Use of Homeopathic Therapeutic Regimens for the Treatment of Uterine Fibroids, Expulsion of Kidney Stones & Rheumatoid Arthritis: A Systematic Review

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ABSTRACT

Relevant literature was searched via an electronic database. Different keywords were used to search the literature related to the uterine fibroid, kidney disease and rheumatic disease according to homeopathic and allopathic therapeutic regimen. Total 65 articles were studied out of which 35 articles were selected. Irrelevant articles were not included in this review. Uterine fibroids are the most common cause of morbidity in almost 20%-40% of women. In the allopathic way of treatment uterine fibroids are removed via surgical procedures like hysterectomy, myomectomy & uterine artery embolization. Calcarea carb, Pulsatilla, Phosphorus, Lycopodium, Sulphur, Natrum muriaticum, Sepia, Thuja and Kali carb are very effective for the treatment of uterine fibroids. Rheumatic disease most commonly affects the joints but sometimes can affect the ligaments, tendons, bones and muscles and causes the inflammation. Modern medical treatment is not able to cure the rheumatic disease. Patients having rheumatic disease go towards the alternative treatment most of the time, in which homeopathy is usually used. Rhus toxicodendron is being used with some precautions for the treatment of rheumatic disease. Kidney stones are 3rd most prevalent disease of the renal system. Chronic kidney disease (CKD) in South Asian countries like Pakistan is progressively increasing day by day. Environmental factors intermix with other factors including dehydration, gender & hereditary factors, diet & obesity increase and the risk of forming renal calculi. Homeopathic medicines are more effective for the expulsion of kidney stones. Lycopodium and phosphorus showed good results for treating renal calculi. Berberis vulgaris is used in relieving the associated symptoms with kidney stones and for removal of kidney stones. Extracorporeal shock wave lithotripsy is usually performed to break large renal calculi in to small ones, and then they removed from body through urinary tract. But it also causes some serious side effects like renal hematoma, infection and other urological complications. We can conclude that homeopathic medicines are very much effective in managing, treating & curing diseases like uterine fibroids, rheumatic disorders and expulsion of renal stones effectively without any additional side effects.

INTRODUCTION

Homeopathy is a science of complementary and alternative medicine in which disease is cured by micro doses of natural substances that in large doses would produce similar symptoms in a healthy individual (1). Samuel Hahnemann (father of homeopathy) born in April
1755, Meissen, Saxony; received his medical degree in 1799 from Erlangen; taking a degree of MD, died a millionaire on July 2, 1843, Paris, France (2).

Hahnemann as an allopathic physician was not satisfied with the European medicine system because he was not achieving the desired healing response in patients. He said that this state of medicine gave the patient more harm than cure. Finally, around 1784 he decided to give up his practice and started working as a writer and translator (3). Hahnemann while translating William Cullen's Materia medica, it's written in the book that cinchona bark cures intermittent fever. He observes that the writer explains the action of cinchona bark irrationally. He took large doses of cinchona continuously for two weeks after this he felt similar symptoms of intermittent fever produced by cinchona (4).

Similia similar similibus (like cures like) is the main principle of homeopathy which means the drug can cure the disease, when given to a healthy person, can produce similar symptoms of that disease (5).

Allopathy is the system of medicine in which a disease is treated by the remedies that produce different symptoms from the disease when given to the patient. The term “Allopathy” was invented in the 1800s by Samuel Hahnemann to differentiate it from homeopathy (7). Modern Allopathic medicine originated from Greco-Roman Medicine and European Northern Tradition and is based on anatomy, physiology and biochemistry. This way of treatment pays particular attention to diagnosis and treat the disease via potent pharmaceutical drug, surgery, radiation, etc. (8).

Allopathy depends on three steps namely hypothesis, experiment, observation and conclusion. This is the most popular and expectable mode of treatment now a days, but it has certain limitations in curing chronic diseases and causes serious side effects to the patient’s health, which is mandatory to be addressed to develop a safe & beneficial Medicare system (9).

On a regular basis, over 200 million people worldwide use homeopathy (10). According to the WHO global report on traditional and complementary medicine 2019, in Pakistan 40-59% population use T & CM. In which 20-39% of the population using homeopathy (11). Homeopathy treats men in disease, not disease in men; hence the selection of medicine varies from patient to patient. This is called individualization (12). Selection of the remedy based on the totality of symptoms leads the patient towards cure and the disease automatically heals (13).

