



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493

P-ISSN: 2616-4485

www.homoeopathicjournal.com

IJHS 2023; 7(2): 353-357

Received: 16-02-2023

Accepted: 18-03-2023

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Retrospective study on antimiasmatic management of young unmarried females with non-pathological Leucorrhoea

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DOI: <https://doi.org/10.33545/26164485.2023.v7.i2f.852>

Abstract

Leucorrhoea, is one of the greatest burdens of disease in developing countries like India that affects the quality of life of an individual. Most commonly non-pathological leucorrhoea is characterised by excessive, creamy-white vaginal discharge, associated with or without offensiveness and itching and psychosomatic symptoms such as pain over back, weakness, depression. Socio-cultural factors frequently affect the disease's normalcy. The present study conducted retrospectively with 30 cases. The cases analysed and totality erected based on miasm of the patient. This study aimed at to treat young unmarried females with non-pathological leucorrhoea based on Homoeopathic Antimiasmatic medicine. The outcomes of this study shows that this condition commonly affected 15-19 years of age group, who are in middle economic status, residing in urban area, has nuclear family. Sycotic miasm is predominantly elicited in this study. The commonly prescribed medicine in the study is Pulsatilla nigricans and most frequently used potency is 200th potency. The Paired t test was used to assess the symptomatic improvement, done by using Static Physician's Global Assessment Score (sPGAs) with before and after score. The study shows an effective result with improvement in quality of life of patient.

Keywords: Leucorrhoea, miasm, pulsatilla, socio-demographic factors, young females

Introduction

Leucorrhoea is one among the gynecological disorders, have a substantial impact on female reproductive ability, mental health, ability to perform routine physical activities. It is an excessive vaginal discharge that occurs due to physiologic excess, infectious causes including cervicitis, chronic pelvic inflammation. The color of leucorrhoea depend on its composition^[1]. The discharge may either be offensive or non-offensive and associated with itching in the vagina. Psychosomatic symptoms such as depression, weakness, exhaustion, pain in back or loin may be accompanied with the vaginal discharge^[5]. In India, prevalence rates reported that a lot of young females have leucorrhoea, which prevents them from reaching their full potential in terms of growth and development^[6].

As mentioned in aphorism 78, the true natural chronic diseases arise from a chronic miasm have to be treated with the carefully selected homoeopathic anti-miasmatic remedy as long it is capable of producing a curative effect^[2, 3]. In this study, we will be able to identify about the influence of socio-demographic factors among young unmarried females and the symptomatic assessment before and after prescribing an antimiasmatic medicine will be determined by using Static Physician's Global Assessment Score (sPGAs)^[7].

Materials and methods

Purposive sampling of 30 cases with non-pathological leucorrhoea were selected retrospectively from the outpatient medical record department of Sarada Krishna Homoeopathic Medical College (SKHMC) Hospital, Kulasekharam. The symptoms were analysed based on miasmatic totality. Various potencies were prescribed depending upon the susceptibility in each case. Prescription including repetition and doses were based on homoeopathic philosophy in all the cases. This study is done to find out the efficacy of antimiasmatic medicines in young unmarried females suffered from non-pathological leucorrhoea. Each case was tracked for few weeks to determine the progress of the complaints. The improvement of each case was analyzed using sPGAs. (Table: 1.).

Statistical analysis was performed by using paired 't' test to see if there was a statistically significant relationship between the before and after scores and the treatment result.

Table 1: Static Physician Global Assessment Score (sPGAs)

Static Physician Global Assessment score (sPGAs): 6-Point scale	
Severe	5
Moderate to severe	4
Moderate	3
Mild	2
Almost clear	1
Clear	0

Results

According to socio-demographic factors, related to age group, 8 patients (26.67%) belonged to 10-14 years of age, 12 patients (40%) belonged to 15-19 years of age, 10 patients (33.33%) belonged to 20-24 years of age. Regarding religious status, Christian patients (15cases - 50%) were predominantly affected with leucorrhoea, 11

patients (36.67%) belonged to Hindu religion, 4 patients (13.33%) belonged to Muslim community.

On analysing 30 cases based on socioeconomic status, in this study there were 2 patients (6.67%) belonged to high class, 17 patients (56.67%) belonged to middle class and 1 patient (3.33%) belonged to low class economic status. Analysing the residence of patients, there were 9 patients (30%) belonged to rural areas and 21 patients (70%) belonged to urban areas.

Related with family size, data analyzed as 21 patients (70%) belonged to nuclear family and 9 patients (10%) belonged to joint family. Analysing the education status of patients, 13 patients (43.33%) who studied in school suffered more, followed by college students (10 cases - 33.33%) and self-employed females (7 cases - 23.33%).

While studying the psychosomatic symptoms of 30 cases, Patients who has weakness (15 cases - 50%) suffered more. The other factors depicted in Fig 1. Look over the miasms covered in this study of 30 cases, predominant miasm covered is Sycosis (18 cases - 60%). The following miasms covered represented in Fig 2.

