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THE SCOPE OF HOMEOPATHY IN THE MANAGEMENT OF FEMALE INFERTILITY: A REVIEW

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ABSTRACT

Infertility is a major health issue and approximately 60 to 80 million couples suffer from infertility world widely. It is estimated that 15 to 20 million couples are suffering from infertility as per W.H.O. in India. It is believed that one in every four couples in developing countries has been found to be affected by infertility. It is a disease of the reproductive system which defined as failure to achieve pregnancy despite of many attempts of unprotected sexual intercourse. Sexually transmitted infections and tubal damage are the leading causes of infertility. Infertility imparts emotional and psychological distress in affected couples. Homeopathy provides effective and safer options for the management of such problems.

KEYWORDS

Infertility, Sexually Transmitted Infections, Tubal Damage and Homeopathy.

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INTRODUCTION

Infertility is defined as failure to achieve pregnancy after one year of unprotected sexual intercourse. The reason of infertility may be weight, diet, smoking, illness, infection and pollution, etc. This article presents Homeopathic perspective on infertility and its management through Homeopathic treatment. Male and female both can be suffered with consequences of infertility. The scope of Homeopathy towards the management of female fertility is on the basis of totality of symptoms. Homeopathic medicines act on the root of disease. The simple Homeopathic procedure effectively avoids complicated procedures that are followed in the conventional treatment of infertility.

The biggest advantage of Homeopathy is that even after the treatment the overall health of the patient is maintained. The National Family Health Survey represents fertility rate in different religions as depicted in Figure No.1.

CAUSATIVE FACTORS OF FEMALE INFERTILITY

The causes and infertility with respective to percentage of prevalence depicted in Figure No.2.

Fibroids and polyps

The formation of fibroid, which are benign growth of the muscles fiber of uterine cavity. Fibroids are caused by sudden rise in estrogen level. Maintenance of hormonal balance is an important factor in the treatment of such types of cases.

Endometriosis

It is a condition in which endometrial lining covers other areas of the abdominal cavity like fallopian tubes and bowels. This is stimulated by the action of hormones during the menstrual cycle causing pain.

Ovarian failure

The ovulatory problem has a major role in female infertility. Ovulation is regulated by various hormonal activities and several hormonal imbalances can result in ovulation and fertilization defects.

Blockage of fallopian tube

Mechanical obstruction due to adhesion, scar tissue and infection that affect the fallopian tube, causing blockage which prevent fertilization and implantation.

PCOD

In this condition ovaries become enlarged and contain many fluid filled sacs. In PCOD these sac are unable to release an egg and form a cyst.

Hyperprolactinemia

It is a condition in which level of Prolactin hormone increases in the blood. The higher level of prolactin is normal in pregnancy but if this occurs in the normal days, it may cause vaginal dryness, irregular menses and production of breast milk even without the pregnancy.

Idiopathic

It is defined as the lack of an obvious cause of infertility. Unexplained infertility term has been challenged by many physicians.

Homeopathic therapy works in following ways

- It regulates and balances body hormones, menstrual cycle and enhances the ovulation process in females.
- It removes emotional blockage and disturbance that may affect infertility.
- It helps and removes stress, anxiety and depression.
- It also helps in curing the side effects of various other fertility treatments.

Homeopathic medicines for infertility

Trillium pendulum

This remedy is great for women who suffer from anemia and dizziness. There are uterine hemorrhages due to fibroids, causing cramping pain and a sensation of broken hips.

Ustilago maydis

This medicine is for the flabby condition of uterus with hemorrhage, in which uterus become hypertrophic, ovaries burn and become swollen and blood gets clotted.

Folliculinum

This is very helpful medicine to regulate menstrual cycle and restore infertility after taking birth control pills for longer duration. It should be taken in low potency to regulate the menstrual cycle and it will bring the period, especially in case of polycystic ovarian syndrome, endometriosis and excessive estrogen.

Apis mel

This remedy is very helpful in cases of ovaritis. Ovaritis is the ovarian inflammation which is mostly worse on the right side with soreness and stinging pains. It causes menses with severe pain with great heaviness and tenderness of the uterine region. This medicine can also help in treating ovarian cyst.

Sepia

Great constitutional remedy which is very helpful in hormonal imbalance in women. This remedy is excellent in restoring infertility after birth control,

miscarriage, abortion and also in women suffering from recurrent yeast infection with yellow green discharge.

Pulsatilla

This medicine is used to treat weeping and moody tendency before menses, cramping like pain before and during menses, nausea vomiting before period, aggravated by eating fatty foods, tenderness in breast and back pain before menses.

