

Efficacy of Lesser Known Homoeopathic Medicine in the Treatment of Menorrhagia: A Case Report of Aletris Farinosa

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ABSTRACT

There are wide ranges of homoeopathic medicine for menorrhagia but lesser known medicine selected on the basis of uncommon, peculiar, rare symptoms. Lesser known medicine which is not used in day to day clinical practice because this medicine had few symptoms recorded through drug proving. This medicine is indicated towards a few specific conditions. Many homoeopaths in our fraternity are not aware of this lesser known medicine due to lack in literature and clinical use^[1]. This study is to search for lesser known medicine as present our materia medica.

KEYWORDS: Lesser known, menorrhagia, Aletris farinosa

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INTRODUCTION

Menorrhagia is cyclic bleeding at normal interval; the bleeding is either excessive in amount (>80) or duration or both^[2]. Reports suggest that only 10% of these women have blood loss that is severe enough to produce anemia or being clinically characterized as menorrhagia, despite the fact that "The global health organization estimated that 18 million women of 30-55year perceive their monthly bleeding to be excessive^[3]. According to International journal of health science published in 2019, prevalence of menorrhagia 15.9%^[4] Homoeopathic medicines are useful in menorrhagia, as a lesser known medicine Aletris farinosa more effective in Menorrhagia.

List of lesser known medicine for menorrhagia^[5,6]:

Numerous medicine are available in homoeopathy for menorrhagia, they are administered on the basis of symptoms similarity. The following less common treatments have been shown to be effective when used either with all symptoms or only some of them. Just handful symptoms are indicated by these remedies and their renown derives from their

presentation in materia medica. This is due to their paucity of symptoms.in such lesser known homoeopathic medicine for menorrhagia described below.

- **Aletris farinosa:** marked anemia, relaxed condition, especially of the female organism is portrayed by this remedy. The patient is tired all the time. Premature and profuse menses with labour like pain. Uterus seems heavy.
- **Cinnamonum ceylanicum:** menses early profuse, prolong, bright red. Sleepiness marked. no desire for anything. Uterine hemorrhage, menorrhagia caused by over lifting.
- **Ustilago maydis:** vicarious menstruation; profuse menses; discharge of blood from slightest provocation; bright red partly clotted. Menorrhagia at climaxis. Oozing of dark blood, clotted, forming long black strings.
- **Thlaspi bursa pastoris:** too frequent and copious menses. Hemorrhage with violent colic. Every

alternate period very profuse. Scarcely recovers from one period before another begins.

- **Menispermum:** copious bleeding during menses; patient becomes extremely weak due to excessive bleeding ;blood ooze out of the uterus and the hemorrhage gets worse from or during movement; Colour of blood is bright red and it is clotted; copious bleeding ;pain in lower abdomen.
- **Millefolium:** menses early profuse, protracted. Hemorrhage from uterus; bright red fluid.
- **Erigeron:** Hemorrhages are caused and cured by this remedy. Persistent hemorrhage from uterus profuse bright red blood. Bloody discharge on slight exertion.
- **Geranium maculatum:** Habitual sick headaches. Profuse bleeding. Menses too profuse.
- **Arenea diadema:** menses too early, too copious. Distention of abdomen. Lumbo-abdominal neuralgia.
- **Kali nitricum:** menses too early, profuse, black; preceded with violent backache.
- **Natrum chloratum:** violent metrorrhagia. Feeling as if uterus were pushed up on sitting down feel as if it opened and shut. Passive, bearing –down from heavy condition of uterus. Congested and atonic states of the uterus and its ligament.
- **Helonius:** menses too frequent, too profuse. The menses are often suppressed and the kidney congested.
- **Vinca minor:** excessive menstruation with great weakness. Passive uterine hemorrhages. Menorrhagia; continuous flow, particularly at climacteric. Hemorrhage from fibroids.
- **Xanthoxylum:** menses too early and painful, menses thick, almost black, ovarian neuralgia.

With pain in loin and lower abdomen; worse left side, extending down the thigh.

- **Senecio aureus:** menorrhagia, copious flow continues until she become anemic.
- **Fraxinus Americana:** enlargement of uterus, fibrous growth, subinvolution and prolapse. Heavy uterine bleeding with bearing down sensation; worse in afternoon, night.

Case report

A female patient of age 38years came in OPD on 19th September 2022.she had complain of early profuse menses since 6 months. Menses profuse, black, clots with labour like pain, heaviness in pelvic region and complains worse when walking and morning and better by lying down. Also complain of occipital headache which worse in morning and weakness.

