

Homeopathic Management of Fibroid Uterus with Intermittent Fasting: A Case Report

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Abstract: *Fibroids are common benign tumours affecting many women worldwide. This case report presents a patient with fibroid uterus who was treated with homeopathic medicine and advised to follow intermittent fasting. The patient received individualized homeopathic treatment, and significant improvement was observed in symptoms and quality of life. The addition of intermittent fasting may have contributed to the positive outcome. This case report highlights the potential benefits of integrating homeopathy and lifestyle modifications in managing fibroid uterus, warranting further research.*

Keywords: Fibroid uterus, Homeopathy, Intermittent fasting, Case report, Holistic treatment, Women's health

1. Introduction

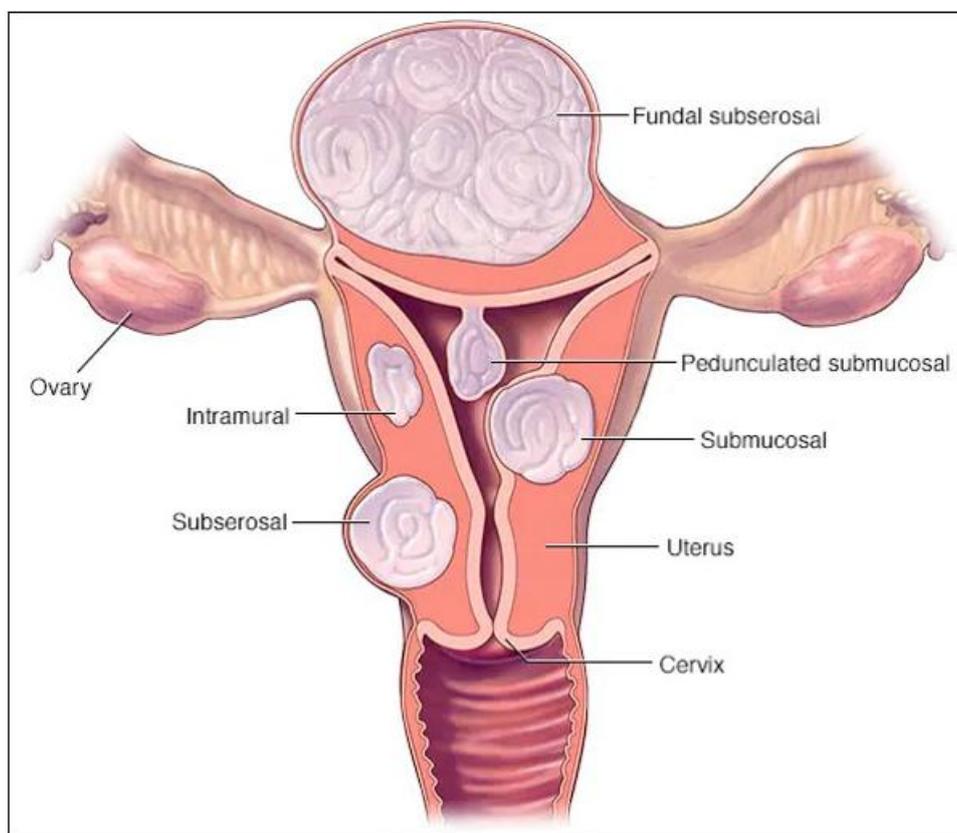
Uterine fibroids are benign tumours that affect a significant proportion of women of reproductive age, often causing symptoms like heavy menstrual bleeding, pelvic pain, and pressure. While conventional treatments include surgery and hormonal therapies, many women seek alternative approaches to manage their symptoms. Homeopathy, a holistic system of medicine, has been explored as a potential treatment option for fibroids.

