

Review Article

A Review on Uterine Fibroid and Efficacy of Homoeopathy in Management of Uterine Fibroid

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ABSTRACT:

Uterine fibroids are noncancerous growths that develop in the uterus and are influenced by hormones. Most fibroids do not cause any symptoms, but in some cases, they can cause pain, heavy menstrual bleeding, and other complications. Fibroids are typically diagnosed during a routine pelvic exam or imaging test, and treatment options depend on the severity of symptoms and the size and location of the fibroids. Treatment options include medication, noninvasive procedures, or surgery. The treatment in homoeopathy centers around the person as a 'whole' and not just the disease. There is a sharp differentiation with conventional medication, which simply checks out at the individual or the patient in compartments or fragments not as one brought together entirely. Homeopathic medicines show wonderful outcomes in treatment of uterine fibroids, to regulate the heavy bleeding during menses and lessen the possibilities of complexities in a protected and delicate manner.

Keywords: Uterine Fibroid, Homoeopathy, Management, Diet and Regimen, Treatment.

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INTRODUCTION

Uterine fibroids, also known as leiomyomas or myomas, are noncancerous growths that develop in the uterus. These growths are made up of muscle and connective tissue and can vary in size from a tiny pea to a large grapefruit. While most fibroids do not cause any symptoms, in some cases they can cause pain, heavy menstrual bleeding, and other complications. Fibroids are the most frequently seen benign tumors of the female reproductive system. Uterine leiomyoma commonly called fibroids were known to Hippocrates, Rokitansky named them fibroid, but it was Virchows who demonstrated that they are virtually leiomyomas arising from smooth muscle. In the period of Hippocrates in 460- 375 B.C., this lesion was known as the "uterine stone". According to estimation, 20 to 50% of women of reproductive age have fibroids, either diagnosed or undiagnosed. About 99% of women with fibroid have benign (non- cancerous) outgrowth of uterine wall. Uterine fibroids usually appear in women of child bearing age- generally between 30-40 years old, but they can show up at any age.

DEFINITION

Uterine fibroids, also known as leiomyomas or myomas, are noncancerous growths that develop in the uterus. These growths are made up of muscle and connective tissue and can vary in size from a tiny pea to a large grapefruit. Uterine fibroids can cause pain, heavy menstrual bleeding, and other complications in some cases.

CLASSIFICATION

Uterine fibroids can be classified based on their location within the uterus:

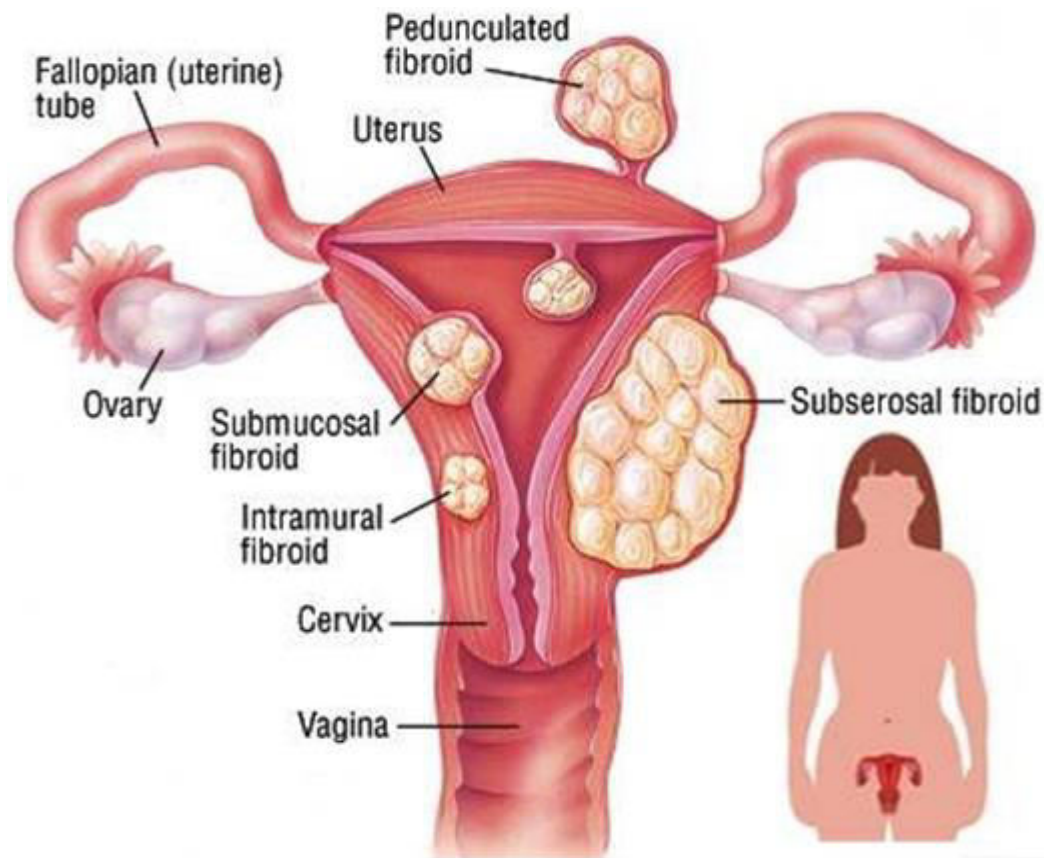
Submucosal fibroids: These fibroids develop just beneath the lining of the uterus and can cause heavy menstrual bleeding and infertility.

