

## EFFICACY OF HOMOEOPATHY IN CASE OF FLUOR ALBUS – A CASE STUDY

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**Abstract:** Fluor albus/Leucorrhoea is excessive vaginal discharge of a whitish, yellow, or greenish discharge from the vagina of the female that may be normal or that may be a sign of infection. A case was studied and for repertorization Complete Repertory was used as its based on Kent's Repertory and also contains data from Boger Boenninghausen's Repertory. Case can be individualized and repertorized through it based on philosophy of General to particular. Homoeopathy play an important role in this disease, to treat and counselling women regarding vaginal discharge and the women and her family members will value homoeopathy and if treated at an earlier stage it helps to avoid serious problems.

**Keywords:** Fluor albus/Leucorrhoea, Miasm, Mental symptoms, Individualization, Repertorization, Complete Repertory.

### Introduction:

Fluor albus /Leucorrhoea is an excessive vaginal discharge from the female genital tract and is a frequent gynaecological complaint of women that accounts for more than 1/4th gynaec patients visits to the gynaecologist.

In Organon of medicine practical part is given from apho. 71 to 291. In apho. 72-82 there is classification of disease by our Master. Leucorrhoea falls in Chronic Miasmatic Disease as per Organon. In etiology, we saw it is due to chronic inflammation or endocrinal dysfunction (Oestrogen excess) and it remain for long time if not managed properly so obviously it falls in chronic miasmatic disease.

According to homoeopathic literature best treatment for chronic disease (vaginal discharge/ long standing leucorrhoea) is constitutional approach or we can prescribe indicated phasic medicine followed by constitutional remedy.

Similimum should be selected on following points:

1. Disposition make-up
2. Physical constitution
3. Mental / physical expression (conscious and sub conscious mind expressions)
4. Diathesis
5. Diseases state – tissue affinity- glands, pathological state and characteristic onset progress and concomitants, and individualizing symptomatology.
6. Miasmatic diagnosis

Complete Repertory was used to repertorize the case as its based on Kent's Repertory and also contains data from Boger Boenninghausen's Repertory. Case can be individualized and repertorized based on philosophy of General to particular viz., Mentals, Physical generals and Peculiar particulars are given precedence over Particular and common symptoms of the case.

Vaginal discharge is one of the leading symptoms for which women in India seek care. Currently female age above 5 years with symptoms of leucorrhoea more. Today, Homoeopathy play an important role in this disease, to treat and counselling women regarding vaginal discharge and if treated at an earlier stage it helps to avoid problems such as infertility, cervical cancer, spontaneous abortion, ectopic pregnancy and unfortunate deaths. As Homoeopathy is curative & milder in its effect, economic and can be easily made available even to the distal avoided rural areas.

### CASE - STUDIED

**Name:** Mrs. XYZ CR.no.18/7170 Dep no.Obs/Gyne 922

**Marital status:** Married

**Age/sex:** 55 year / female

**Religion:** Sikh

**Occupation:** House Wife

**Residence:** 1234 - Adarsh Nagar, SGNR

**Date of Examination:** 21-7-18

**Chief complaints with duration:-**

- Discharge per vagina since 2 years
- Discharge white, Thick, Burning
- Obesity
- Pain abdomen epigastrium since 1 year
- Heartburn

**History of Present Complaints:-**

- Discharge per Vagina almost everyday for last 2 years
- Discharge Aggravate mostly at Night
- Discharge per Vagina start after menopause
- Burning in Stomach Area on and off for last 1 year and started since had Typhoid Fever
- Burning in Stomach aggravate after eating

**Past History:-**

- Typhoid last year was taken allopathic medicine.
- Tonsillitis in childhood
- H/O injury at right knee in childhood
- Eczema in Childhood

**Family History:-**

- Grandfather hypertensive.
- Father – Diabetes mellitus, Paralysis
- Mother - Constipation

**Personal History:-**

- Born in Delhi
- Diet- Eggitarian
- Marital status- Married
- Socio economical status- Middle Class
- Domestic relationship - Harmonious