Fibroids are also known by the following names:

- Leiomyomas
- Myomas
- Uterine myomas
- Fibromas

Types

- **Intramural Fibroids** - Intramural fibroids are the most common types of fibroid. These types appear within the muscular wall of the uterus. Intramural fibroids may grow larger and can stretch your womb.
- **Subserosal Fibroids** - Subserosal fibroids form on the outside of your uterus, which is called the serosa. They may grow large enough to make your womb appear bigger on one side.
- **Pedunculated Fibroids** - Subserosal tumors can develop a stem, a slender base that supports the tumor. When they do, they're known as pedunculated fibroids.
- **Submucosal Fibroids** - These types of tumors develop in the middle muscle layer, or myometrium, of uterus. Submucosal tumors aren't as common as the other types



Intermittent fasting (IF) involves alternating periods of eating and fasting to promote weight loss, improve metabolic health, and extend lifespan. There are various methods, including:

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- 1) **16:8 method:** Fasting for 16 hours and eating within an 8-hour window.
- 2) **5:2 diet:** Eating normally for 5 days and restricting calories to 500-600 on the other 2 days
- 3) **Alternate-day fasting:** Alternating between days of normal eating and days of calorie restriction or fasting.

Potential Benefits of Intermittent Fasting for Uterine Fibroids

- 1) **Hormonal regulation:** Intermittent Fasting may help regulate insulin and Estrogen levels, which can contribute to fibroid growth. Lower insulin levels can also reduce androgen production, which may help alleviate symptoms.
- 2) **Inflammation reduction:** Intermittent Fasting has anti-inflammatory effects, which may alleviate symptoms associated with fibroids, such as pelvic pain and heavy menstrual bleeding.
- 3) **Cellular cleaning:** Autophagy, a natural process enhanced by IF, may help remove damaged cells and proteins, potentially reducing fibroid growth.
- 4) **Weight management:** IF can aid in weight loss, which may reduce the risk of developing fibroids or alleviate symptoms. Excess weight is a known risk factor for fibroids.

This case report presents a patient with fibroid uterus who was treated with individualized homeopathic medicine and advised to follow intermittent fasting, resulting in significant improvement in symptoms and quality of life.

2. Case Report

Personal Data

Name of patient: Mrs. J. K.

Age: 50 years

Sex: Female

Marital Status: Married

Presenting Complaints: Patient complaints of continuous pain in lower abdomen since 15 days.

Severe bleeding with clots.

Location: Hypogastric and umbilical region

Sensation: bearing down sensation

Modalities

Aggravation: Physical exertion & Getting up from her place.

Amelioration: Pressure

Details of Presenting Complaints:

A 50-year-old female patient presented with complaints of severe vaginal bleeding for 15 days, accompanied by profound weakness and tiredness. She also experienced a bearing down sensation and pain in the hypogastric region

and near the umbilical region, which worsened with getting up from her place and physical exertion.

The patient experiences severe and profuse vaginal bleeding with clots, requiring 4-5 pads per day. The bleeding is characterized by dark bright red blood.

In December 2023, she was diagnosed with an enlarged uterus measuring 10.8 x 5.0 x 5.3 cm, with two intramural fibroids: one measuring 2.6 x 2.1 cm on the posterior wall and another measuring 1.7 x 1.4 cm in the fundal region.

Past Medical History

Osteoarthritis (2019) treated with homoeopathy medications.

Family History

Mother: Hypertension

Father: Diabetes & Hypertension

Menstrual History

- LMP- 14/ 09/ 2023
- Duration- 4 days
- Cycle- 30 – 45 days
- Pads used- 3-4 pads/day

Obstetric History: G2P1A1L1 (C Section delivery)