Fraxinus Americana

Used to treat enlargement of the uterus due to fibroids growth, cure uterine tumor, helps in painful period and treats excessive bleeding during menses.

DISCUSSION

Infertility is a major health issue now a day due to the stressful life style. In India most of the infertile females cannot afford surgery or expensive medications, in such cases Homeopathy medicines can be used as safe, cost-effective and result-oriented option for the management of infertility.

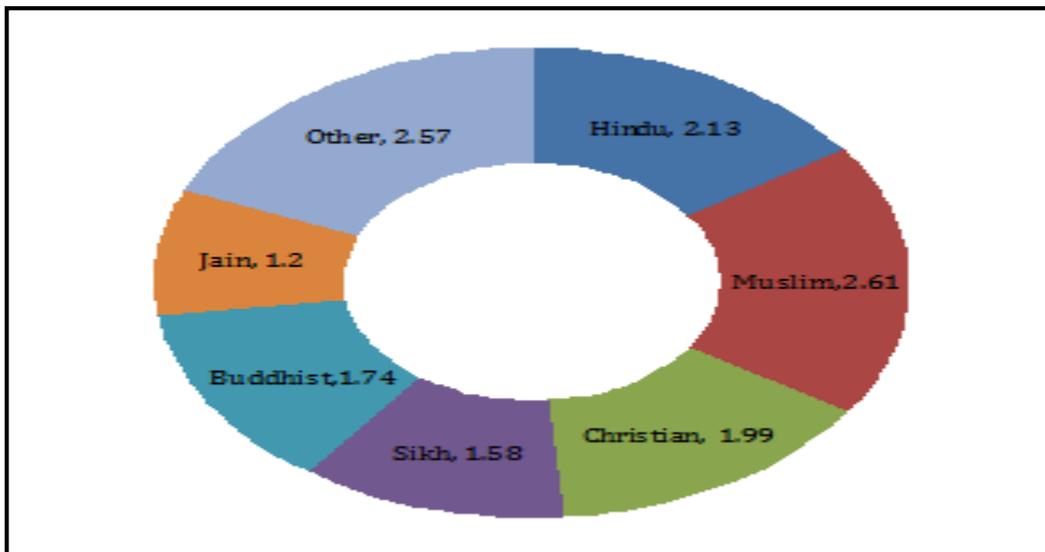


Figure No.1: Fertility rate in India religion wise, according to NFHS- 4(2015-16)

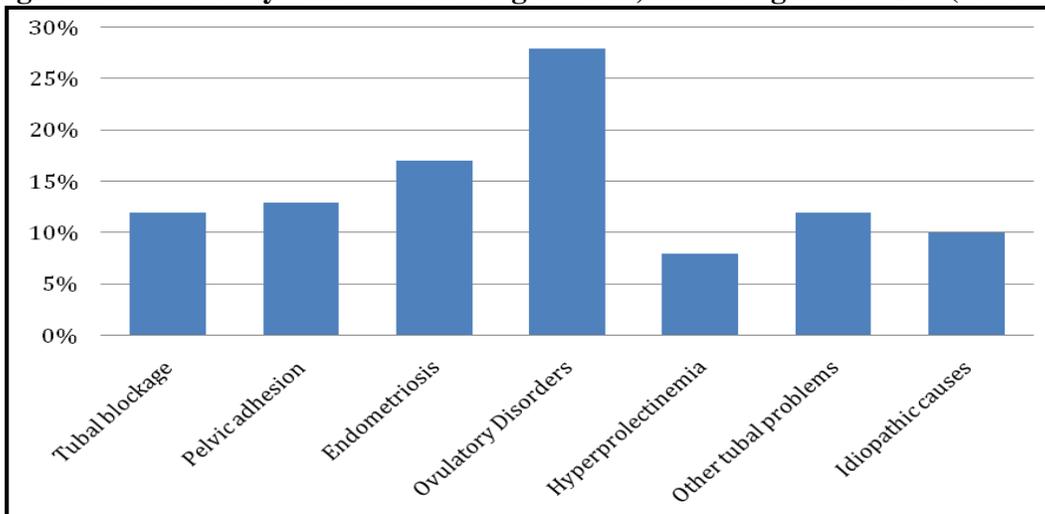


Figure No.2: Graph showing percentage of different causes of Infertility

CONCLUSION

Homeopathy treats infertility not as a disease but it can also balance disharmony of the body. Homeopathy treats the root causes of infertility and stimulates the body energy to heal itself. In the case of infertility, this energy is stimulated and supports natural conception gradually. Homeopathic medicine based on the individual constitution can offer great success rate in case of infertility.

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CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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