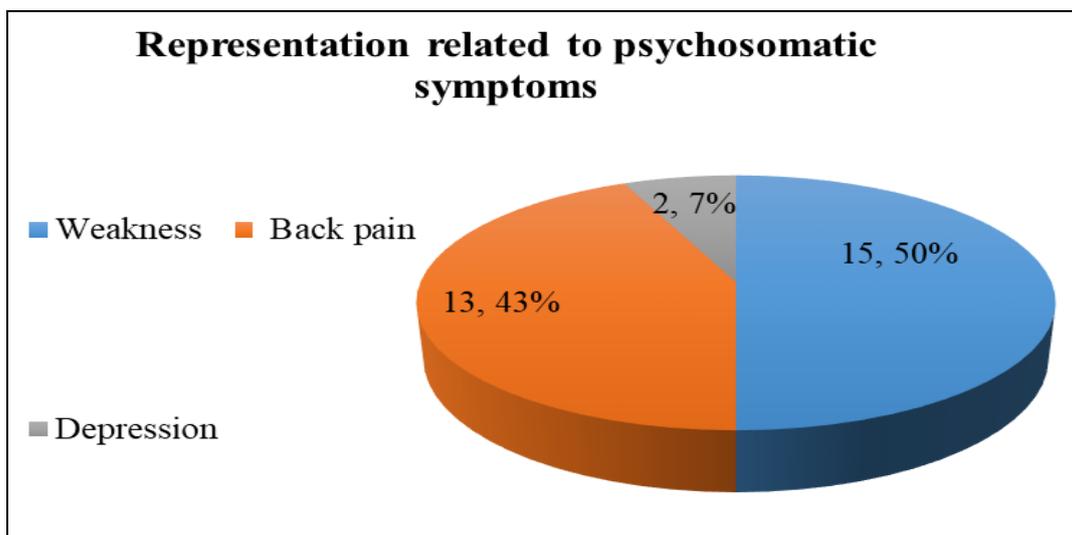


Fig 1: Representation related to psychosomatic symptoms

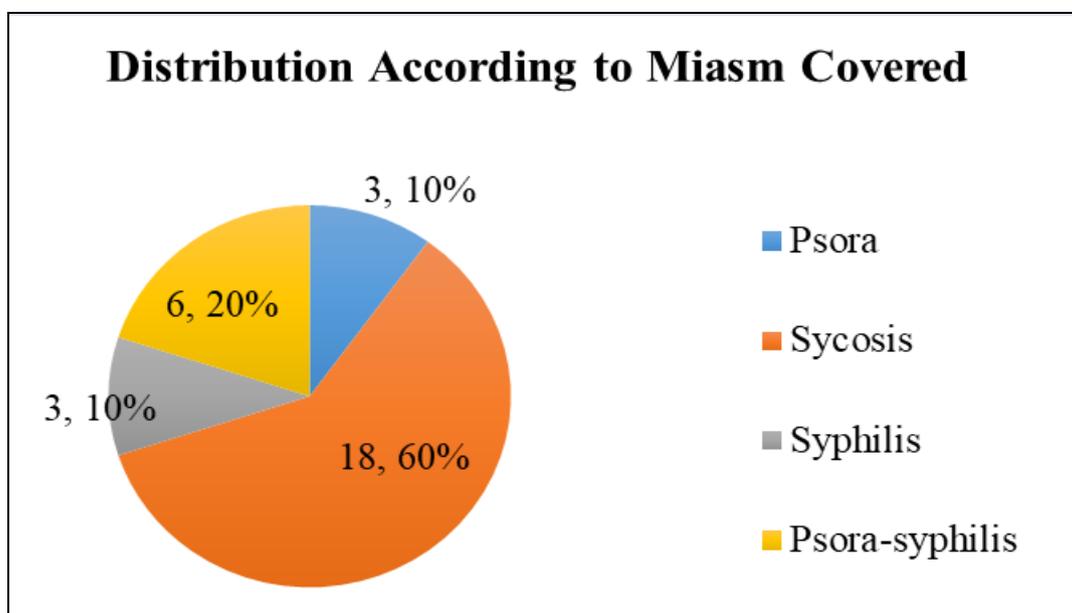


Fig 2: Distribution according to miasms covered

The frequently prescribed medicines used in this study were Pulsatilla for 11 patients (36.67%), Sepia prescribed for 5 patients each (16.67%), Calcarea phos for 4 patients

(13.33%) This were projected along with other medicines prescribed in Fig: 3.