Intramural fibroids: These fibroids grow within the muscular wall of the uterus and can cause pelvic pain, pressure, and heavy menstrual bleeding.

Subserosal fibroids: These fibroids grow on the outer surface of the uterus and can cause pelvic pain and pressure, as well as back pain and constipation.

Pedunculated fibroids: These fibroids grow on a stalk either inside or outside the uterus and can cause pain or pressure depending on their location.

Cervical fibroids: These fibroids develop in the cervix, which is the narrow neck of the uterus, and can cause pain and heavy menstrual bleeding.



EPIDEMIOLOGY OF UTERINE FIBROID

- Fibroids are the most common benign tumors in females.
- Fibroids are typically found during the reproductive years of females.
- The incidence is twice more common in black women than white.
- The study conducted by the department of OBGY at Mallareddy institute of medical sciences from July 2015 to august 2017 has shown the prevalence of 20-25% of females developing the fibroids also there has been an increase in the incidence of fibroids especially in the age group of 40-59 years.
- Prevalence rate is approx. 1 in 20 or 13.6 million women, globally. In India, 25% of women in their reproductive years have noticeable fibroids (National Institute of Health, India).

SYMPTOMS OF UTERINE FIBROIDS

In many cases, uterine fibroids do not cause any symptoms and are discovered incidentally during a routine pelvic exam or imaging test. However, when fibroids do cause symptoms, they can include:

- Heavy menstrual bleeding: Fibroids can cause heavy, prolonged periods or bleeding between periods.
- Pelvic pain or pressure: large fibroids can press on

- surrounding organs, causing pain or discomfort.
- Frequent urination: If a fibroid presses on the bladder, it can cause frequent urination or difficulty emptying the bladder.
- Constipation: If a fibroid presses on the rectum, it can cause constipation or difficulty passing stool.
- Infertility: Fibroids that grow inside the uterus can interfere with conception or implantation

SIGNS

General examination reveals varying degree of pallor depending upon the magnitude and duration of menstrual loss.

1. ABDOMINAL EXAMINATION:

The tumor should be sufficiently enlarged to be felt per abdomen. If it is enlarged to 14 weeks or more the following features are to be noticed: -

a) Palpation:

- Feel is firm and more towards hard and it may be cystic in degeneration.
- Margins of the fibroid are well defined except the lower pole, which cannot be reached, suggestive of pelvic in origin.
- Mobility is restricted from above down wards but can be moved from side to side.

b) Percussion

The swellings dull to percussion.

2. PELVIC EXAMINATION:

Bimanual examination reveals that the uterus is irregularly enlarged by swelling and it is evidenced by-

- Uterus is not felt separated from the swelling and as such not chis not felt.
- The cervix moves with movement of the tumor per abdomen.

