

Leucorrhoea And Its Homoeopathic Management

A Review

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Abstract

Leucorrhoea or vaginal discharge is the commonest reproductive tract infection in adult age women. Vaginal discharge is normal when it is fluid, white, clear watery and they change in amount depending on the time of menstrual cycle. Leucorrhoea becomes abnormal when it changes in colour, consistency, odour along with itching and burning pain in the vaginal area. In such cases it can be suggestive of any underlying health condition like a vaginal infection. The common cause may be due to unhygienic conditions, infections in the genital tract and impaired immune function. Its prevalence is high but women are embarrassed about the problem and refuse to seek medical help. For the treatment of leucorrhoea its important to know the causation. Homoeopathy being a holistic system of medicine has a wide scope in treating leucorrhoea. There are many homoeopathic medicines in materia medica which are well proved and which can be prescribed for leucorrhoea. Homoeopathy not only cures the infection but also prevents its recurrence. While alleviating the suffering of the patient it also improves the quality of life in patients suffering from abnormal vaginal discharge.

Keywords: Leucorrhoea, Homoeopathy, Vaginal discharge, Materia medica, Reproductive tract infection.

1. Introduction

Leukorrhoea or leucorrhoea or lukoria or likoria, white discharge or vaginal discharge, is a mild odorless discharge from the vagina that is clear or milky in colour. It is a physiological vaginal discharge normally preceding menarche and occurs during ovulation, during pregnancy and in response to sexual excitement ^[1,2,3]. It is strictly defined as an excessive normal vaginal discharge. The symptom of excessive discharge is a subjective one with individual variation, while to declare it to be normal and not an infective one, it requires clinical and laboratory investigations.

The term leucorrhoea should fulfill the following criteria:

- The excess secretion is evident from persistent vulval moistness or staining of the undergarments (brownish yellow on drying) or need to wear a vulval pad.
- It is non purulent and offensive.
- It is non irritant and never causes pruritus.

Leucorrhoea is a medical condition in which women experience a thick white or yellowish discharge from the vagina, which mainly occurs during puberty when the sex organs are developing in women. Sometimes it flows as a liquid and sometimes it is sticky and thick. Vaginal discharge is to some extent normal and healthy as it sheds dead cells from the reproductive organs and other toxic organisms. In healthy women, discharge is milky white ^[4,5].

Abnormal vaginal discharge may be white, yellowish, reddish, and blackish. If it is thick, sticky, white, and inflamed, it requires medical attention. With noticeable symptoms and abnormal discharge, if the discharge is profuse, does not stop, pads should be used or if the discharge is not white but grayish-white, yellow, greenish brown or rusty in color and itching, it becomes a serious condition that needs immediate treatment ^[4,5].

Every woman has normal vaginal discharge periodically, which maintains the chemical balance and flexibility of the vaginal muscles, serves as a normal defense system for the vagina. If the discharge is more than usual and becomes a thick, white or yellow liquid with a foul smell, it is called “leukorrhea,” which could be a sign of infection or any other causes ^[5]. Vaginal discharge is characterized by secretions from epithelial cells and Bartholin glands of the vagina, which nourish the vaginal microenvironment. However, there are many pathophysiological conditions that are directly or indirectly associated with alterations in the quantity or quality of vaginal secretions^[6,7,8].

The World Health Organization (WHO) has recommended the syndromic management in which women complaining of vaginal discharge are treated for some or all of the five common reproductive tract infections like Chlamydia trachomatis, gonorrhoea and trichomoniasis are sexually transmitted diseases and bacterial vaginosis and candidiasis, which are the result of disruption of the normal flora of the vagina ^[6].

Types of leucorrhoea.

1. Physiological Leucorrhoea^[3,9,10,11]

Physiological leucorrhoea is clear or milky white, relatively dilute, odorless and non-irritating. Leucorrhoea can occur normally during pregnancy. This is due to increased blood flow to the vagina due to increased estrogen. In post-pubertal women, there is a significant change in vaginal discharge and the patient can rest assured that the discharge is normal if it is not painful, itchy, has an unusual color or odor. Puberty girls often complain of vaginal discharge. If the discharge is clear, does not have symptoms of itching or has a bad smell, it is most likely physiological vaginal discharge, caused by stimulation of the ovaries by estrogen from the uterus and vagina. It does not require immediate medical attention. It may be a natural defense mechanism the vagina uses to maintain chemical balance as well as keep vaginal tissues flexible.

