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## Leucorrhoea (leukorrhea) and its homoeopathic management

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### Abstract

Leucorrhoea is a most commonly occurring benign physiological condition in women where there is excessive secretion of normal vaginal secretions. When checked for, there is no increase in the leucocyte count under the microscope. In a developing country like India, there are many taboos about it and is at times also referred to as White Blood. This complaint is more commonly seen in the fastidious so called modern women who are anxious in nature and they usually complain of it more frequently. The female population is now approaching the doctors for such complaints which were previously thought to be taboo. Homoeopathic system of medicine is now being preferred in many cases. The diagnosis of leucorrhoea is usually based on symptomatology and clinical examination. Individualized Homoeopathic medicines based on case to case basis is the treatment in Homoeopathy. Stress should be laid upon general hygiene, cleanliness and of course mental relaxation to calm down the anxious state of mind. The enclosed case bears testimony to the fact that Homoeopathic treatment can treat the body as well as the mind.

**Keywords:** Leucorrhoea, physiological, individualization, vaginal secretion, gynecological disorder, Homoeopathy

### Introduction

It is the excessive secretion of normal vaginal secretions where all other physical characteristics remain the same. The discharge is macroscopically and microscopically non purulent and there is no increase in the leucocyte count when examined under the microscope. The common public usually label all discharges as leucorrhoea whereas its just excessive production of normal physiological secretions. The most important challenge for the doctor is to differentiate between the physiological and pathological causes. A normal vaginal discharge has a volume of about 1-4 ml and the fluid is usually transparent, white and odorless. It is formed by sloughing epithelial cells, normal bacteria and vaginal transudate.

Specific antigens cause purulent discharges as there could be infections for eg. Trichomoniasis, monoliasis, gonorrhea etc. The infective agent forms 2 groups -1. The mild group due to one of the three agents (a) *Candida albicans* (b) *Gardnerella Vaginalis* and (c) *Trichomonas vaginalis*. 90% of these cases are usually mild. 2. The more serious group which account for about 10% may cause painful sores, tumor like lesions and may at times spread further into the pelvis or cause generalized infection. At times ulcerated growth of the cervix, vagina, discharges because of the urinary fistulae may also take place but these cannot be considered as leucorrhoea although many physicians also commonly describe any vaginal discharge as leucorrhoea. If we were to consider the total no of patients visiting Gynaec clinics, approximately 20% patients complain of vaginal discharge. It could be physiological or due to some underlying infection at times.

**Causes 1. Sexual excitement:** Due to secretions by Bartholin's glands which increases the vaginal secretions temporarily.

**2. OCP:** Patients on these pills could develop ectopy thereby causing Leucorrhoea.

**3. Cervical reasons:** Where there is chronic cervicitis, ectopy, mucous polypi or hypertrophy. There could be an increase in the no of cervical glands leading to increased secretion with mucoid discharge.

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**4. Pregnancy:** Oestrogens are produced in excess leading to increased activities of the cervical glands. Also there is congestion in the pelvic region due to increased vascularity which in turn causes increased transudation from the vaginal epithelium.

**5. Uterine causes:** These include retroversion of the uterus, uterovaginal prolapsed. These put pressure on the veins thereby causing pelvic congestion leading to increased transudation from the vaginal walls.

**6. Physiological causes:** At times in puberty or ovulation and in some women during the premenstrual phase of the menstrual cycle.

**7. Excessive vaginal secretion:** it is seen when the discharge originates from the vagina as a transudation through the vaginal walls. Almost all the lactic acid of the vagina originates from the glycogen contained in the keratinized cells of the vaginal mucosa and the vaginal. These cells are constantly being desquamated when their glycogen liberated is fermented by Doderleins bacilli which produces lactic acid. This process is under the control of oestrogen whose level is related with the pH of the vagina.

### Clinical Features

The so called modern women who are anxious, fastidious and fussy in nature usually complain of it more frequently. In a developing country like India, there are many taboos about it and is at times also referred to as White blood. The discharge could be of different nature but is usually colourless or whitish. It is usually none irritating and non-corroding. Stains on the clothes worn is also a common complaint and is usually brownish in nature. At times it could be associated with other symptoms like vulval itching, trichomonas, monilial vaginitis. The patient could also have poor sleep and weight loss. However, wasting is the cause of leucorrhoea and not the other way round.

### Examination and Investigations

On examination, usually no local lesion is seen. The vaginal discharge shows features of normal vaginal secretions. On microscopic examination usually there are no pus cells but Doderleins bacilli and epithelial cells are seen. Leucorrhoea must be differentiated from specific vaginitis by bacteriological examination. a speculum examination could be helpful to locate the source of leucorrhoea. If there is excessive mucoid discharge at the OS it could be cervical. Cervical PAP STAIN CYTOLOGY in sexually active women is done.