Physical Generals

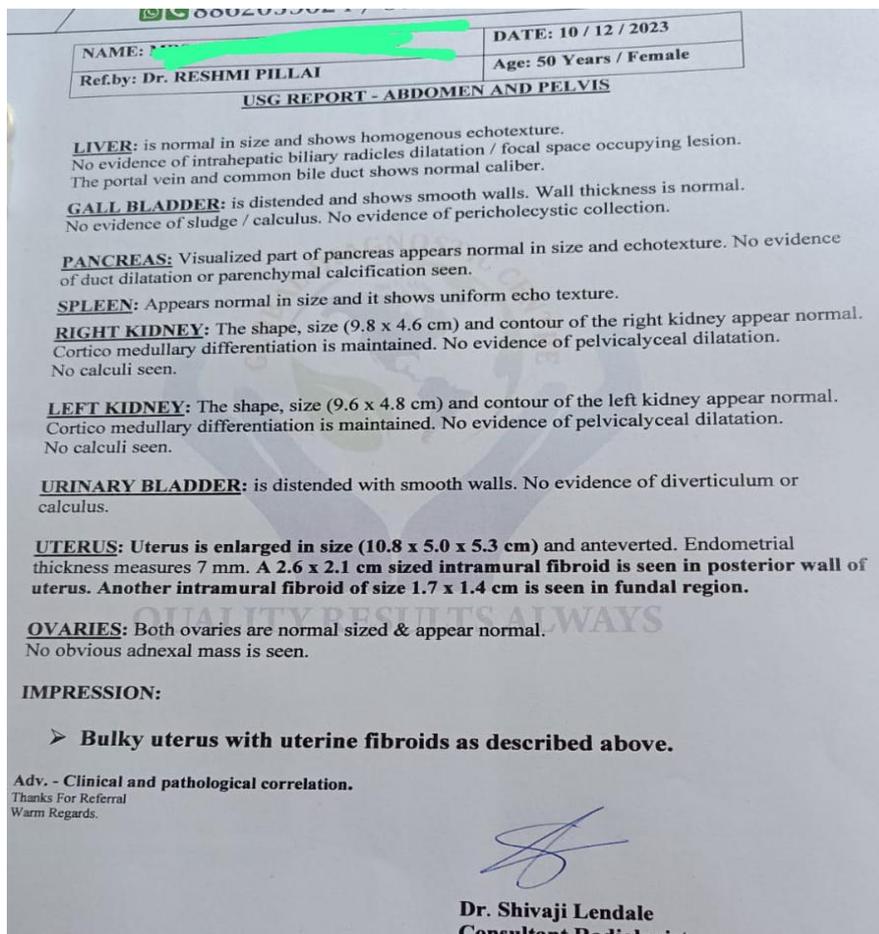
- Thermal: Hot
- Thirst: Thirstless
- Appetite: Good
- Desire: N.S
- Aversion: N.S
- Stool: Regular, but sometimes constipation
- Urine: N.S
- Perspiration: Generalised
- Tongue: White Coated
- Sleep: Un-refreshing sleep
- Dreams: N.S

Mental Generals

The patient is a jolly and freedom-loving individual who enjoys traveling. As a dedicated teacher, she takes her job very seriously, considering her students her responsibility. She goes the extra mile, especially for struggling students, often taking extra classes in the evenings. However, the pressure of exams can take a toll on her, triggering sinusitis. She easily tends to get irritable. When upset, she tends to clench her fists. To cope with emotional lows, she writes in her diary. She has a strong preference for orderliness and can become irritated when things are not neat. Additionally, she has a tendency to get angry easily.

Diagnosis:

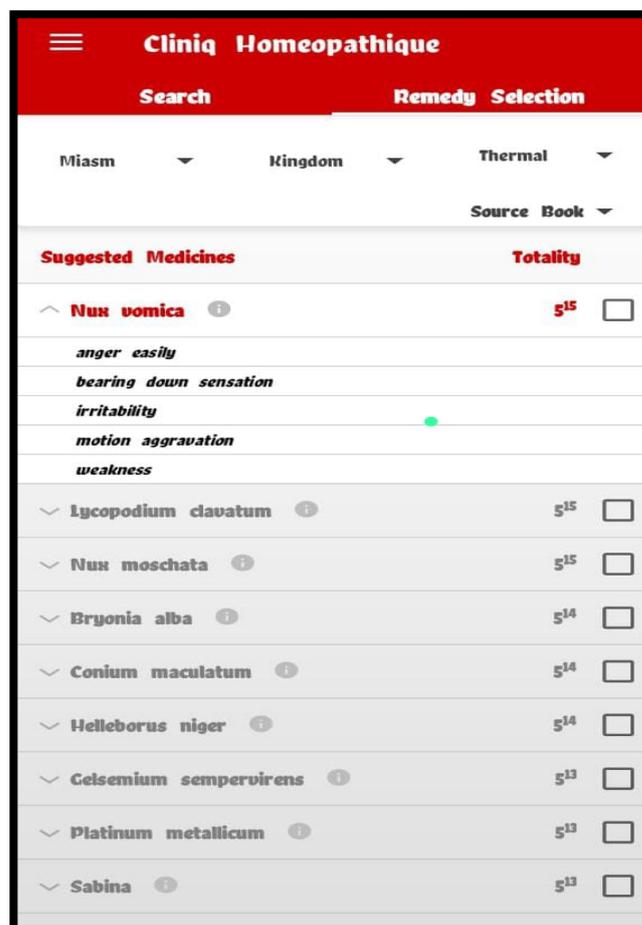
Bulky Uterus with Uterine Fibroids.