Physiological leucorrhoea is caused by the stimulation of estrogen. Changes in the vaginal epithelium, changes in the normal flora and pH of vaginal secretions lead to leucorrhoea. A physical examination will reveal evidence of estrogenic vulva and hymen with no erythema or abrasion. Physiological leucorrhoea on inspection revealed few white blood cells, estrogen maturation of vaginal epithelial cells, and no pathogens

2. Pathological Leucorrhea^[3,11,12].

Vaginal discharge can be increased due to vaginal infections and sexually transmitted infections (STIs). Doctors must always be on the lookout for signs of abuse. If symptoms are present, cultures should be obtained. Various pathogens such as *Neisseria gonorrhoeae*, *Candida albicans* and several other pathogens such as *Urea plasma urealyticum*, *Chlamydia trachomatis*, candida-like organisms and streptococci are responsible for the disease. Often a sign of an organic bacterial infection, vaginal mucus becomes inflamed in the leucorrhea, resulting in vaginal discharge that is yellowish in color and has an odor. Leucorrhoea is also caused by *Trichomonas*, a group of parasitic protozoa, especially *Trichomonas vaginalis*. Common symptoms of this disease are burning sensation, itching, and discharge of foamy, thick, white or yellow mucus. Also due to nutritional deficiencies or reproductive tract dysfunction and may be a sign of an infection or an underlying gynecological condition^[1].

3. Inflammatory Leucorrhea^[3,12].

It can also be the result of inflammation or congestion of the vaginal lining. In case the discharge is yellow or has an odor you should see your doctor as it could be a sign of a number of disease processes including an organic bacterial infection or STDs. After delivery, leucorrhea with back pain and foul-smelling discharge may suggest failed contractions due to infection. Several tests such as wet smear, Gram stain, culture, cervical smear and biopsy are suggested to diagnose the disease. Often a sign of an organic bacterial infection, vaginal mucus becomes inflamed resulting in vaginal discharge that is yellowish in color and has an odor.

Causes of leucorrhea^[3,5,13].

- The main cause of leucorrhea is an imbalance of hormones, especially estrogen. It is the primary female sex hormone responsible for the regulation and development of the female reproductive system and secondary sex characteristics.
- Pregnancy, menstruation or perimenopause and uterine congestion. Inflammation of the male and female genital organs.
- The use of chemical contraceptives, IUDs and other mechanical factors cause infection and itching.
- Psychological factors: Excessive stress, anxiety, depression and other mental problems^[14].
- Eating poorly, taking too many tranquilizers.
- Lack of hygiene or poor hygiene practices especially during menstruation.
- Health problems like tuberculosis, anemia, gout, arthritis, typhoid, diabetes, etc. may predispose infections due to weakened immunity.
- Ascending urinary tract infections
- Inflammation of uterus
- Bacteria, fungal infections
- Early/ young age pregnancy
- Injuries to the vagina, the uterus or the cervix
- Allergy or contact dermatitis
- Pelvic inflammatory disease
- Sexually transmitted disease
- Gonorrhoea
- Syphilis

- Any fungus like yeast infects reproductive organs.
- Blister or swelling at the head of uterus .In this case discharge is more profuse than during sexual intercourse. It is grey in colour and looks like coagulated blood.

Pathophysiology^[4,5,13].

The physiological basis for normal vaginal discharge depends on estrogen levels. With an increase in estrogen levels, the secretory activity of the endocrine glands becomes abundant, and the vaginal surface epithelium becomes rich in glycogen. The secretion of mucus by the cervical glands is usually weak. The carbohydrate component of the mucin glycoprotein is fermented to lactic acid. However, if the mucus is too much, it will come out at the level of the vulva.

The excessive secretion is due to:

- Physiological excess
- Cervical cause
- Vaginal cause

➤ **Physiological excess** ^[15].

The normal secretion increases in conditions when the estrogen levels are high. Such conditions are:

During puberty: Increased levels of endogenous estrogen lead to marked overgrowth of the endocervical epithelium which may encroach onto the ectocervix producing congenital ectopy (erosion) → increased secretion.

During menstrual cycle

1. Around ovulation—Peak rise of estrogen → increase in secretory activity of the cervical glands
2. ii. Premenstrual pelvic congestion and increased mucus secretion from the hypertrophied endometrial glands.

Pregnancy: There is hyperestrogenism with increased vascularity. This leads to increased vaginal transudate and cervical gland secretion.

During sexual excitement: when there is abundant secretion from the Bartholin's glands.

- **Cervical cause:** Non-infective cervical lesion may produce excessive secretion, which pours out at the vulva. Such lesions are cervical ectopy, chronic cervicitis, mucous polyp and ectropion.
- **Vaginal cause:** Increased vaginal transudation occurs in conditions associated with increased pelvic congestion. The conditions are uterine prolapse, acquired retroverted uterus, chronic pelvic inflammation, oral contraceptive use and vaginal adenosis.

