

REMEDIES AGAINST STERILITY

DR. CHARLES E. EHA, M.D., Cincinnati, Ohio

In the homoeopathic materia medica and pharmacology remedies against sterility and 'difficult conception' are here and there recommended but without detailed mention of symptoms. I have never attached great value to this as I have, whenever possible, chosen my remedies to exactly suit the symptom-similarity.

Some of these remedies against sterility deserve, however, to be mentioned if not already discussed in previous pages, since they are actually, by their relations to certain diseased conditions of the female genital organs or to the constitution of sterile women, able to favour the commencement of a conception.

Borax: Hahnemann, himself, referred to the favourable action towards conception of this remedy in the second volume of his *Chronic Diseases*. He writes: "Conception was made possible in the case of five women by the use of Borax". He then cites the case of a woman who had been barren fourteen years and became pregnant under the influence of Borax. The remedy had been prescribed for chronic leukorrhoea. As indications for Borax, the symptoms given in pharmacology are: White, thickish, mucilaginous consistency of discharge which appears halfway between periods, at least is most profuse at that time, and which, aside from a feeling as though warm water issued from the vagina, causes no annoyance whatever. Menstruation is early, painful, too profuse and continues too long.

According to my own observations the beginning of pregnancy from use of Borax is favoured in that an existing 'membranous dysmenorrhoea' is relieved or removed. Now that this particular form of dysmenorrhoea causes sterility much oftener than is generally granted, it is accepted by me without doubt. One needs only to take the trouble to go into this matter thoroughly by inquiring of sterile women about their menstruation; one will then be surprised how many will affirm that the discharged blood, accompanied by pain, contains many membranous shreds.

I have further found Borax effective in sterility where, in consequence of an endometritis, an acid-reacting mucus exudes from the uterus paralyzing and destroying the self-motility of the spermatozoa already in the area about the outer os uteri. The remedy is further indicated in cervix erosions as also in aphthous diseases of the portio vagina.

I am accustomed to prescribing Borax in 3 trit.

Natrum phosphoricum also comes into consideration when the sterility leads back to an acid-reacting, spermdestroying uterine discharge. Aside from the acid-reacting and sour-smelling discharge, Natr. phos., above all, suits when the discharge is of a creamy consistency and a gold yellow color.

Further indications are early menstruation with a flow of pale, thin, watery blood; also disorders of the stomach when these have their source in an overacidity.

I generally prescribe the remedy in the 6 trit.

Phosphorus was already recommended against sterility by Ruchert, a pupil of Hahnemann. It was frequently noticed that sterile women became pregnant when they were taking phosphorus for respiratory disorders. The remedy excites the activity of the ovaries and increases pleasurable feeling.

It suits less for organic disorders of the sexual organs and more for functional disturbances. However, these indications do not suffice. If the remedy is to reveal its full effects the person to whom it is given must on the whole correspond to the phosphorus picture. The phosphorus patient is generally slender and tall. Her tall growth and her narrow build, the slightly stooping posture, and the thin, blonde hair correspond to the phthisical habitus. The entire manner of the patient is pitched to nervousness, she is in a state of irritable weakness, is easily angered, excitable and intense, and she displays a pronounced oversensitiveness towards outward opinions. Light, noises, odors, touch, electrical charges, lightning and thunder the like excite her and bring a trembling and an excitement from which she suffers for hours. In addition, there is a tendency to hemorrhages, to fainting and to attacks of weakness.

Phosphorus is a deep-acting, heroic remedy and Hahnemann's statement, "this remarkable element, so widely distributed in nature, must be considered as one of the most potent and indispensable remedies in acute as well as chronic disorders", is indeed true.

The remedy has a powerful action on the stomach; it should therefore never be given on an empty stomach and not in too large doses not below the fifth dilution.

When phosphorus corresponds to the state of the illness one can attain good results with the 15 or 30 potency.

Conium maculatum, the spotted Schierhing, has a reputation as facilitating conception. With its manifold relations to the female organs, to the ovaries in particular, this is easily conceivable. It produces and cures chronic inflammations and indurations of the ovaries. Special indications are: albumin-like, sharp, excoriating, acid-reacting discharge; throbbing, tearing and burning pains in the uterus and the ovaries, often, also, in the entire pelvis; suppression of the menses or very scant menstruation; sex desire prostrated; pain and swelling of the breasts before and after menses. Dizziness, specially on turning the head to the side, is a leading symptom for Conium on which most judges of homoeopathic pharmacology put great value.

I prescribe Conium preferably in 3 and 6 dil.

Mitchella repens, a plant indigenous to North America and belonging to the family of rubiaceae, as a 'tonisierend' (tonic) influence on the uterus. The remedy has shown itself as valuable repeatedly in cases of sterility that

were associated with dysmenorrhœa and severe uterine hemorrhages and were accompanied by the familiar bladder symptoms. A sensation as if neck of bladder were swollen with intense desire to void.