**Drug History:-**

Allopathy medicine for typhoid fever  
H/o Homeopathic medicine for Tonsillitis in childhood

**Female Symptoms:-**

- Age of menarche 15.
- Cycle regular at 40th day for 5 day bleeding, 2 days heavy and for 3 days light bleeding of bright red color.
- One son with Normal delivery
- Menopause 53 Year age
- Leucorrhoea after Menopause

**General Physical Examination:-**

- Proportion of body – obese
- Skin –hairy
- Nutrition –good
- Appearance-normal
- Height- 5.2
- Weight- 85 kg
- Anaemia- no
- Cyanosis- no
- Hair and nails- normal
- Clubbing- absent
- Jaundice- not seen

**Observations:-**

- Pulse- 76/ min
- R.R- 18/min
- B.P-130/80 mmhg
- Temp.-98.6F

**Systemic Examination:-**

Respiratory System - Normal breath sound is heard. No abnormality noted.

Cardiovascular System - Normal S1, S2 heart sound heard. No murmurs heard.

Gastro Intestinal system - Abdomen soft.

Nervous System - Normal

Lympho-Glandular System - No specific finding

Joints & Bones - No specific finding

Excretory System - No specific finding

Skin - Hairy and slight oily

**Provisional Diagnosis -**

- Bacterial vaginosis
- Trichomoniasis
- Vulvovaginal Candidiasis
- Leucorrhea
- Chlamydia Trachomatis Infection

**Investigations:-**

- Blood -Hb :11.3gm%  
TLC:8000 cells/cu mm  
DLC: N-60%, L-45%,E-1%,M-0%  
ESR: ½hr – 7mm; 1 hr- 10mm
- Urine- Sugar:nil, Albumin: nil

**Final Diagnosis:- Fluor albus**

**Mental General:-**

- Since Childhood patient is very mild and timid.
- Patient enjoy company of friend and family.
- Since childhood patient is very sensitive to rude behaviour.
- Patient feel father in law is angry and did reprimand in his every work.
- From this she feels hurts but better if someone sympathetizes.
- Patient is in continue worry of son's future because he is 31 year old and still unmarried.

**Physical General:-**

- Thermal- Hot
- Thirst – Thirstless
- Appetite – good and satisfied
- Desire – cold food desire, Cold Drink Desire
- Aversion – milk
- Bowel – Slight Constipated
- Urine – ok
- Sleep – ok
- Perspiration – normal
- Riding sickness – vomiting travelling in car or bus
- General aggravation – in sun exposure and fatty food

**Evaluation of Symptoms:-** Acc. to Complete Repertory Ver. 4.5

- Care worries full of
- Reproaches ailment from agg
- Rudeness ailment from agg
- Thirstless
- Leucorrhea night
- Leucorrhea lying agg
- Leucorrhea Acrid corrosive excoriating
- Leucorrhea thick
- Leucorrhea white
- Cold drink water desire

**Repertorial Totality -** Acc. to Complete Repertory Ver. 4.5

S.N.	Symptoms	Chapter	Rubrics	Sub Rubric
1	Tension about son future and marriage	Mind	Care,worries, Full off agg	Ailments from
2	Sensitive to reprimands	Mind	Reproaches	Ailments from agg
3	Rude behavior agg	Mind	Rudeness	Ailments from agg
4	No thirst	Stomach	Thirstless	
5	Leucorrhea night	Female	Leucorrhea	Night
6	Leucorrhea lying agg	Female	Leucorrhea	Lying Agg
7	Burning From Leucorrhea	Female	Leucorrhea	Acrid Corrosive, excoriating

8	Leucorrhoea Thick	Female	Leucorrhoea	Thick
9	Leucorrhoea White	Female	Leucorrhoea	White
10	Cold drink desire	generalities	Food and Drink	Cold drink& Water desire