Leucorrhea Symptoms ^[3,5,16,17].

Main symptoms of the disease are excessive vaginal discharge, pain in the thighs and calf muscles and burning micturition .

The vaginal discharge colour may be whitish, yellowish, reddish and blackish. The discharge may be accompanied with foul smelling and itchy sensation or a pain at the infected area.

Other associated symptoms of leucorrhea are:

- Pelvic or lower abdominal pain
- Constipation

- Anaemia
- Lumbago
- Malaise
- Breathlessness
- Headache and giddiness
- Indigestion
- Paleness
- Anorexia
- General weakness
- Polyuria
- Pruritus
- Dysuria
- Dyspareunia
- Bleeding after intercourse
- Vaginal bleeding between two menstrual cycles
- Abnormal skin growth around the vaginal area
- Vaginitis or inflammation of the vagina
- Intense swelling of the vagina.

2. Prevalence

World Health Organisation estimates up to 357 million new cases of women aged 15-49 years reported with four different gynecological diseases including Chlamydia trachomatis, Neisseria gonorrhoeae, syphilis and Trichomonas vaginalis are prevalent in countries with low economic status like India. Reproductive tract infection is known to be the most common health problem estimated to affect about 30-35 million of the adult population and experience one or more episodes each year. Recent research shows that important risk factors such as age, income, education level, and number of children are associated with patients suffering from leucorrhoea. ^[6]

According to an original research article conducted on community based survey among 191 women who presented with abnormal vaginal discharge it was found that the prevalence was more among 30 to 39 years as compared to other age groups. Regarding the parity 6 women were nulliparous and about 73 has at least 3 children. The prevalence of bacterial vaginitis was 67.5% , 11.5 % for vaginal candidiasis and 5.2 % for trichomonas vaginitis and 15.7% were found to have mixed culture ^[6].

Another article conducted a research assessing the prevalence of leucorrhoea among women in reproductive age group and the results obtained were out of 60 women 60% belonged to the age group of 31 to 40 years. 50 % of women suffering from leucorrhoea had two or more children ^[18].

A cross sectional study was conducted to assess the reproductive age group women of Nagpur City and the results reveal that leucorrhoea was present in 139 females out of 506 females and leucorrhoea was significantly higher in married females as compared to unmarried females^[19] .

3. Scope of Homoeopathy in Leucorrhoea

Homoeopathy is a system of medicine which is based on the law of similar ‘likes cures like’ ‘Similia Similibus Currentur’^[25]. Homoeopathy treats the patient as a whole taking note of the causative factors, sign and symptoms and forming a totality of symptoms for individualization purpose. It doesn't

emphasize only in treating the signs and symptoms but in giving an overall relief to the patient in body , mind and soul. Homoeopathy addresses all aspects of individual with complete set of symptoms through the constitutional and holistic approach. It will not only treat the leucorrhoea but improve other functions as well. A detailed case taking is done and careful assessment is done to treat the disease at the root cause. Another advantage of the selected homoeopathic medicine is to prevent the recurrence of disease which can only be achieved by a well selected indicated remedy from materia medica.

4. Homoeopathic Therapeutics for Leucorrhoea

Sl no.	Drug	Symptoms
1.	Alumina ^[5,20,21,22,23] .	<ul style="list-style-type: none"> • Leucorrhoea acrid, profuse, transparent, ropy, with burning, worse during day time and after menses. Relieved by washing with cold water. • Corrosive leucorrhoea, with smarting in the genital parts. Leucorrhoea before and after menses, and often with trembling, fatigue, and colic. • Leucorrhoea flesh coloured causes stiffness of the linen. • Constipation. Patient has to strain much even for soft stools. • Another indication of alumina is leucorrhoea very profuse and even runs down till the heels.
2.	Arsenicum album ^[5,20,21] .	<ul style="list-style-type: none"> • Leucorrhoea ,acid ,burning, offensive, thin. Pain as from red hot wires, worse least exertion, causes great fatigue, better in warm room. Stitching pain in pelvis, extending down the thigh. • Pain in the sacrum and in the shoulders. • Patient exhausted both mentally and physically. • Restlessness cannot remain in same position or at same place. • Thirst for large quantities of water at frequent intervals.
3.	Ammonium carbonicum ^[20,21,24] .	<ul style="list-style-type: none"> • Extremely acrid , burning and watery leucorrhoea, menses too early, too scanty or too profuse. • Poor unrefreshing sleep, headache after walking in fresh air. • It suits sickly, weak, delicate women, sleepy by day, no sleep at night. • Swelling ,itching, and burning in the external genital parts of the female. Excoriation of the skin in the

