

**TITLE: ROLE OF ALETRIS FARINOSA IN CASES OF LEUCORRHOEA  
PREDOMINANTLY CAUSED BY ANAEMIA**

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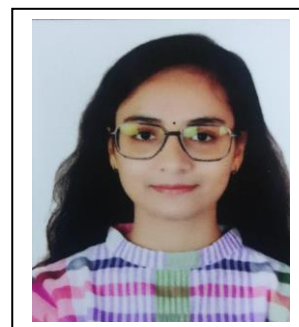


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**ABSTRACT:**

Health of the each & every woman is considered to be the backbone of the family and society. In every household of world if women are Healthy, Family will be healthy, wealthy and successful in every manner. Reproductive tract infections are one of the major causes of morbidity in women. Now a days, there is a growing recognition that morbidity related to excessive normal and abnormal vaginal discharge known as Leucorrhoea is the major health issue among the many women in India.<sup>[1]</sup> Leucorrhoea is very common but an annoying symptom found in all ages group of a women. There are numerous factors like hormonal changes in the body, diabetes mellitus and anaemia which causes leucorrhoea. Homoeopathic remedies have a significant role in treatment of leucorrhoea.



## **KEYWORDS:**

Leucorrhoea caused by anaemia, Aletris farinosa, Miasmatic background, Comparative therapeutics.

## **INTRODUCTION:**

Leucorrhoea is defined as *excessive normal vaginal discharge*.<sup>[2]</sup> Leucorrhoea literally means—something white running or flowing down. Flow of white or yellowish white discharge from the vagina of a female can be normal or it can be a sign of underlying infection. Hence It is important to distinguish between the two. The total health building scheme is essential for the removal of systemic toxicity which is responsible for the leucorrhoea.<sup>[3]</sup>

The word leucorrhoea comes from Greek word leukos means “white” & rhoia means “flow,flux”. In Latin leucorrhoea means fluoralbus.

Leucorrhoea is originate from various parts like Bartholin's glands, the endocervix, the endometrium, the Skene's ducts, the Fallopian tubes or the vaginal mucosa.<sup>[4]</sup>

Excess secretion should evident from staining of the clothes. Discharge is *watery, white, non-odourous, non-purulent, non-irritant, with acidic in nature* and never causes pruritus but abnormal changes in the character of discharge and due to many other causes such as infections, malignancy and hormonal changes etc.<sup>[5]</sup>

### **Physiological leucorrhoea**

This type of leucorrhoea occurs because of estrogen stimulation. It is natural defense mechanism of the vagina used to maintain chemical balance and also help to preserve the flexibility of the vaginal tissue.<sup>[5]</sup>



### **Cervical Leucorrhoea**

It is non-infective leucorrhoea, in which cervical lesions are produce excessive secretions in the cases of – cervical erosion, chronic cervicitis, cervical ectopy, polyp ectropian (in which cervical glands exposed to vagina), chronic cervicitis. Mucoïd Discharge is present at the external OS in speculum examination.<sup>[5]</sup>

### **Vaginal leucorrhoea**

It is due to increase in pelvic congestion cause by use of OC pills, vaginal adenosis, uterine prolapsed, PID, chronic systemic illness or due to increase level of estrogen which leads to excessive shedding of keratinized cell of the vagina.<sup>[5]</sup>

There are number of factors like hormonal changes, taking birth control pills, being pregnant, fungal or parasitic or bacterial infection, experiencing stress, sexual arousal, ovulation during menstrual cycle, having diabetes and anemia which causes leucorrhea. But Leucorrhoea occurs commonly among weak and anaemic women. Many young girls are anaemic, especially malnourished females. White discharge is common embarrassing problem in them. Just as the degree of sweating differs in various people same as the degree of vaginal discharge also considerably differs in various women.

Anaemia is a condition in which body does not have enough healthy red blood cells or quantity of hemoglobin. Anaemia diminishes the capacity of the hemoglobin (protein found in red blood cells) to carry oxygen from the lungs to all other organs in the body. Patients with anaemia may feel tiredness, weakness, fatigue easily, appear pale, develop palpitations, and shortness of breath.<sup>[6]</sup>



### **Sign and symptoms of leucorrhoea:-**

1. Thick or thin sticky discharge from the vagina which is white in colour. <sup>[5]</sup>
2. Discharge from vagina is Yellow coloured and very foul smelling, when leucorrhoea caused by an infection. <sup>[5]</sup>
3. Excessive itching, Soreness, swelling in the vagina along with leucorrhoea. <sup>[5]</sup>
4. Backache & Headache are common symptoms of leucorrhoea. <sup>[5]</sup>
5. Feeling weakness and inactivity is commonly seen in leucorrhoea <sup>[5]</sup>.
6. Burning micturition with leucorrhoea is also seen in females. <sup>[5]</sup>
7. Thigh and calf muscles pain with vaginal discharge. <sup>[5]</sup>

### **MIASMATIC CLEAVAGE OF LEUCORRHOEA AND ABNORMAL EXCESSIVE VAGINAL DISCHARGE:**

**1)Psoric leucorrhoea:** As we all know that Psora miasm is the mother of all diseases. There is the psoric element which gives the valuable concomitant symptoms and furnishes the modalities and sensations which are true expressions of their sufferings. The psoric patients suffer considerable, probably much more than in the other stigmata, and with less apparent cause. Patient can have many deficiencies like Anaemia with various kinds of abnormal sensations due to there will be functional changes to the parts either vagina or cervix. Complaints remains on and off initially and discharges are thin, moderately thick; whitish albuminous; odorless; usually watery; bland, scanty. Leucorrhoea is scanty, not exhausting, nothing peculiar about color. At the general level patient shows a kind of hypersensitivity and a good reactivity to the disease. This occur with suddenness of complaints and fast progressive functional pathology due to nervous or endocrinal cause. <sup>[1]</sup>