Rubrics Taken

- Irritability: Mind
- Anger, easily: Mind
- Fastidious: Mind
- Anxiety about others: Mind
- Responsibility, sense of: Mind
- Clenching fists: Extremities
- Vaginal bleeding, profuse: Female Genitalia
- Weakness, tiredness: Generalities
- Bearing down sensation: Female Genitalia
- Aggravation from motion: Generalities

Repertorial Analysis: Analysis was done with the help of Cliniq Homeopathique.



Prescription:

Date : 10/12/2023

1) Nux Vomica 30 for 3 days

4 ---- 0 ---- 0

2) Sabina 30 for 3 days

0 ---- 0 ---- 4

Supplements: Vitamin D, Iron folic, Detox, Flax Oil, Amla Juice, Multivitamin.

FOLLOW UP:

15/12/2023

Bleeding reduced, no bearing down sensation.

Rx

Nux Vomica 1M

OD for 1 month.

Supplements Continued.

20/01/2024

No Bleeding, no bearing down sensation.

Regular menses

Rx

Nux Vomica 1M

OD for 3 month.

Supplements Continued.

21/6/2024

No new complaints. No menses since LMP

Rx

Nux Vomica 1M

OD for 3 month.

Supplements Continued.

10/8/2024

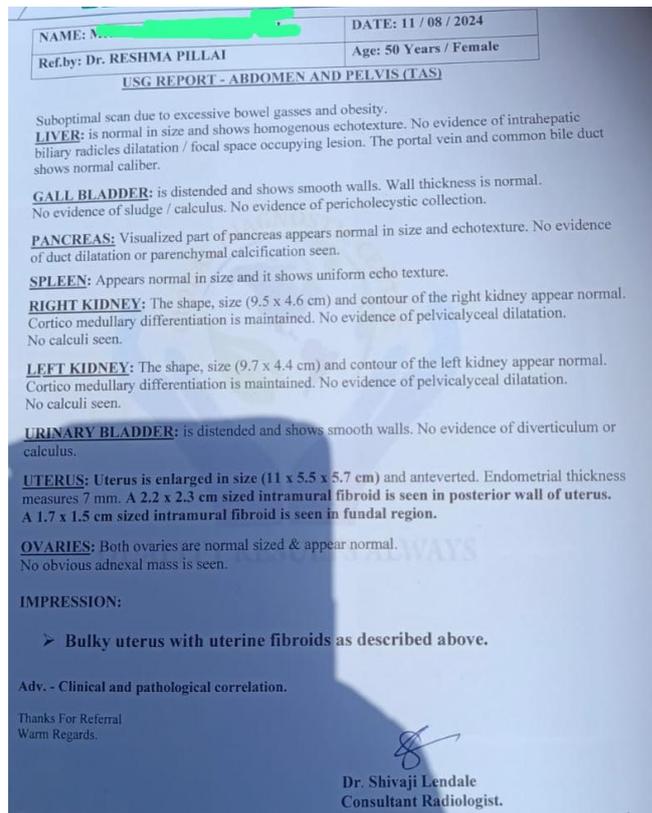
Bleeding with clots since 3 – 4 days

Rx

Sabina 30 BD for 3 days

Advice USG Abdomen & Pelvis

Before	After
Date : 10/12/2023	Date : 11/8/2024
Enlarged uterus measuring 10.8 x 5.0 x 5.3 cm , with two intramural fibroids: one measuring 2.6 x 2.1 cm on the posterior wall and another measuring 1.7 x 1.4 cm in the fundal region.	Enlarged uterus measuring 11 x 5.5 x 5.7cm with two intramural fibroids: 2.2 x 2.3 cm on the posterior wall and another measuring 1.7 x 1.5 cm in fundal region.