		<p>parts and in the anus.</p> <ul style="list-style-type: none"> • Aversion to other sex.
4.	Ammonium Muriaticum ^[20,21,24] .	<ul style="list-style-type: none"> • Leucorrhoea , like white of an egg with pain about the navel , brown, slimy after every urination. • Diarrhea , greenish, mucous stools , and navel pain during menses. • Menses too early, too free, too dark, clotted, flow more at night. • Pain as if sprained in left side of the abdomen during pregnancy. • Pain in the abdomen ,loins and pains ,compressive or drawing in the back, continuing during the night, when the menstrual discharge is more profuse. • During the menses, vomiting and diarrhea ,drawing in the feet or discharge of blood on going to stool. • Leucorrhoea with constipation, stools hard and crumbling.
5.	Bovista ^[20,21] .	<ul style="list-style-type: none"> • Leucorrhoea acrid , thick, tough, greenish ,follows menses. Cannot bear tight clothing around waist. Soreness of pubes during menses, metrorrhagia. • Diarrhea before and during menses. Menses too early and profuse, worse at night. Voluptuous sensation . • Leucorrhoea a few days before or a few days after menses, while walking , like the white of egg, yellow green corrosive ,leaving green spots on clothes. • Excoriation in the inguinal fold during the catamenia.
6.	Borax veneta ^[5,20,21] .	<ul style="list-style-type: none"> • Leucorrhoea like white of eggs, with sensation as if warm water was flowing. Sensation of distension in clitoris with sticking. • Leucorrhoea , corrosive and thick like starch .Acrid leucorrhoea ,appearing for two weeks between catamenia ,with swelling of labia and inflamed and discharging Duverney’s glands. • Stinging and distended feeling in clitoris. • During pregnancy , swelling ,itching and burning of vagina ,with a discharge like gonorrhoea. • Leucorrhoea white as starch , perfectly bland without pain.

		<ul style="list-style-type: none"> • Menses too early too soon with nausea
7.	Calcarea carbonica ^[5,20,21] .	<ul style="list-style-type: none"> • Before menses , leucorrhoea with headache, colic and chilliness. Cutting pains in the uterus during menstruation • Leucorrhoea , milky. Burning and itching of parts before and after menstruation, in little girls. • Much sweat about external genitals. • Leucorrhoea ,with burning itching or else like milk, flowing by fits and during the emission of urine . • It is indicated by its general symptoms and these are always the more important in this affection. More prominent of these are morning hunger, acidity of stomach , cold and damp feet. • Leucorrhoea getting worse from exertion or when urinating is a strong indication towards the use of calcarea carbonica. • In little girls who perspire excessively on head and feel very cold. • Patient with unusual craving for boiled eggs and indigestible things like chalk, pencils and lime.
8.	Caulophyllum Thalictroides ^[20,21]	<ul style="list-style-type: none"> • Leucorrhoea , with moth spots on forehead. Needle like pains in the cervix. • Dysmenorrhoea with pains flying to other parts of body. Menses and leucorrhoea profuse. • Leucorrhoea sharp , acrid very weakening, with heavy eyelids ,of profuse bland mucus, in little girls with forcing down pains, with sterility. • Tension and fullness in hypogastrium , sensation as if uterus congested. Spasmodic pains in uterus. Painful menstruation ,spasmodic, intermittent pains in bladder, stomach, groins, even chest and limbs. • Before menses: pain in small of back,great aching and soreness of lower limbs, bad breath, bitter taste, vertigo, flow very scanty, blood very light, with intense nausea and vomiting of yellow bile.
9.	Conium Maculatum ^[5,20,21] .	<ul style="list-style-type: none"> • Leucorrhoea after micturition. • Menses delayed and scanty, parts sensitive .Breast enlarged and becomes painful before and during menses.