Uterine fibroids are the most common cause of morbidity in almost 20%-40% of women (14). At Princess Durru Shehvar children’s and General Hospital, Hyderabad in coordination with its Extension Unit of Drug Standardization Unit (Hyderabad) of Central Council for Research in Homeopathy from September 2006 – August 2009, a prospective observational study was conducted to evaluate the efficacy of homeopathic medicine in treating the uterine fibroids. Positive conclusion obtained from this research showing that homeopathic medicine decreases the size of some uterine fibroid and some are completely cured(15).

Whereas in the allopathic way of treatment, uterine fibroids are removed via surgical procedures like hysterectomy, myomectomy, uterine artery embolization and myolysis (16, 17). GnRH (a gonadotrophin releasing hormone) agonist is the most common medical management for uterine fibroids which reduces the size of fibroids and causes amenorrhea. However, it causes significant side effects like hot flashes, bone mineral depletion, depression, vaginal dryness, irritability, and change in skin texture(18, 19).

Renal stone formation is the most relapsing disease of the urinary system (20). Chronic kidney disease (CKD) in South Asian countries like Pakistan is progressively increasing, and the cause of chronic kidney disease (CKD) is multifactorial (21). Environmental factors intermix with other factors including dehydration, gender and hereditary factors, diet and obesity increase the risk of forming renal calculi (22). Homeopathic medicines are more effective for the expulsion of kidney stones. Lycopodium and phosphorus showed good results for
INTRODUCTION

Doses of natural substances that in large doses would be harmful, are beneficial when given in small doses. Medicare (9) system (9) is the most widely accepted system of medicine in the world. Greco-Roman Medicine and European Northern Tradition was taken over by Allopathy that was invented in the 1800s by Samuel Hahnemann (3). He treated by the remedies that produce different symptoms when given to a healthy person. When these remedies produce the same symptoms as that of the disease, they are prescribed to the patient. The disease automatically heals (13). Similia similar similibus (like cures like) is the main conclusion obtained from this research showing that basis on the totality of symptoms leads the patient towards cure and the disease automatically heals (13). Taking the symptoms of the disease as a guide, he was able to cure many diseases (4). Between 1733 and 1755, Hahnemann was prolific in his practice and started working as a writer and publisher, first in Strasbourg and later in London. Hahnemann’s followers formed the Homéopathique Society in 1795. Despite legal and medical opposition, homeopathy gained momentum in France and beyond. (3)

Allopathy is the most popular system of medicine practiced in India. The main idea behind allopathy is to treat the disease by producing a different symptom. It is based on the theory which states that the body is an individual organism and has its own immune system to counter any invaders (5). The concept of a single disease with a single cure is the most common approach in allopathy. This approach, however, is the most dangerous one, as it involves the use of toxic substances to break the renal calculi (23). Berberis vulgaris is used in relieving the associated symptoms with kidney stones and for removal of kidney stones (24-26). Whereas in allopathy there is no sufficient medicinal drug available for the prevention and treatment of kidney stones (27). Extracorporeal shock wave lithotripsy performed is to break large renal calculi into smaller ones, and then they are removed from the body through the urinary tract (28). It also caused some serious side effects like renal hematoma, infection and other urological complications (29). Nephrolithotomy also causes significant complications like perioperative bleeding, pain, etc. (30). The rheumatic disease most commonly affects the joints but sometimes can affect the ligaments, tendons, bones and muscles and causes the inflammation. Modern medical treatment is not able to cure rheumatic disease. Patients having rheumatic disease go towards the alternative treatment most of the time, in which homeopathy usually used (31). Rhus toxicodendron is used with some precautions for the treatment of rheumatic disease (32). In allopathy, NSAID’s and other medications are used for the management and treatment of rheumatic disease. Methotrexate is a disease-modifying anti-rheumatic drug (DMARD) and considered as the most recommended medication for rheumatic disease. It causes some serious side effects like lung problems, skin reactions, mood swings, hair loss, hepatic issues, gastrointestinal troubles, decreased sperm production and even gestational complications (33).