I have always prescribed *Mitchella* in the 1 dil.

Gossypium is recommended by a number of authors, among them Hale and Stauffer, against 'sterility in women.' The remedy has certain relations to the female sexual organs; it suits, for instance, in women who suffer with too scant and delayed menstruation associated with severe backache and ache in sacral region. It is also recommended for intermittent, sticking pains in both ovaries and a simultaneous pulling towards the uterus. But *Gossypium* is particularly effective in women who, in consequence of uterine atony, incline toward miscarriage and therefore have remained childless.

I have repeatedly prescribed the remedy in uterine atony and vomiting of pregnancy and always in the 3 dil.

Calcium carb., the calcium carbonate derived from oyster shells, is in the main a constitutional and nutritional remedy and is therefore used only in chronic conditions. Disturbances of menstruation are important leading symptoms. In normal menstruation Calc. carb. is never indicated.

Professor Kent, of Chicago, in his *Pharmacology*, gives the following indications: The woman is generally sterile, tired, relaxed and not qualified for producing offspring. After every sexual intercourse she complains of enervation, perspiration, sleeplessness and general weakness. There is a falling of the uterus with the sensation as though parts were forced out. Menses are too early, too profuse and of too long duration. But here, also, the general symptoms must correspond. A profuse, acrid leukorrhœa of a creamy consistency is present and continues day and night. The discharge causes an itching, burning and excoriation in the genital organs. It is further indicated in hemorrhages of uterus after overlifting, excitement, fright, fear, much stimulation or over-exertion of the muscles.

The calcium patient is generally fat and spongy, looks pale and fatigued after the least exertion. She perspires readily and often has colds. There is inclination to swelling and hardening of the lymph glands and rush of blood to the head with cold feet.

The remedy is effective in all dilutions; where it is repeatedly prescribed it is recommended that the dilution be altered. The 6 trit. and 15 and 30 trit. I prefer.

Graphites, *Reishlei*, is a valuable remedy in sterility, when the latter is traceable to an underfunctioning of the ovaries. Menstruation is scant, pale, belated and often missing for months.

There is noticed at the same time an increasing corpulency and an anemia. In habitual constipation with or without change of position of uterus *Graphites* has given such brilliant proof of its worth that an experienced practitioner, such as Windelband, of Berlin, says that because of "these outstand-

ing successes he would even today become a homoeopath if he were not already one".

The ovaries are painful, hard and enlarged and the patient suffers with a profuse watery discharge coming in spurts and often even taking the place of the absent menstruation.

The remedy is further valuable when previous inflammations or incisions have left scar-like changes and adhesions in the pelvis, in the peritoneal cavity or at the portio. To the graphites picture are added also: an unhealthy, slowly healing skin, a tendency to eczema with inclination to chapping and cracking at corners of the mouth and of the eyelids and an acrid, gummy, honey-like exudate behind the ear and on the head. I prescribe Graphites either in the 6 or in the 15 dil.

Plumbum metallicum, metallic lead belongs, together with its combinations, to those poisons which, seriously endangering the mother, also pass over to the fetus, causing miscarriages and finally producing permanent sterility. It affects and cures colic-like pains during menstruation that radiate toward the groin and the anus.

Most obstinate constipation with stone-hard peritoneum and colicky pains in the intestines with boat-shaped drawing in of the abdomen are valuable guiding symptoms for Plumbum. I prescribe the remedy in 6 trit.

Caulophyllum thalictroides, the Frauenevourzel, has gained for itself an established reputation for prevention of miscarriages. When a female patient who has aborted repeatedly complains during a new pregnancy of backache and contractions in the uterus stimulating labor, when the uteri begins to open, the threatened miscarriage can be prevented by the help of Caulophyllum.

In cases of childlessness, in consequence of habitual abortions or in sterility following inflammatory disorders in the female organs with complete atony of the uterus, Caulophyllum is the remedy to be given. Intermittent cramp-like pains, that start in the uterus and radiate out in every direction are the guiding symptoms.

Caulophyllum is given almost exclusively in low potencies. I generally prescribe it in the 2 dil.

Viburnum opulus, the Snow-ball-bush, seems to increase the flow of blood to the uterus and to the ovaries.

It is consequently indicated in sterile women who suffer especially from functional weakness of the procreative organs and do not become pregnant on that account. It further suits women who abort shortly after every conception. It is, next to Borax, our chief remedy in membranous dysmenorrhoea.

Menses are almost often too late, flow sparing, last often only a few hours, and are accompanied by cramp-like pains which move from back around the pelvis to the uterus and extend into the thighs. Between menstrual periods excoriating discharge appears.

I have never used Viburnum except in the tinct. or in the 1 dil.

