

# Efficacy of Thuja and Sabina in the Management of Uterine Fibroids

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**Abstract:** Uterine Fibroids are a very common problem in our country. At a global level also the cases of Uterine Fibroids are increasing day by day. The incidence of fibroids is most common in 31 - 40 years of age i. e., 34.9%. Commonly observed symptoms were abdominal lump (41%) and abnormal uterine bleeding (24.1%). Prevalence of submucosal fibroids was 38.6%, intramural fibroids 19.3%, submucosal polyp 14.5%, seedling fibroid 13.9% and subserosal fibroid 10.2%. Prevalence of single fibroids was 60.8% and multiple fibroids was 39.2%. Homeopathic medicines are very important in the treatment of Uterine fibroid. It cures disease from its root without any side effects. Homeopathy is also known for its holistic approach to cure that's why along with the physical disappearance of symptoms in treatment of any disease it heals mentally and produces inner wellbeing sense. Homeopathic medicines Sabina and Thuja are very effective in management of Uterine Fibroids. It cures disease from its root without any side effects.

**Keywords:** Homoeopathy, Uterine fibroids, Thuja, Sabina

## 1. Introduction

Uterine fibroids are the most common gynecological disorder, they are benign monoclonal tumours of smooth muscle, taking origin in the myometrium. They are the most common benign tumours of the uterus and are typically round well - circumscribed masses. They are usually multiple and can range in size from a few millimeters to massive growths of 20cm diameter and more. The etiology is largely unknown, but they are estrogen - and progesterone - dependent tumours, very rare before menarche, common in reproductive life, and frequently regress in size after menopause.

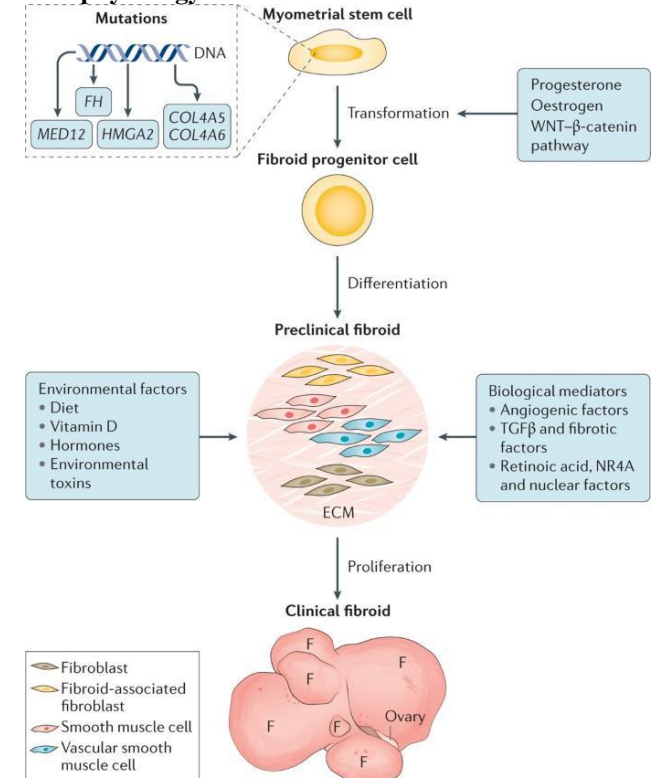
### Epidemiology: -

Fibroid is not only the commonest benign tumors of the uterus but is the commonest benign solid tumors in female. By age 50, it is estimated that 70% of women will have one or more uterine fibroids, with around 30% of patients symptomatic and requesting treatment. Women of all races are affected, but fibroids are commoner, and develop at an earlier age, in black women the incidence is even higher.

### Risk Factors

- Age
- Nulliparity
- Genetic factors
- Early menarche
- Caffeine
- Alcohol
- Obesity
- Hypertension

### Pathophysiology of fibroids: -



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### Types of fibroid:

#### 1) Body

The fibroids are mostly located in the body of the uterus and are usually multiple

- Interstitial or Intramural (75%)
- Sub peritoneal or Sub serous (15%)
- Sub - mucous.
- Pedunculated

**2) Cervical: (a) Pseudo - cervical Fibroid**

- Intramural or intramyometrial – This is the most common type of uterine fibroid. It is located completely within the womb muscle.
- Pedunculated – Pedunculated fibroids are located on the outer and inner wall of the womb and are attached to the womb surface by a stalk. When sudden movements cause these fibroids to rotate, you may feel sudden and intense pain.
- Submucous – This type of uterine fibroid is located partially in the womb cavity, starting from the wall of the womb cavity. The least common type of uterine fibroid, submucosal fibroid can cause heavy bleeding. It is most closely related to fertility problems.
- Subserous – Subserosal uterine fibroids protrude outside the womb, with the base on the outer surface of the womb. These fibroids may cause pressure, but they do not usually cause bleeding.