### Treatment

Along with proper counseling, the patient needs reassurance and education about the condition. Stress should be laid upon general hygiene, cleanliness and of course mental relaxation to calm down the anxious state of mind.

### The role of homoeopathy

Homoeopathic system of medicine is now being preferred in many cases. It's important to discuss these symptoms with a Homoeopathic physician in detail. Homoeopathy offers excellent treatment to eradicate common complaints. Also its important to understand that the line of treatment could be by other systems also which are respectful for e.g. Allopathy, Unani, Siddha, Ayurveda, Yoga and Naturopathy etc. All

systems have their scopes and limitations.

### Homoeopathic Therapeutic for Leucorrhoea

Some of the leading Homoeopathic medicines are as below

1. Calc carb
2. Kreosotum
3. Sepia
4. Borax
5. Kali Bichromicum
6. Pulsatilla
7. Alumina
8. Merc. Sol.
9. Kali Carb
10. Ambra grisea

#### Calc. Carb

Leucorrhoea before menses with headache Colic, Chilliness. Leucorrhoea, milky. Itching in vagina. < from exertion or during urination.

#### Kreosotum

Leucorrhoea yellow, acrid; odor of green corn; < between periods. Corrosive itching within vulva, burning and swelling of Labia, violent itching between labia and thighs.

#### Nat. Mur

Leucorrhoea acrid, watery.

Vagina dry.

Bearing down pains; <in morning. H/o irregular menses.

#### Sepia

Leucorrhoea yellow, greenish; with much itching. Pelvic organs relaxed. Bearing down sensation as if everything would escape through Vulva; must cross limbs to prevent protrusion or press against vulva. Vagina Painful; esp. on coition.

#### Borax

Leucorrhoea like white of eggs, with Sensation as if warm water was flowing. Sterility sensation of distention in entoris with sticking. Pruitus of vulvae and eczema.

#### Kali. Bich.

Yellow, tenacious Leucorrhoea. Pruitus of vulvae with great burning and excitement. Prolapsus uteri; worse in hot weather

#### Pulsatilla

Leucorrhoea acrid and burning, creamy. Pain in back, tired feeling. Nervous debility. This medicine is known as the weather cock among remedies.

#### Alumina

Leucorrhoea acrid, Profuse, transparent, ropy with burning; worse during daytime, and after menses. Relieved by washing with cold water.

#### Merc. Sol

Leucorrhoea excoriating, greenish and bloody; sensation of rawness in parts. Itching and burning; < after urinating; > washing with cold. Water. Morning sickness with profuse salivation.

#### Hydrastis

Erosion and excoriation of cervix. Acrid and corroding, shreddy, tenacious. Pruitus vulvae with profuse leucorrhoea. Leucorrhoea

worse after menses.

### **Kali. Carb**

Sharp Cutting pain in lower back feeling as if the back would break. Leucorrhoea is yellow with burning & itching in vulvae.

### **Ambra Grisea**

Nymphomania. Itching of pudendum with soreness and swelling. Profuse, bluish leucorrhoea.

### **Reference of Repertory**

If we refer to the Synthesis repertory edition 9.1 by Dr. Frederick Schroyens, a detailed description of Leucorrhoea is given. Here a total 218 medicines are included under the heading of leucorrhoea starting from Abroma a to Ziz. The type and colour of leucorrhoea gives a way for thinking about a Homoeopathic prescription for eg. 1. Acrid excoriating, 2. Albuminous, 3. Bloody, 4. Bluish, 5 brown, 6. Copious, 7. Cream like, 8. Curdy, 9. Dark, 10. Dirty, 11. Frothy, 12. Glassy, 13. Gonorrheal, 14. Greenish. 15. Grey, 16. Gushing etc. Certain hints which are usually considered by practitioners is well given like. leucorrhoea menses after, before, between during, instead of etc. they are very useful for treating the patients.