**Repertorization table:-**

	nat-m.	puls.	calc.	alum.	sulph.	med.	ars.	bov.	merc.	sep.	con.	lyc.	carb-v.	ph-ac.	ambr.	aur.	zinc.	nux-v.	arsac.	staph.	borx.	graph.	phos.	caust.	ign.	nit-ac.	mag-c.	sabin.	sil.
1	1	2	2	1	2	1	3	-	-	1	1	1	-	2	2	1	1	1	1	3	-	1	1	1	2	-	1	-	1
2	3	-	-	-	-	1	-	-	-	-	-	-	-	1	3	-	-	1	-	2	-	-	-	-	2	1	-	-	-
3	1	1	2	-	-	1	-	-	-	-	-	2	-	1	-	-	-	1	1	3	-	-	-	-	-	-	-	-	-
4	1	3	1	1	1	1	2	2	1	2	2	2	1	3	1	1	1	1	1	2	1	1	1	1	2	1	1	1	1
5	2	1	2	2	1	1	3	2	3	2	-	2	1	2	-	1	1	1	-	-	1	2	3	2	2	-	1	1	1
6	2	-	-	1	2	-	-	3	3	-	2	-	2	-	1	-	-	-	-	-	-	-	-	-	-	1	-	-	-
7	-	3	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
8	2	3	2	3	2	1	3	2	3	3	2	3	2	1	-	1	1	-	1	-	3	3	3	2	1	3	2	2	3
9	1	2	3	1	1	1	3	2	1	2	2	-	2	-	1	2	2	-	1	1	2	-	-	-	-	1	-	2	-
10	3	2	2	2	1	-	2	2	2	3	2	1	2	-	1	2	2	2	1	-	3	3	1	-	-	-	2	1	1

**Miasmatic Analysis:-**

S.no.	Symptoms	Psora	Sycosis	Syphilis
1.	Care worries full of	Psora		
2.	Reproaches ailment from agg	Psora		
3.	Rudeness ailment from agg	Psora		
4.	Thirstless	Psora		
5.	Leucorrhoea night			Syphilitic
6.	Leucorrhoea lying agg	Psora		
7.	Leucorrhoea Acrid corrosive excoriating			Syphilitic
8.	Leucorrhoea thick		Sycosis	
9.	Leucorrhoea white	Psora		
10.	Cold drink water desire	Psora		

**Miasmatic Diagnosis:-**

(Predominant Miasm, Remarks (if any))  
Tri miasmatic; Psora is predominant miasm.

**Final Drug Selection with Reason:-**

- Patient is Mild, Social, like cold things and feels comfortable in cold weather as compare to hot climate. Very sensitive to rude behavior and likes to be consoled. These all character in favour of Pulsatilla according to Complete Repertory ver.4.5 as well as Materia Medica.

**Treatment:** - Pulsatilla 200 1 dose only

**Diet and Management:-**

- Take light and healthy food like green vegetables, protein rich diet.
- Take small meals at small intervals.
- Try to take maximum quantity of water.
- Avoid junk food and take freshly cooked food.
- Walk and exercise for at least ½ hour daily.

## Follow up sheet:-

Date	Progress/Symptoms	Prescription
21-7-18	First prescription	Pulsatilla200 1dose only
28-7-18	Feel better / burning better in discharge, pain epigestrum better	Placebo 30/3 x 7 days
6-8-18	Better in leucorrhoea and heartburn	Placebo 30/3 x 15days
21-8-18	Same like previous follow up Slight slow improvement	Pulsatilla200 1 dose only diluted 3 parts 2 hourly Placebo 30/3 for 15 days
7-9-18	Better in all complaints	Placebo/30 days
10-10-18	Leucorrhoea better++ but persist Mentally relaxed	Pulsatilla 1m dry dose Placebo 30/3 x 30 days
15-11-18	Better in leucorrhoea very slight present	Placebo/ 30 days
17-12-18	Leucorrhoea better+++ pain epigastrium better	Pulsatilla 1m dilute dose Placebo 30/3 x 30 days
20-1-19	Better in all complaints, No more vaginal discharges	Placebo 30/3 x 30 days
22-2-19	CURED	Advice to stop medication

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