INVESTIGATIONS

- Trans-vaginal ultrasound(TVS): is very helpful in accurately assessing them yomalocation, dimensions and also if there is any adrenal pathology present.
- Saline Hyster sonography: can identify submucous myoma that may be missed on Ultrasound. The method used is sterile saline to expand the uterine cavity, making it easier to get images of submucosal fibroids.
- Hysterosalpingography: In this process a dye is used to highlight the uterine cavity and fallopian tubes on X-ray images. It also helps to identify if the fallopian tubes are open or are blocked.
- MRI: is highly accurate in delineating the size, location and number of myomas present but it is not always necessary. It is often used in women with a larger uterus or in women approaching menopause.
- Laparoscopy: with the help of a slender device (the laparoscope), the doctor sees the inside of the abdomen. It is inserted through a small cut just below or through the navel.

COMPLICATIONS

Uterine fibroids can lead to various complications, including:

Heavy menstrual bleeding: Fibroids can cause heavy and prolonged periods, leading to anemia.

Pelvic pain or pressure: large fibroids can press on the surrounding organs, causing pain or discomfort in the lower abdomen.

Infertility: Fibroids that grow inside the uterus can interfere with conception or implantation, leading to infertility or recurrent miscarriages.

Urinary problems: If a fibroid presses on the bladder, it can cause frequent urination, urgency, or difficulty emptying the bladder.

Bowel problems: If a fibroid presses on the rectum, it can cause constipation, difficulty passing stool, or rectal pain.

Pregnancy complications: Fibroids can cause complications during pregnancy, such as preterm labor, fetal malpresentation, and increased risk of cesarean delivery.

Degeneration or torsion: In rare cases, a fibroid may outgrow its blood supply, leading to degeneration, which can cause severe pain. A pedunculated fibroid can also twist around its stalk, causing torsion and acute pain.

Cancer: While uterine fibroids are noncancerous, in rare cases, a fibroid can contain cancerous or precancerous cells, which require immediate treatment.

HOMOEOPATHY TREATMENT

Homoeopathy as a scientific system of therapeutics is based on identifying the individual as an entity and selecting the similimum according to his or her characteristics. The uterine fibroids which are the resultant of psycho-nuero-hormonal pathway imbalance, would resolve more efficiently by the homoeopathic constitutional approach. Thus, constitutional approach is a holistic approach intended to treat the patient on emotional and spiritual levels of his or her being as well as at physicallevel, keeping in task the miasmatic evolution. The treatment is decided after thorough case taking of the patient. The accurately selected homeopathic medicine is capable of shrinking the fibroids and can even eradicate them completely in some cases. There are many homeopathic medicines which give great relief in uterine fibroid. Some of the most commonly used medicines are as follows:

a. Apismellifica

Painful mensuration and severe ovarian pains with stinging burning pains. There is great tenderness of uterine region. Apis is a remedy for females who develop uterine fibroid due to suppressed sexual desire, jealousy with local symptoms of marked tenderness over uterine region. Inflammation of ovary especially worse on the right side.

b. Calcarea carb

Helpful for women that tend to get overwhelmed easily and have always had problems with anxiety also may experience cravings for sweets or eggs. This remedy is used for uterine fibroids on the basis of constitution of patient along with local symptoms of cutting uterine pains. This is a suitable remedy in fatty, flabby and mostly fair females who have early, profuse and long-lasting menstruation. Constipation before menses.

Backache is located in the lumbar-sacral region. Leucorrhoea before menses and after. Offensive smelling leucorrhoea that is white in color. The complaints are mostly aggravated after hard work and strain.

c. Calcarea flour

Painful mensuration and severe ovarian pains with stinging burning pains. There is great tenderness of uterine region. Apis is a remedy for females who develop uterine fibroid due to suppressed sexual desire, jealousy with local symptoms of marked tenderness over uterine region. Inflammation of ovary especially worse on the right side.

d. Conium

Conium is a remedy for any kind of tumors including uterine fibroid that are generally caused by suppression of unsatisfied sexual desire, from excessive indulgence or from effects of some sort of

injury. Associated symptoms like pain in thighs and pain during menstrual bleeding.

e. Fraxinus Americana

Enlargements of the uterus, fibroid growths, and prolapsed uterus. Uterine tumors with bearing down sensation and painful periods. The Uterus enlarged and spread. Watery, non-irritating leucorrhoea.