History of presenting complaints: the patient was no complaining regarding menses before 6 month. Complain of early profuse menses started since 6 month. She had taken allopathic medication but no relief.

Associating complaint: involuntary urination <coughing, sneezing

Past history: Hypothyroidism 5 years ago, treated with homoeopathic medicine.

Family history: Mother-hypertension taken allopathic medication, Father –died in accident

Personal history: Appetite –diminished, Desire-spicy, Aversion-sweet, Urine-involuntary, Bowel-unsatisfactory stool, stool hard and must be strain.

Gynec/Obs history

LMP-1/9/2023

Menses-early, profuse







Duration- 5-6 days

Character of blood- bark clotted

G2P2A0L2

Menstrual assessment chart:

This menstrual assessment chart used for assess menstruation^[7].

DAY	1	2	3	4	5	6	7	8	9	10	11	12
Pads												
Lightly soaked 						I						
Moderately soaked 	III			II	II							
Heavily soaked 		III	III									
Clots (small or large)		X5	X1	X1								
Tampons												
Lightly soaked 												
Moderately soaked 												
Heavily soaked 												
Clots (small or large)												
Score	15	65	61	11	10	1						163

Classification of symptoms:**Physical general:**

- Appetite-diminished
- Desire-spices

Physical particular:

- Menses early, profuse
- Menses dark, clotted
- <Morning
- >Lying down
- Labour like pain during menses
- Heaviness in pelvic region
- Pain in occiput region
- Weakness
- Unsatisfactory stool
- Stool hard must be strain
- Urine involuntary
- <Coughing, sneezing

Totality of symptoms:

- Menses early, profuse and dark clotted
- <Morning,
- Lying down
- Heaviness in pelvic region
- Pain in occiput
- <Morning
- Weakness
- Involuntary urination
- <Coughing, sneezing
- Appetite diminished
- Unsatisfactory stool

Prescription:

- Aletris farinosa Q 10 drops ½ cup of water TDS for 7 days.
- Sac.lac 4 TDS for 15 days.

Follow up

Date	Complain	Prescription
4/10/22	Menses appear on 30/9/22 Menses duration 6 days Menses flow better Clotted blood present Heaviness in pelvic region decreased Occiput pain slight better Weakness better Appetite improved Involuntary urination slight better	Aletris farinosa Q 10 drops ½ cup of water TDS for 7 days Sac.lac 4 TDS for 15 days
20/10/22	Occiput pain better Weakness better Appetite increased Involuntary Urination improved	Aletris farinosa Q 10 drops ½ cup of water TDS for 7 days Sac.lac 4 TDS for 15 days
7/11/22	Menses-1/11/22 Menses duration-5 days Menses flow better Clotted blood less Heaviness in pelvic region not present Occiput pain not present	Aletris farinosa Q 10 drops ½ cup of water TDS for 7 days Sac.lac 4 TDS for 15 days

	Weakness also better Appetite increased Involuntary urination improved	
24/11/22	Sometime feeling of weakness Occiput pain slight present Appetite increased Involuntary urination better	Aletris farinosa Q 10 drops ½ cup of water TDS for 7 days Sac.lac 4 TDS for 15 days
12/12/22	Menses -1/12/22 Menses duration -4to 5 days Menses flow normal Clotted blood 1-2 day only and less Weakness not present Occiput pain not present Involuntary urination some time	Rubrum 30 OD for 3 days Sac.lac 4 TDS fo 1 month
12/1/23	Menses -1/1/23 Menses duration-4 days Heaviness in pelvic region present 2 days during menses Menses flow normal Clotted blood not present	Aletris farinosa 30 2 dose OD for 2 days Sac.lac for 4TDS for 1 month
14/2/23	Menses -1/2/23 Duration of menses 4 days Menses flow normal Clotted blood not present Heaviness of pelvic region not present	Rubrum 2 dose OD for 2 days Sac.lac 4TDS for 1 month
13/3/23	Menses -1/3/23 Menses duration 4 days Menses flow normal	Sac.lac 4 TDS for 1 month

Before and after menstrual assessment score for menstruation:

Before treatment menstrual assessment score	163
After treatment menstrual assessment score	50

Conclusion: menorrhagia has effect on women quality of life due to excess blood loss. Although homoeopathic prescription based on totality of symptoms, but it has been that some acute condition of disease required medicine having organ affinity to relieve. This above description of lesser known homoeopathic medicine tremendous result in cases of menorrhagia, as above mention case report show effectiveness of Aletris farinosa as a lesser known Homoeopathic medicine in the treatment of menorrhagia.

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