**Signs and symptoms:**

The majority of the uterine fibroid remains asymptomatic.

Main symptoms are –

- a) Menstrual abnormalities: - Menorrhagia, Metrorrhagia
- b) Dysmenorrhea
- c) Dyspareunia
- d) Infertility
- e) Pressure Symptoms
- f) Recurrent pregnancy loss (miscarriage, preterm labor)
- g) Lower abdominal or pelvic pain
- h) Abdominal enlargement.
- i) Low back pain.
- j) Constipation.

**Thuja Occidentalis in Uterine Fibroid**

Thuja is adapted to persons with waxy shiny, greasy face. Weakly, cachetic, yellowish or often very pallid. Thuja acts well in lymphatic temperament in very fleshy person dark complexion. Black hair, and heavy skin. It is adapted to Hydrogenoid, constitution. Complaints from moon light, rapid exhaustion and emaciation left sided and chilly remedies. Fixed idea as if a strange person were at his side as if soul and were separated as if an animal were in abdomen of being under the influence of a superior power. Emotional sensitiveness, music causes weeping and trembling. Sensation as if an animal were within and motion within abdomen as if something alive, protrudes here and there as like of a fetus. They are irritable, jealous, quarrelsome, ugliness. Perspiration smelling like honey on the genitals, sweat only on uncovered parts. The perspiration is peculiar its sweetish in odor and smells like honey, sometimes like garlic strong and pungent.

Coition prevented by extreme sensitiveness; Profuse leucorrhoea, thick greenish; Severe pain in left ovary and left inguinal region; Menses scanty and retarded; Ovaritis worse on left side at every menstrual period; Insane women will not be touches or approached; Fixed ideas. Desires to be alone think she is followed or that someone is walking beside her, or that her soul and body wereseparated. Complaints from moon light, rapid exhaustion and emaciation left sided and chilly remedies.

**Sabina in uterine fibroid:**

It has a special action on the uterus. Hemorrhages - where blood is fluid and clot together pain from sacrum to pubis. Miscarriage especially during third month bearing down labor like pain. Distressing dysmenorrhoea menses last too long and are too copious and sometimes flow does not stop before the next period. Flow is liquid bright red, intermingled with clots. Shooting pain at the vagina to uterus up to umbilicus. Copious leucorrhoea, bloody leucorrhoea bleeds from slightest touch. Atony of uterus. Menses profuse, bright. Uterine pains extend into thighs. Threatened miscarriage. Sexual desire increased. Leucorrhoea after menses, corrosive, offensive. Discharge of blood between periods, with sexual excitement. Retained placenta, intense after - pains. Menorrhagia in women who aborted readily. Inflammation of ovaries and uterus after abortion. Promotes expulsion of moles from uterus. Pain from sacrum to pubis, and from below upwards shooting up the vagina. Hemorrhage, partly clotted, worse from least motion. Atony of uterus. Inflammatory gonorrhoea, with pus - like discharge. Sycotic excrescences. Associated with Sense of fullness, Bearing - down, constrictive pain. Vertigo with suppressed menses. Bursting headache, suddenly coming and going slowly. Rush of blood to head and face. Drawing pains in masseter muscles. Teeth ache when chewing. Pain between sacrum and pubis from one bone to another. Paralytic pain in small back. Abortion; after - effects of. After - pains. Boils. Condylomata. Cystitis. Dysmenorrhea. Gonorrhoea. Gout. Inter - menstrual flow. Leucorrhoea. Menstruation, excessive. Miscarriage. Moles, promotes expulsion of. Nephritis. Nymphomania. Ovaries, affections of. Penis, cartilaginous swelling on. Phimosis. Retained placenta. Rheumatic gout. Strangury. Sycosis.

**2. Conclusion**

Scope of Homoeopathy in uterine fibroid has made so call surgical diseases non - surgical one. On Homoeopathic view any proliferative lesion points to miasmatic background mainly sycotic Thuja Occidentalis and Sabina being anti sycotic drugs has been used for ages and has been proved useful in such cases. Thuja being king of anti sycotic, corresponds with Hahnemann's sycotic dyscrasia, whose chief manifestation is the formation of wart - like excrescences upon mucous and cutaneous surfaces - fig - warts and condylomata. Sabina is mainly used in chronic ailments of women with marked menstrual irregularity. Both the drugs being anti - sycotic and complimentary to each other has given positive results in uterine fibroids hence a comparative study of these two medicines would prove beneficial. Thuja and Sabina would prove its efficacy in management of fibroid, if chosen homeopathically and not only in management but may also act as curative in such cases.

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