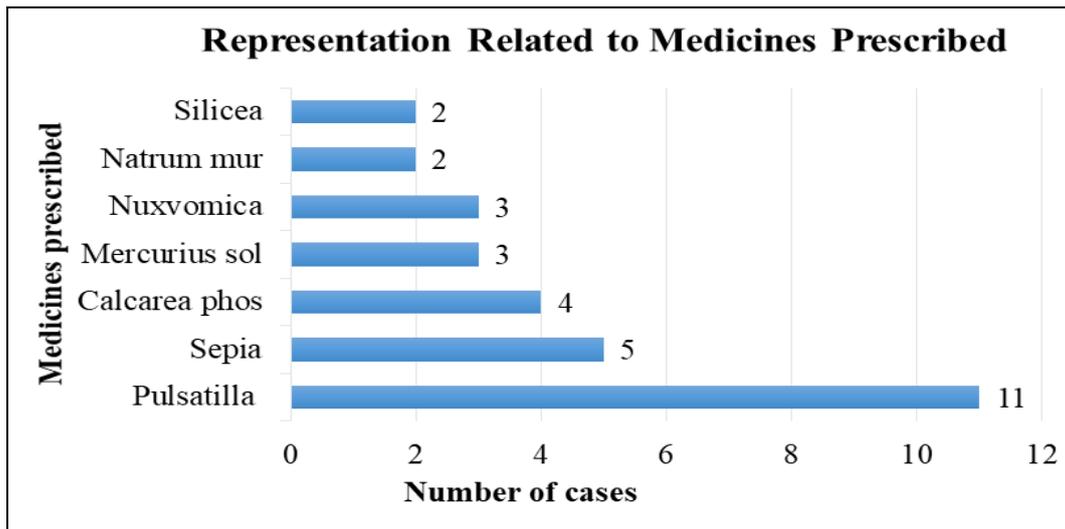


Fig 3: Distribution related to anti-miasmatic medicines prescribed

On analysing the study, the frequently used potency was 200th potency (21 patients-70%), The other used potencies were 30th potency (3 cases - 10%), 1M potency (1 case - 3.33%) and 0/3 potency for 5 patients (16.67%). Scrutinizing the thirty cases, Assessment of improvement

based on prescribing anti-miasmatic medicines were projected in Table 2. The patient’s improvement was assessed by using Static Physician Global Assessment score depicted in the Fig 4.

Table 2: Assessment of improvement with miasms covered and antimiasmatic medicines prescribed

Miasm covered	Medicines prescribed	No. of cases	Improvement Assessment		
			Marked	Moderate	Mild
Psora	Nuxvomica	3	1	1	1
Sycosis	Pulsatilla	11	8	3	-
	Sepia	5	3	1	1
	Natrum mur	2	1	1	-
Syphilis	Mercurius sol	3	-	1	2
Psora-syphilis	Calcarea phos	4	3	-	1
	Silicea	2	-	2	-

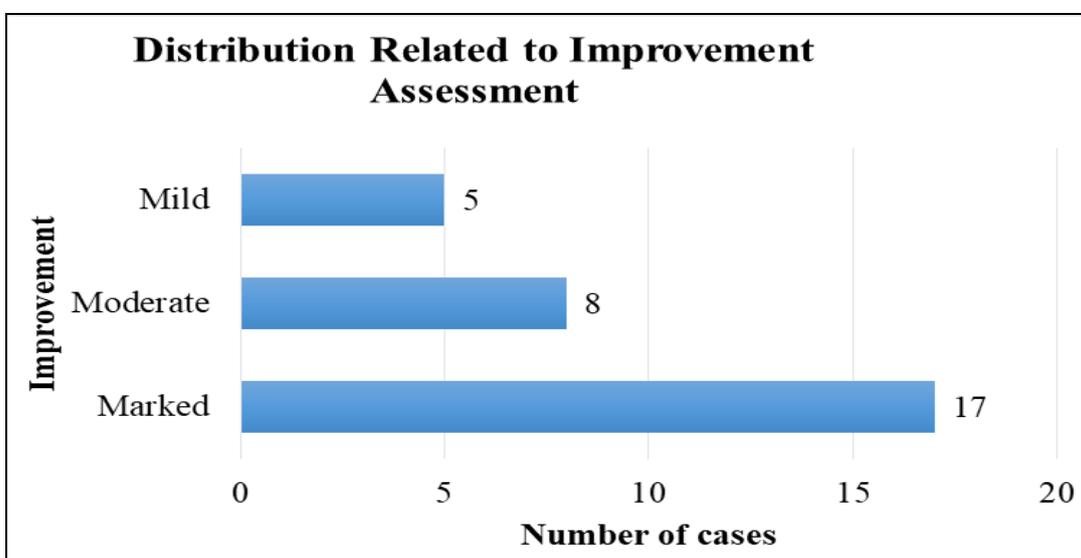


Fig 4: Distribution according to assessment of improvement

The study found extremely statistically significant improvements after analysing before and after treatment

scores using paired test – ($p < 0.0001$). This is shown in Tab 3.

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How to Cite This Article

Nandhini PA, Murugan M. Retrospective study on antimiasmatic management of young unmarried females with non-pathological Leucorrhoea. International Journal of Homoeopathic Sciences. 2023;7(2):353-357.

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