**2)Sycotic leucorrhoea:** This can develop after Psoric state, where there will be structural changes present as hypertrophied glandular cells and with non-suppurative chronic inflammation of vagina or cervix. Many times, cause of the disease you will found is that holded emotions, suppression of discharges or eruptions. Onset and progress of the disease will be slow, body tissue is functionally poor but structurally shows anabolic properties. Discharges will be thick, greenish-yellow or dark, like dirty water and usually acrid and excoriating, Indelible and producing pruritus of the parts passed over. Odour is pungent. At general level, patient shows a kind of untreated with autoimmune disorder of sycotic dominancy, mentally patient shows dullness of perception, slow registrstion and poor memory. <sup>[1]</sup>

**3)Tubercular leucorrhoea:** Tubercular leucorrhoea produces the great drain upon the system due to blood changes and due to the death of the red blood cells. Even after continuous and ravenous hunger patient shows a catabolic activity with debility and weakness. Another characteristic of tubercular leucorrhoea is hyperactivity with tardy improvement from chronic progressive suppurative inflammation. In this patient will get fibrosis, scar and local loss of tissue with rapid deterioration. Tubercular diathesis that develops malignancy. Pseudo-Psora leucorrhoea is purulent, thin or thick, yellowish with weakness. <sup>[1]</sup>

**4)Syphilitic leucorrhoea:**nThis is condition where localize pathology involves distant vital organs with rapid deterioration of general health. End or last stage of STD and Carcinomatous conditions (cancerous conditions) will come under this class. discharge is greasy in consistency, bloody, brownish white in color, offensive bland or acrid, producing ulcers, copious, sour or fish-brine or stale fish. Reaction of discharge is acidic, excoriating with soreness, staining, erodes the linen. <sup>[1]</sup>

#### **HOMOEOPATHIC MANAGEMENT OF LEUCORRHOEA CAUSED BY ANAEMIA :-**

**Aletris farinosa:** Common names of this magical remedy Aletris farinosa are Stargrass, Blazing Star, True unicorn. This wildflower has tall, sturdy round stem from which a cluster of tiny, white



coloured, urn shaped flowers blossom grown. To support women's reproductive health including menstrual cycle disorders and infertility Aletris farinosa used for centuries as a traditional medicine. This remedy having psoric miasmatic background which means it belongs to psoric leucorrhoea.<sup>[7]</sup>

An anaemic, relaxed condition, especially of the female organism, is greatly portrayed by Aletris farinosa. Leucorrhoea due to weakness and anaemia treated well by this remedy. There is white stringy Leucorrhoea, with debility. Females have premature and profuse menses, with labour-like pains. There is habitual tendency to abortion.<sup>[8]</sup>

Aletris farinosa is most commonly used with women who have a “weak uterus”, meaning they have very light menstrual flows or have anaemia. This herbal remedy helps to tone and strengthen the uterus before pregnancy and is good for balancing hormones in reproductive life. It has been used to help women to get pregnant and to help maintain healthy pregnancy. However, it has estrogenic properties and is not used during the course of pregnancy.<sup>[9]</sup>

**Calcarea carbonica:** In cases where the females are anaemic, Calcarea Carb is one of the best homeopathic medicines for leucorrhea or white flow. The leucorrhoeal discharge may be milky white in colour. Burning and itching of genital parts before and after menstruation. The leucorrhea increases with any kind of excitement, whether it is mental or physical excitement. Leucorrhoea also increased by motion. The constitution of patient is usually obese and fair in complexion. This remedy is also good for leucorrhea in infants. This remedy is one of the greatest from all anti-psoric and anti-sycotic remedies.<sup>[10]</sup>

**Helonias dioica:** For profuse, yellow, thick leucorrhoea with some irritation and itching, in anaemic sallow patients with much prostration and general debility. Worse from slight colds and exertion, it is most useful remedy.<sup>[10]</sup>



***Natrium muriaticum***: Much bearing down and much leucorrhoea. Leucorrhoea, with headache, disposition to diarrhoea, colic, and mucous evacuations. Greenish, acrid leucorrhoea which is increased in discharge when walking, with yellow discolouration of face. The leucorrhoeal discharge is thick and white, which is at first white then turns green. It takes many years to establish health in a typical chlorosis; the cut finger bleeds only water; the menstrual flow is only a leucorrhoea; there is pernicious anaemia. <sup>[10]</sup>

## **CONCLUSION:**

Leucorrhoea is the most common and affecting a major population of all age group. It is affecting women's daily routine and decreasing the Quality of Life. *Aletris farinosa* has been used as a sedative, laxative, antifatulent, antispasmodic and as a treatment for diarrhea and rheumatism. Its potential estrogenic properties may account for its use in treating female disorders as like leucorrhoea caused by anaemia. Homoeopathic remedies have wonderful role in treatment of leucorrhoea in compare to other conventional treatment. Taking a note of causative factors, sign & symptoms of the disease of patient and framing a totality of symptoms for the individualization purpose, which in turn helps in selection of simillimum remedy for the patient, in this way Homeopathy treatment treats the patient as a whole. Homoeopathy offers a complete, gentle and permanent cure in case of leucorrhoea which is caused by anaemia or any other factors.

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