Eupatorium purpureum, the red water hemp, is recommended by Hale,

of Chicago, in sterility. It is invigorating to the uterus and has in this respect similarity to *Helonias*, *Cimicifuga* and *Caulophyllum*. The abdominal disorders, which consist of backache and cutting, pressing, contracting pains, issue partly from the uterus and partly from the ovaries.

They are always accompanied by an intense irritability of the bladder and by frequent, painful pressing in the neck of the bladder. I prescribe this remedy in the 3 dil.

And now I wish to give a brief instance by which it may be seen that the remedying of sterility is not always felt as favour and a cause for gratitude to the physician.

Mrs. K. D., of B., thirty-nine years old, gave birth twice, the last time being seventeen years ago.

She consulted me about a stomach trouble which, however, was connected with a chronic inflammation of the uterus, the latter adhering to the surrounding parts. My treatment had the effect of relieving the stomach and bowel trouble and also of checking the very profuse menstrual bleeding. But when, at the completion of my treatment, I pronounced my patient two months pregnant she heaped reproaches upon me.

When seventeen years ago, after the second birth, she did not become pregnant, she sought the advice of several physicians without success, she said.

But now that she has two sons at the ages of nineteen and seventeen, she does not want any more children. It was my fault, she ended, that she had gotten into this painful situation.

If, at the close, brief summary of the homoeopathic treatment of sterility in women should be given the remedies used in its application may be divided into six groups.

(1) Remedies that primarily influence the uterus. To these belong: *Aurum*, *Pulsatilla*, *Sepia*, *Helonias*, *Fraxinus*, *Ferrum*, *Iod.*, *Aletris*, *Kali carb.*, *Secale*, *Lilium tig.*, *Chamomilla*, *Cimicifuga* and *Bellis perennis*.

(2) Remedies that act on the ovaries preferably: *Apis*, *Iodine*, *Platinum*, *Hamamelis*, *Palladium*, *Ovaria siccata*, *Thyroidinum* and *Conium*.

(3) Remedies against disturbance of sensation in sexual intercourse—
(a) Sexual frigidity: *Agnus castus*, *Natr. mur.*, *Kali brom.*, *Baryta*, *Ignatia*, *Onosmodium* and *Ammonium carbonic.* (b) Morbidly exaggerated sexual feeling: *Caladium*, *Kali ferro-cyanate*, *Moschus*, *Murcx*, *Nux vom.*, *Origanum*, *Platinum*, *Salix nigra* and *Staphisagria*.

(4) Remedies in inflammatory and catarrhal disorders of the sexual organs; *Arsenic*, *Belladonna*, *Bryonia*, *Argentum nitricum*, *Hydrastis*, *Kreosotum*, *Mercurius*, *Medorrhinum* and *Thuja*.

(5) Constitutional remedies: *Calcium carbonicum*, *Calcium phosphoricum*, *Graphites*, *Phosphorus* and *Sulphur*.

(6) So-called sterility remedies: *Borax*, *Nat. phos.*, *Mitchella repens*,
(Continued on page 243)

Dr. Krauss, Boston: Dr. Stearns has presented a paper that might be taken as a model for materia medica men to follow. It is an excellent paper, and it has been a pleasure to listen to it. I have used Radium in one case. It was a case of chronic nephritis, due to arterio-sclerosis, rather than to any other cause, with which there was connected a distinct neuralgia of the face. I believe Radium is good for overcoming pain.

We have learned from this paper and from Dr. Dieffenbach's discussion that we should not jump at conclusions, but that we should prove all our drugs first on healthy human bodies, before we apply them to diseased bodies.

Dr. Anna Johnston, Pittsburgh: At the 1911 meeting of the Institute while listening to Dr. Dieffenbach read his paper on 'The Proving of Radium Bromid', I thought of a patient of mine whose symptoms seemed to be similar to those produced by this remedy. He was very susceptible to erysipelas following colds. The next attack that he had I prescribed Radium 12x. He recovered quickly and has not had an attack since.

Dr. Stearns (closing the discussion): Dr. Dieffenbach should have the thanks of the Institute for the generous manner in which he has given this remedy to us.

—THE HAHNEMANNIAN GLEANINGS, May 1933

REMEDIES AGAINST STERILITY

(Continued from page 248)

Plumbum, Caulophyllum, Gossypium, Eupatorium, Viburnum.

Physicians who are ordained homoeopathically over a long period will probably experience some disappointment at my statement, that in the treatment of sterile women I employ no other remedy than those which they are in the habit of prescribing every day. If I have been successful in bringing about an unusually large number of favourable cures, I can claim for myself no other merit than this, that I have paid attention to the most insignificant, often quite unessential things and have never been wanting in patience and perseverance.

—*Journal of the American Institute of Homeopathy*