Cramps in feet accompany the menstrual bleeding. Worse in the afternoon and worse at night.

f. Phosphorus

Phosphorus is a remedy for highly sensitive, open, friendly, anxious, fearful, intelligent, and long slender females having uterine fibroids along with marked stitching pains in uterine region. The uterus feels as though it is pushing downwards. Bright red blood, as well as clotting. This is a suitable remedy in lean thin heightened females who have early, scanty, and long-lasting menstruation. Cravings for salty or sweet foods and cold drinks.

g. Sepia

Used for uterine fibroids with pelvic pain, abdominal discomfort, and low back pain. The uterus feels as though it is pushing downwards. It is one of the best choices in homeopathic treatment for uterine fibroids when the main symptoms are a feeling of ball in the vagina. Patient sits in cross-legged position for relief. Reserved, tired, depressed. Excessive menstrual bleeding. They also suffer from recurrent yeast infections with itchy, burning white, yellow-green discharges. Frequent urinary tract infections. This remedy is excellent in restore fertility after birth control, miscarriages, abortions, and pregnancy.

h. Sabina

Menorrhagia in women who aborted readily. Profuse uterine bleeding with clots. Bright red blood with large black clots. Hemorrhages, where blood is fluid and clots together. Cramping pains. Promotes expulsion of moles from uterus. (Uterine fibroids that are accompanied by a pain in the lower back that radiates into the pubic bones. Discharge of blood between periods, with sexual excitement. Pain from sacrum to the pubis.

Worse from motion, but sometimes better walking (menses only when lying down). Violent pulsations. Worse from least motion. Worse from heat. Worse from warm air. Better in cool fresh air.

i. Thalapsi bursa

The menses continue for 10-15 days. Menses appear very frequently as well copious menses. Haemorrhage, with violent uterine colic. Every alternate period is very profuse. Leucorrhoea before and after menses; bloody, dark, offensive; stains indelibly. Sore pain in womb on rising. This remedy is suitable for women who have difficulty recovering from a period before another begins.

j. Ustilago Maydis

Flabby conditions of the uterus with hemorrhages. Congestive or slow bleeding or in clots. Oozing of dark blood, clotted, forming large black strings. The uterus becomes hypertrophied; the cervix bleeds

easily, ovaries burn and become swollen. Profuse menses after miscarriage. This remedy affects the female sexual organs as well as skin, hair and nails. Feeling of a knot in the uterus, bowels, throat etc. Loss of hair and nails. Fibroids tumors are known to disappear after use.

DIET AND MANAGEMENT

Eat a diet rich in fruits and vegetables: Fruits and vegetables are high in antioxidants, vitamins, and minerals that can help promote a healthy immune system and reduce inflammation.

- Choose lean protein sources: Lean protein sources, such as fish, poultry, beans, and lentils, can provide the necessary protein without the added fat.
- Avoid or limit red meat: Consuming red meat, particularly processed meats, has been associated with an increased risk of developing fibroids.
- Reduce caffeine intake: High caffeine intake has been linked to an increased risk of developing fibroids and can exacerbate symptoms such as pelvic pain and heavy bleeding.
- Limit alcohol intake: Alcohol can interfere with the liver's ability to metabolize estrogen, which may contribute to fibroid growth.
- Eat whole grains: Whole grains, such as brown rice, quinoa, and whole wheat bread, are high in fiber, which can help regulate bowel movements and reduce constipation.
- Avoid or limit dairy: Some studies suggest that high dairy consumption may be associated with an increased risk of developing fibroids.
- Stay hydrated: Drinking plenty of water can help flush out toxins from the body and prevent dehydration, which can exacerbate symptoms such as constipation.
- Exercise: Regular exercise can actually assist to stop fibroids from developing! According to one study, a woman's risk of developing uterine fibroids decreases the more she exercises. Exercise is good for weight management, has a number of anti-inflammatory benefits, may help regulate blood pressure, increase insulin sensitivity, and has a positive impact on hormone balance.

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