

HOMOEOPATHY IN GYNAE & OBSTETRICS

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The number of unnecessary operations performed on hapless women in the course of a year all over India must go into many many thousand. I came across a poor woman one day, white, bloodless, haggard, who told me a pitiful tale. Never well since the birth of her child 18 months ago, frequent attacks of haemorrhage, several periods of many weeks spent in hospital, several times she had performed D&C. She was almost in a state of collapse, thin, elderly, sallow, with deep lines of suffering and pain on her face. I said to myself "what could I do for her?" I asked her what she complained of. "Oh! I have a terrible big lump in my groin which makes it difficult for me to walk or sit down." On examination, I found a mass bigger than a cricket ball in the fork of her legs, a complete prolapse of the female organs. The pessary, the uterine support, put in during the morning would be out before evening and many times. She had been ordered to have an operation to stitch up the prolapsed organs, but had flatly refused. Now she came to me to get some help.

The pessary was put in and a dose of Sepia 1M was given on her history and a few such symptoms as I could get out of the poor, distracted, pain-racked woman, mainly on her physical appearance, yellow liver spots on her face, great depression, irritability, a great sufferer from the cold.

I expected her back to my clinic very soon. Nothing happened. Day after day went by, and she did not appear. She had gone to hospital, and had her operation after all I thought. Three months later a bright, pink and white complexioned middle aged woman came in, and introduced two new patients to me. "Don't you remember me?" It was my wreck of a woman with a prolapse. "Have you had your operations?" "Oh, no" was the reply. "I have still got the ring in, I feel so different, so happy and full of energy." I could hardly believe my eyes. The incredible had been achieved. The ligaments and muscles of the pelvic floor had tightened up and had kept the pessary in. She wore the pessary for six months or so, after that we removed it. The prolapse never came back as long as I knew her.

Listen to this case history: Mrs. Sharma 41 years; seen first at the end of Oct. 1982 complained of profuse haemorrhage. Her medical practitioner discovered uterine fibroids and advised operation. She came for medical treatment instead, having heard what Homoeopathy could do. Pale, thin, tired, red lips, round-shouldered and bent.

M.P. 6/26 ++ flow bright, red coloured, with dark red clots. Short of breath, worse exertion, worse ascending stairs; does not eat fat meat; feels worse at about 11 a.m., felt worse during heat of summer; pain in back, mid-scapular region, better resting, better lying down; indigestion, flatulence,

swollen and distended feeling after eating, better eructation, has to take bicarbonate of soda for it; very constipated, takes laxative; on examination found several small fibroids, uterus itself was very heavy, antiflexed and fibrotic, extended to quite three finger's breadth above symphysis pubis. Prescribed Sulphur 30 on general symptoms.

January 7th 1983: M.P. four days only. Clots much less; indigestion much better, not so swollen after food; uterus smaller, only just above symphysis pubis and nodules not so distinct. Heard for the first time that there was a tendency to tuberculosis; had been in a sanatorium for apical tuberculosis; cannot take cod liver oil. Prescribed (1) Tuberculinum 200, single dose. (2) *Fraxinus americana*, five drops night and morning.

Fraxinus americana is one of Dr. Burnett's organ remedies and with which he cured many cases of uterine fibroids and heavy sub-involved uteri.

Periods less, feels better during periods. Sputum examined for A.F.B. N.A.D. found.

M.P. regular: 4 days/26 days. Per vaginal uterus smaller. Indigestion much improved, ate anything now and did not take bicarbonate of soda, as there was no longer any fullness after meals.

It was a triumph for Homoeopathy to cure fibroids.

Many people have the mistaken idea that pregnant women are sick and should be treated as such, and taken care of while the very opposite is or should be the case.

Nature has so arranged matters that metabolism is increased during pregnancy; more blood is carried to the reproductive organs, and the circulation is improved, and a childbearing woman should look, and be, at her best. The curious part is that hidden constitutional diseases show themselves during this period, and therefore the best time to give real, worthwhile constitutional treatment. This will be of great benefit, not only to the mother, but also to the child who are raised to a higher state of normal good health; thus not only the individual but eventually the whole race could benefit.

A prescription of *Psorinum* during pregnancy will improve general health after the birth of the child.

There was a girl who had previously been my patient, and been treated for anaemia and pretubercular debility. She looked unhealthy, pale and pasty with greasy skin and hair and with too much fat on her body. Town life never suited her, she declared; she always felt tired and very sleepy; she was reserved, somewhat sullen and sulky. A few doses of *Calc carb.* 30, and later *Tuberculinum*, helped to bring colour to her cheeks.

Then she decided to marry and have a child if she could be treated homoeopathically all the time. I made her husband promise that no allopathic drugs and no antiseptics were to be used. The patient was put on a very strict diet from about two months onwards, and continued with it bravely. Her health improved greatly. Round about five months she deve-

loped symptoms of indigestion. She also became averse to her husband, irritable, had fits of temper, was indifferent whether she had a baby or not, and so forth. She was given *Sepia* 10M and the irritability, temper and indifference disappeared. Life was sweet and pleasant once more. She found later that there was sometimes colic and slight constipation, with the sensation of drawing like a string from the navel which *Plumbum* 30 removed. Nothing further of interest developed, except that she lost weight, her looks improved, and she felt well. Then the great day arrived. I had sufficient faith in Homoeopathy to feel that everything would go well, though the orthodox midwives were shocked at the absence of all antiseptics. They cast their eyes heavenward and thought that we were slightly demented and feared that everything would go wrong. We, of course took all aseptic precautions, had plenty of boiling water, and aseptic dressings with gloves, coats and surgically clean towels etc.

The actual labour lasted less than eighteen hours, from the beginning to end, very good for a first baby! During the second stage she developed some symptoms of restlessness, the pains were slow and ineffective; she threw herself about, would not lie on her back, flung off her clothes, complained of head, wanted the windows open; could not endure any more. One dose of *Pulsatilla* 10M and she settled down and the pains became more powerful.

The baby, a nice boy, arrived without any trouble and as there was some haemorrhage, *Arnica* was given, which quickly settled the bleeding and brought down the placenta. There was a slight tear, unfortunately, owing to the broad shoulders of the baby and we had to put in two or three stitches. *Arnica* internally and *Calendula* lotion externally, sprayed neat on to the perineum, and dressing moistened in diluted *Calendula* lotion, applied outside, hastened the healing process. She had no rise in temperature, no malaise, bowel moved easily; there was no sign of sepsis, everything healed beautifully and soundly, without fuss or unnecessary interference, left to the good offices of nature. Incidentally the midwife was astonished to find how quickly the perineum healed with *Calendula* and how little was vaginal discharge.
