal discharge. ^[1]

KEYWORDS: Leucorrhea, vaginal discharge, Puberty, Gynecological problem, Reproductive health, Homoeopathy Desquamation, Miasm.

INTRODUCTION: Leucorrhea, also spelled leucorrhoea, is the term used to describe a white, yellow, or greenish discharge that may or may not be indicative of an infection in a female vagina. ^[2] It is a medical disease that causes women to have white or yellowish vaginal discharge. ^[3,4] This discharge is often thick in consistency. Most women worry about this consistency and believe they have a medical condition, but in most cases, it is simply a vaginal infection ^[5]. Vaginal discharge is normal, although alterations in discharge can be caused by hormonal fluctuations, infections & cancer. It can occasionally happen before a teenage girl has her first period and is interpreted as an indication of puberty. ^[6] It is referred to as "Safed Pani" in rural areas. Examining vaginal fluid under a microscope and detecting more than 10 WBC per high power field indicates leucorrhea. ^[6] Leucorrhea can have several causes, the most common being an imbalance in estrogen levels. A vaginal infection may cause an increase in discharge, which may also occasionally cease and reappear ^[7]. When a woman gets sexually stimulated or just before her menstrual cycle starts, she may have vaginal discharge. The incidence of leucorrhea is higher in pregnancy. The reason for the frequent increase in vaginal discharge is the increased blood flow to the vaginal area and the rise in pregnancy hormones like estrogen. The number of days in the menstrual cycle can affect the discharge's thickness and consistency. In the middle stages of menstruation, discharge from the vagina thickens at the menstrual cycle's end ^[8,9].



Abnormal vaginal bleeding

TYPES OF LEUCORRHEA:

PHYSIOLOGICAL LEUCORRHEA: Physiologic leukorrhea is usually non irritating, transparent or milky, relatively thin, and odorless. It is typical for leukorrhea to occur during pregnancy^[9,10]. This is brought on by increased vaginal blood flow as a result of elevated estrogen. Leukorrhea brought on by estrogen stimulation is referred to as "physiologic leukorrhea". The stimulation of oestrogen is the cause of physiological leukorrhea. Leucorrhoea is predisposed by alterations in the vaginal epithelium, the pH of the vaginal discharge, and the usual bacterial flora.

PATHOLOGICAL LEUCORRHOEA OR PARASITIC LEUCORRHEA:-

Sexually transmitted infections (STIs) and vaginal infections can both cause an increase in vaginal discharge. Vaginal infections are the norm for sexually transmitted illnesses.^[11] The cause is several pathogens such as *Neisseria gonorrhoeae*, *Candida albicans*, and some other possible agents such as *Chlamydia trachomatis*, *Ureaplasma urealyticum*, candida like organisms (CLO), and streptococci.^[12] Trichomonads, a class of parasitic protozoans, particularly *Trichomonas vaginalis*, are also responsible for leukorrhea. Itching, burning sensations, and thick, white, or yellow mucus discharge are common signs of this illness^[13,14].

INFLAMMATORY LEUCORRHEA:

The vaginal mucosa's irritation or congestion may potentially be the cause. If it is yellowish or has an odor, as these conditions may indicate^[14] of many medical conditions, such as an STD or an organic bacterial infection (aerobic vaginitis). Leukorrhea following delivery, coupled with back pain and foul-smelling lochia.

ETIOLOGY:-Causative factors of the disease are:-

- ❖ Protozoa infections, which are caused by bacteria, fungus, or parasites, can spread from urinary tract infections to uterine inflammation.
- ❖ Women's usage of contraceptives early or young pregnancy.
- ❖ Allergies or contact dermatitis.
- ❖ Pelvic inflammatory disease, and inadequate cleaning or hygienic practices, particularly during menstruation.
- ❖ Gonorrhoea
- ❖ Syphilis
- ❖ Displacement of uterus

PATHOPHYSIOLOGY:-

There are two reasons for the high secretion:-

1. Physiologic excess
2. Leucorrhoea in the cervical region
3. Vaginal leucorrhoea

1. PHYSIOLOGIC EXCESS: When estrogen levels rise, it is typical to expect an increase in secretion. These circumstances are increased endogenous estrogen levels during adolescence cause the endocervical epithelium to overgrow and may invade the ectocervix, causing congenital ectopy (erosion) and increased secretion. Increased cervical gland production and vaginal transudate result from this. When there is a lot of secretion from the Bartholin's glands during sexual excitement.