If we refer to the Homoeopathic medical repertory, 3<sup>rd</sup> revised edition by Robin Murphy, here too the type and colour of leucorrhoea along with other aspects gives us a way to proceed with the case. In brief, the schema given in robin Murphy is very educative and informative. Lets consider a few aspects of it –

1. Female vaginal discharge – leucorrhoea (pg 812) there are 325 remedies in this rubric and some of the prominent ones are – ALUM, AMM C, ARS, ARS I, CALC, CALC S, CARBO AN, CARBN S, CAUST, GELS, GRAPG, IOD, KALI ARS, KALI C, KREOS, MEDO, MERC, MUR AC, NAT MUR, NIT AC, PLAT, PULS, SEP, SIL, STAN, SULPH.
2. Causative factor – for e.g. acrid foods after (pg 812). There are 2 remedies in this rubric i.e. NAT P, SIIL.
3. What type? e.g. acrid excoriating (pg 812). There are 147 remedies in this rubric. The prominent remedies are ALUM, ARS, BOR, CARBN S, CAULO, CHAM, FERR, FERR ARS, FL AC, GRAPH, KREOS, LYCO, MERC, NIT AC, PHOS, PULS, SEP, SIL.
4. When? For e.g. afternoon (pg 813). There are 5 remedies in this rubric chiefly, ALU, CALC P, LIL T, MAG C, NAJA.
5. Alternating with – for e.g. cough (pg 813). The remedy IOD is noted here.
6. What colour? – eg amber (pg 813). 2 remedies are noted here i.e. NAT P, SEP.
7. Any condition? For e.g. candida albicans (pg 814). 10 remedies are seen here but the prominent ones are NAT P, PULS, THUJ.
8. Quantification nature i.e. volume – for e.g. flowing down the thighs (pg 814) and the 2 important remedies given here are GRAPH, SENEG., gushing (PG 815) –there are 15 remedies given here but the prominent ones are CALC, GRAPH, LYCO, SEP, SIL.
9. Any concomitant with ? – for e.g. headache with (pg 815) The single remedy noticed here is PLAT. Urination during (pg 818) there are 13 remedies given here and the prominent remedy seen here is SIL.
10. Before between or instead of menses?– (pg 816) – this rubric is equally important too as vit gives deeper knowledge of the case.
11. With history of? For e.g. miscarriage (pg 816) – 4 remedies

are seen here. Miscarriage tendency to – 3 remedies are seen here.

12. In whom? – for eg woman type (pg 819)- this rubric too is important as we can get the types for eg blonde and phlegmatic, cachectic, hysteric, students etc.

India is a huge and developing country and has a large female population. Although shy and conservative, the female population is now approaching the doctors for such complaints which were previously thought to be taboo. Homoeopathic system of medicine is now being preferred in many cases. It's important to discuss these symptoms with a Homoeopathic physician in detail. Homoeopathy offers excellent treatment to eradicate but its important for the patient to be prompt as well as sincere enough to give all the symptoms for proper treatment. Herewith we are enclosing a case study where the patient, a young housewife of 21 yrs developed leucorrhoea post marriage along with some mental symptoms like absent mindedness and anxiety. The efficacy of Homoeopathic medicines is well established and this case bears testimony to this fact where Homoeopathic treatment can treat the body as well as the mind.

### **Case of Leucorrhoea**

A 21yrs of female came with c/o Per vaginal discharge which was transparent, yellow, thin watery with itching and burning and acrid in nature. Rashes around vagina.

< after and before menses.

< exertion

> washing with cold water

<day time

<open air

C/o Generalized weakness.

C/o itching & buring in rectum.

Pt. was well before 1 year, but started with c/o WDPV with itching and burning after her marriage

### **P/H/O**

Chicken pox before 3yrs & Dengue before 15 yrs.

### **Personal history**

Thermal Stage - Chilly

Appetite-reduced

Desire- Coffee & rice

Aversion-meat & potato

Thirst-normal

Stool-Occasional Constipated

Sleep- sound

Perspiration - on exertion, Scanty in nature.

### **Menstrual history**

Regular menses for 2-3 days with bright red blood. Her menses is delayed in winter.

Lmp - 7/8/22

### **Mind**

Pt. had Starting of her complaints after her marriage. According to her she changed state and was not able to adjust with the new environment.

- Anxiety about work.
- Has become forgetful and lost in her own thoughts absent mindedness.
- weeps easily.
- Sometimes gets suicidal thoughts if she sees any Sharp objects.

- Unable to See bleeding - vertigo.

**Totality of symptoms**

- Anxiety about future.
- Suicidal thought seeing Sharp objects.
- Forgetfulness
- Absentmindedness
- Aversion – Potatoes
- Aversion- meat
- Desire- coffee
- Desire- Rice
- Stool - Constipation.

**Treatment**

Alumina 30 1 dose

SL 30 TDS 7 days

**1st follow up**

Lecorrhoea reduced- slight

No itching

No burning

Acridity +

Appetite good

Thirst Adequate

Feel mentally satisfied

Anxiety reduced Rx

Alumina 200 1 dose

Sac lac 30 tds for 2 wks

Much better now and happy about it.

**Conflict of Interest**

Not available

**Financial Support**

Not available

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