METHODOLOGY

Relevant literature was searched via an electronic database. Different keywords were used to search the literature related to the uterine fibroid, kidney disease and rheumatic disease according to homeopathic and allopathic therapeutic regimen. Total 65 articles were studied out of which 35 articles were selected. Irrelevant articles were not included in this review.

RESULTS & DISCUSSION

A study showed that homeopathic medicines i.e., Calcarea carb, Pulsatilla, Phosphorus, Lycopodium, Sulphur, Natrum muriaticum, Sepia, Thuja and Kali carb are very effective for the treatment of uterine fibroids. 12 patients cured completely and others showed a remarkable reduction in the sign and symptoms of uterine fibroids. Calcarea carb was administered to 16 patients in which 8 showed marked improvement, 5 showed moderate improvement, 2 showed mild improvement and one with no improvement. Pulsatilla was prescribed to 14 patients in which 5 showed marked improvement, 2 showed moderate improvement, 5 showed a mild improvement and 2 with no improvement. Phosphorus was given to 7 patients, 1 showed marked improvement, 1 showed moderate improvement, 4 showed mild improvement and 1 with no improvement. Lycopodium was taken by 5 patients from which 3 showed marked improvement and 2 showed mild improvement. Sulphur was prescribed to 3 patients and all of them showed marked improvement. Natrum muriaticum was given to 7 patients, 3 of them showed marked improvement, 1 showed a mild improvement and 3 showed no significant results. Sepia was prescribed to 6 patients in which 3 showed a marked result. Thuja was given to 11 patients, 1 of them showed marked improvement, 4 showed moderate and 3 showed mild improvement. Kali carb was prescribed to 2 patients and both of them showed marked improvement (15).

Barberry is used as a healing agent in the herbal medicinal system for more than 2,500 years. Berberis vulgaris is one of the most common garden bushes. The root, leaves, fruits and stem of Berberis vulgaris contain 22 alkaloids which have medicinal properties. Research showed that these alkaloids also used as antibiotics. This medicine is being used since long. For kidney pain and expulsion of kidney stones, Berberis vulgaris is the most commonly prescribed homeopathic medicine (25, 26). Berberis vulgaris is used in relieving the associated symptoms with kidney stones (24-26). Whereas in allopathy there is no sufficient medicinal drug available for the prevention and treatment of kidney stones (27).
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Table 1: Improvement status of uterine fibroids with homeopathic medicine used (15).

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break large renal calculi into small ones, and then they

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An observational study was conducted at Bharati Vidyapeeth Homeopathic medical college, Hospital and Research center, Pune, India. The duration of the study was two years (2016 – 2018). 91 patients having arthritis disorder were enrolled and regular follow up was provided to them. The aim of this study was to find out the efficacy of Homeopathic medicine Rhus Toxicodendron in term of relieving signs and symptoms of arthritis disorder. Moreover, the study was designed to develop clinical guidelines. Out of 91 patients, 8 patients had shown improvement (Q, 30C, 200C, 1M).

Out of 91 patients, 78 patients had shown marked improvement. Whereas, 34 patients showed moderate improvement. Only 13 patients out of 91 had shown no improvement. The rheumatic disease most commonly affects the joints but sometimes it can affect the ligaments, tendons, bones and muscles and causes the inflammation. Modern medical treatment is not able to cure rheumatic disease. Patients having rheumatic disease seek an alternative treatment most of the time, which is usually homeopathy (31). Rhus Toxicodendron was used with some precautions for the treatment of rheumatic disease (32). In allopathy, NSAID’s and other medications are used for the management and treatment Bar Chart showing the outcome of Therapeutic Regimen of rheumatic disease. Methotrexate is an anti-rheumatic drug (DMARD) and considered as the most recommended medication for rheumatic disease. It causes some serious

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side effects like lung problems, skin reactions, mood swings, hair loss, hepatic issues, gastrointestinal troubles, decreased sperm production and even gestational complications (33).

CONCLUSION

Homeopathy treats men in disease, not disease in men; hence the selection of medicine is varying from patient to patient. Around 3000 homeopathic medicines are being practiced effectively since 1790. Based on information found after extensive literature review, we can conclude that homeopathic medicines are very much effective in managing, treating & curing diseases like uterine fibroids, rheumatic disorders and expulsion of renal stones effectively without any additional side effects.

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