2. CERVICAL CAUSE: Excessive secretion may be produced by a non-infective cervical lesion and may overflow at the vulva. These lesions include ectropion (exposed cervical glands to the vagina), mucous polyp, persistent cervicitis, and cervical ectopy.

3. VAGINAL CAUSE: Conditions linked to greater pelvic congestion are linked to increased vaginal transudation. Uterine prolapse, acquired retroverted uterus, persistent pelvic inflammation, use of "pills," and vaginal adenosis are the disorders. Excessive exfoliation of the surface cells is the result ^[15].

CAUSES OF LEUCORRHOEA:

Pregnancy, the menstrual cycle, including early periods, and congestion in the uterus. Swelling in the female genitalia. ^[16] Infections and itching are brought on by the use of chemical contraceptives, intrauterine devices, excessive stress, anxiety and Imbalance in hormones and other mental health issues ^[16].

SYMPTOMS:

- Pain and heaviness in lower abdomen^[17]
- Constipation
- Anemia
- Local soreness
- Lumbago
- Malaise
- Breathlessness
- Headache and giddiness
- Pruritus
- Heavy or thick
- Itchy
- A thick, yellow discharge that resembles yogurt.
- The vulva itches. Very painful vulva.
- Unusual discharge from the vagina.
- Fishy scent or foul-smelling discharge.
- Itching, discomfort, offensive smell, or burning feeling when urinating
- Sudden increase in the amount of discharge
- Thicker discharge ,Leukorrhea essentially serves to maintain the vagina clear and free of infections, which is especially crucial during pregnancy^[18].

CHARACTERISTICS OF LEUCORRHEA:

- Typically, this discharge comes from the vagina just as a natural result of a healthy vagina. It is mostly made up of a material that resembles mucus that contains your body's cells.
- This fluid removes contaminants and maintains the vaginal tissues moist.^[19]
- It tends to be rather thin, slippery, and/or sticky, but its thickness can range from watery to more viscous. Its colour shouldn't change from a clear, white, or pale yellow either.
- An infection can be indicated by a change in color, burning sensation, itching.
- Although this discharge can occur at any time for women, it is most frequently experienced right before ovulation.

DIAGNOSIS (Particular Assessment):

Tests should ideally be performed on all women who present with atypical vaginal or vulval symptoms (evidence level III, grade C)^[20].

LEUCORRHEA TREATMENT AT HOME:-

- ❖ Cleanse the vaginal area with freshly squeezed lemon juice and water.
- ❖ Eat okra, either mildly cooked or raw.

- ❖ Eat one or two bananas a day.
- ❖ Drink one glass of fresh cranberry juice, ideally without sugar. It's great for the health of your vagina.
- ❖ Drink more water.
- ❖ Women should consult a doctor before attempting any of the leucorrhoea home remedies listed above.^[21,22]

AVOIDABLE FOODS FOR LEUCORRHEA:

Observe these steps to prevent the white discharge:

- Foods of heavy in oils and spices.
- coffee and tea as their tannin content may exacerbate the discharge.^[10,23]
- fizzy drinks and alcohol avoid
- non-vegetarian cuisine

LEUCORRHOEA TREATMENT IN HOMOEOPATHY:

The foundation of Hahnemann's medical philosophy is homoeopathic logic, which encompasses both deductive and inductive thinking.^[23] The principle of Similia Similibus Curentur, which states that like cures like, forms the cornerstone of homoeopathic medicine. As a result, treating a patient's conditions entails giving them medications that can cause comparable symptoms in a healthy person. The homoeopathic therapy method views each patient's entire set of symptoms as an expression of their underlying interior state, which is connected to their own life force's vitality.^[23] According to Dr. Hahnemann, antimiasmatic treatments are necessary to treat chronic illnesses.^[24] Psora is the mother of all diseases, but it is also the psoric element that provides the useful accompanying symptom and the modalities and feelings that are authentic representations of human sufferings, which leads to Psoric leucorrhoea. Patients with psoriasis experience significant suffering likely significantly more than those with other stigmata with less obvious explanation.