15/8/2024

Bleeding stopped. No new Complaints.

No new complaints. No menses since LMP

Rx

Nux Vomica 1M

BD for 3 month.

Supplements Continued

Advice : to do Intermittent Fasting

21/01/2025

No New Complaints. Regular Menstruation. No Pain

Rx

Nux Vomica 1M

BD for 3 month.

Supplements Continued

04/05/2025

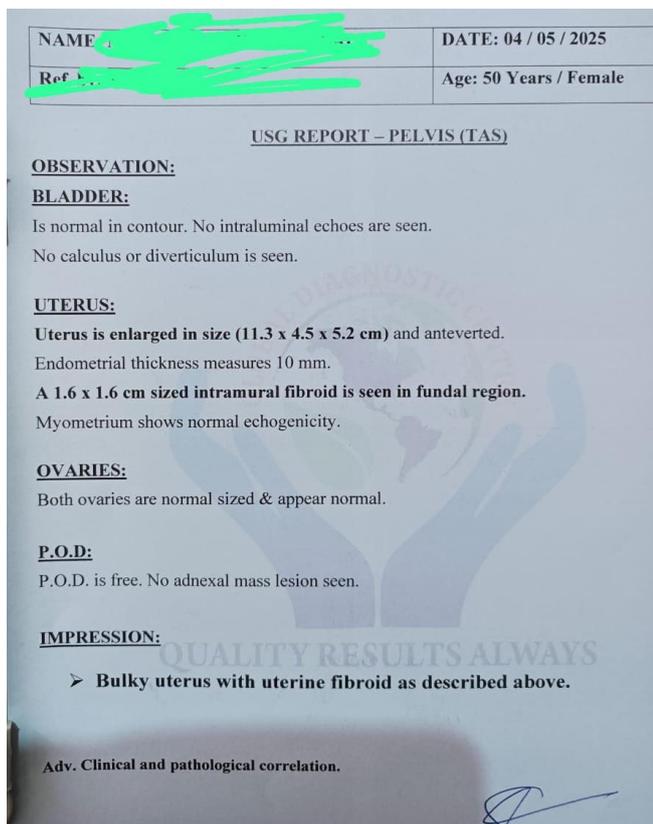
No New Complaints

Rx

Nux Vomica 1M

BD for 3 month.

Supplements Continued



Author Profile

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Before	After
Date: 11/8/2024	Date: 04/05/2025
Enlarged uterus measuring 11 x 5.5 x 5.7cm with two intramural fibroids: 2.2 x 2.3 cm on the posterior wall and another measuring 1.7 x 1.5 cm in fundal region.	Enlarged uterus measuring 11.3 x 4.5 x 5.2cm with one intramural fibroid: measuring 1.6 x 1.6 cm in fundal region.

3. Conclusion

The synergistic approach of intermittent fasting and homoeopathy prescriptions offers a promising avenue for managing uterine fibroids. By incorporating intermittent fasting into their lifestyle, individuals can potentially reduce fibroid growth by modulating hormonal balances, improving insulin sensitivity, and enhancing cellular cleansing processes. Meanwhile, homoeopathy prescriptions, tailored to individual needs, can address the underlying constitutional and pathological factors contributing to fibroid development.

The combination of these two approaches may lead to a reduction in fibroid size, alleviation of symptoms, and improvement in overall quality of life. Further research is warranted to fully elucidate the mechanisms and efficacy of this integrated approach, but the existing evidence suggests that it holds significant potential as a complementary therapy for fibroid management.

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