1.PSORIC LEUCORRHOEA: Discharge characteristics include being thin to somewhat thick, whitish albuminous, odorless, typically watery, bland, and scanty. Minimal, no exhaustive leucorrhoea with no unusual color. Response: Indifferent Quantity: Profuse^[25]

2.SYCOTIC LEUCORRHEA: Acrid leucorrhoea, which has a fish brine like odor and weakens the patient.^[26] weakening of the mind during leucorrhoea. Discharge characteristics: Leucorrhoea thin is caustic, scanty, and causes portions to burn, itch, and bite. It resembles unclean green water or occasionally greenish yellow. Patient using douches due to discharge's acidity and smell. Alkaline in response Quantity: Scanty, stringy, thin, and difficult to wipe off.

3. SYPHILITIC LEUCORRHOEA: Features of discharge include a gummy texture, a brownish white appearance, an unpleasant bland or bitter taste that causes ulcers, and fish brine^[27]

Reaction: Staining, corroding the linen, acidic, and excruciating with pain. quantity: copious.

HOMOEOPATHIC THERAPEUTICS :

- **ALUMINA:** This drug is prescribed when there is an overabundance of clear, thick, and irritating vaginal discharge that is accompanied by a burning sensation that gets worse during the day and after menstruation and that can only be relieved by cleaning with cold water.^[28]
- **BORAX:** The leucorrhea in this medication has a texture akin to egg whites and gives the vulva the sensation of warm water flowing through it while also causing irritation. The heavy, early onset menstrual flow is accompanied by cramps, nausea, and lower back pain radiating from the stomach.^[29]
- **CARBON CALCAREA:** This medication works wonders for itching problems and milky white vaginal discharge. This medication may be helpful if your leucorrhea is growing worse after you urinate.^[29]
- **EUPIONUM:** This medication is intended to treat gushing leucorrhoea, a particular kind of yellow, weakly flavored vaginal discharge that tends to get worse after menstruation and is accompanied by excruciating lower back discomfort.^[30]
- **GRAPHITES:** Women with light skin tones who are prone to skin problems, constipation, delayed menstrual cycles, and frequent colds should take this medication. This medication is meant to treat whitish, thin, and copious vaginal discharge that causes lower back weakness and irritation.^[30]
- **CANADENSIS HYDRASTIS:** Patients with Leucorrhea who have a yellow, thick,ropy vaginal discharge that hangs down in long threads and itches excessively are advised to take Hydrastis Canadensis.^[31]
- **KALIUM BICHROMICUM:** People who are prone to catarrh, overweight, or have light complexion are the main groups for whom this medication is advised. It is used to treat a particular kind of yellow, sticky vaginal discharge as well as intensely uncomfortable and exciting itching and burning sensations in the vulva.^[31]
- **KREOSOTUM:** The greatest natural remedy for Leucorrhea can be Kreosotum when it causes intense, corrosive itching of the genitalia and is extremely irritating and caustic.^[31]
- **MURIATICUM NATRUM:** A natural treatment called natrum muriaticum helps lessen leucorrhea, which is characterized by a thick, clear, white vaginal discharge.^[31]

- **PULEX IRRITANS:** Women who have delayed menstrual periods, severe burning sensations in the vaginal region, and an overall elderly appearance are advised to use this drug. It is challenging to get rid of the greenish-yellow vaginal discharge.^[31]
- **SEPIA OFFICINALIS:** Leucorrhoea, a condition that causes severe hot flashes, perspiration, and weakness in women approaching menopause, can be treated naturally with Sepia Officinalis. When the vulva itches excessively and the discharge is yellowish green in color, this medication is highly useful.^[31]
- **SYPHILINUM:** Women with excessive thin, watery, and caustic leucorrhoea who experience knifelike pain in their ovaries during the day and by moving slowly are better off taking this medication. The pain is greatest at night, from sunset to sunrise, and along the beach.^[31]

CONCLUSION: This provides information on the definition, signs, manifestations, and therapies of leucorrhoea. Leucorrhoea is a frequent physiological illness caused by excessive estrogen secretion during adolescence, pregnancy, and other times when a person is infected with microorganisms like Neisseria gonorrhoea or STIs/STDs. Among females, leucorrhoea is the most common and widespread disease. It has more to do with a person's lifestyle, personal hygiene, and habits. Leucorrhoea, particularly in females of reproductive age, is frequently caused by either nonspecific or specific varicellitis. Miasm can assist us in curing leucorrhoea. Exercise, a balanced diet, and meditation are among lifestyle medications that are beneficial in treating this illness.

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