		<ul style="list-style-type: none"> • Ill effects of repressed sexual desire or suppressed menses, or from excessive indulgence • Burning , acrid , corrosive, and pungent leucorrhea, accompanied or precede by colic. • Cramps in the uterus, with pinchings or contracting, or with digging above the vulva, accompanied by tension in the abdomen , and shootings extending to the left side of the chest. • Shootings in the vagina and sensation as if bearing down. Shootings in the labia • “Conium is a valuable special narcotic to the genital organs when we have uterine colic ,connected with leucorrheal flow , menstrual tympanitis ,aching pains in the hypogastrum like menstrual colic.”- R.Ludlam,M.D. • Eruptions on the vulva, with much itching from acid leucorrhea.
10.	Calcarea Phosphorica ^[5,20,21] .	<ul style="list-style-type: none"> • Leucorrhea like white of egg. Worse in the morning • Menses too early , excessive ,and bright in girls .If late blood is dark ,sometimes ,first bright then dark with violent backache. • During lactation with sexual excitement. Nymphomania , with aching , pressing, or weakness in uterine region . • Leucorrhea day and night, < morning after rising, of sweetish odour , increased whites with a stool of bad odour.
11.	Graphites ^[20,21,24] .	<ul style="list-style-type: none"> • Leucorrhea pale, thin , profuse white,excoriating with great weakness in back. • Leucorrhea occurring in gushes by day and by night. Constant weariness and drowsiness by day and restlessness at night. • Menses too late ,with constipation ,pale and scanty, with tearing pain in epigastrium and itching before. Hoarseness, coryza, cough , sweats and morning sickness during menstruation • Great aversion to coitus.Vesicles and pimples on the vulva. Excoriation on the vulva and between the thighs. Soreness of the vagina. • Swelling and hardness of ovaries after menses. Tear-

		ing, grinding, bursting in right ovary, as if it would burst, before and during menses.
13.	Helonias Dioica ^[5,20,21] .	<ul style="list-style-type: none"> • Leucorrhoea with dragging pain in the sacral region, with prolapse, especially after a miscarriage. Pruritus vulva. • Weight and soreness in the womb conscious of womb. Menses too frequent, too profuse. • Breast swollen, nipples painful and tender. Parts red, hot and swollen burn and itch terribly. • Leucorrhoea with atony and anemia. • Profuse, yellow, thick leucorrhoea in anaemic sallow patients with much prostration and general debility. Worse from slight cold and excretion. It is most useful remedy. • Scanty menstrual flow with heaviness, languor and albuminous urine. Profuse flooding, with serous leucorrhoea, much uterine and ovarian pain, climaxis. • Mucous surface of labia red swollen, covered with a curdy deposit like apthae.
14.	Hydrastis Canadensis ^[20,21,23,24] .	<ul style="list-style-type: none"> • Erosion and excoriation of the cervix. Leucorrhoea, worse after menses, acrid and corroding shreddy, tenacious. • Pruritus vulvae, with profuse leucorrhoea. Sexual excitement. Tumour of breast, nipple retracted. • Aching pains in small of back at climaxis, uterine affections with debility and digestive disorders. • Hot watery discharge from the uterus. Leucorrhoea with ulceration the os, cervix, and vagina. • Presence of some liver complaint or constipation in women along with leucorrhoea is another strong feature for using Hydrastis canadensis. • Mucous leucorrhoea, the discharge hanging from the os in long viscid strings, profuse debilitating albuminous discharge immediately after menses. • Great sinking and prostration at the epigastrium with violent and continued palpitation of the heart.
15.	Iodium ^[20,21,23] .	<ul style="list-style-type: none"> • Acrid leucorrhoea, thick slimy, corroding the linen. • Wedge like pain in the right ovarian region. • Profuse leucorrhoea worse at the time of menses. • Chronic oophoritis with thick, yellow, burning leucorrhoea, >after eating.

		<ul style="list-style-type: none"> • Pain in the lower abdomen , < in the left ovarian region ,>by motion and after eating. • Iodium is of great help in cases of leucorrhoea where the discharges are so acrid that they make holes in the linen.
16.	Kalium Bichromicum ^[20,21] .	<ul style="list-style-type: none"> • Yellow , tenacious leucorrhoea. Pruritus vulvae with great burning and excitement. Worse in hot weather. • Menses too early ,with giddiness, nausea and headache ,suppression of urine or red urine . • Membranous dysmenorrhoea .Swelling of genitals. Soreness and rawness in vagina . • Pain and weakness in the small of back and dull pain in the upper part of abdomen .
17.	Kreosotum ^[20,21] .	<ul style="list-style-type: none"> • Leucorrhoea , yellow acrid , odour of green corn , worse between periods . • Corrosive itching within vulva , burning and swelling of labia .Violent itching between labia and thighs . • During menses , hardness of hearing , discharge of fetid wind , constipation and incarceration of flatus, buzzing and roaring in head ,with pressive pains colic ,cuttings sacral pains , shivering , or sweat on the back and on the chest. • After menses, abdominal spasms ,pressure in the genitals . • Leucorrhoea , which stains the linen yellow accompanied with great weakness in legs . • Shootings in the vagina as if produced by electricity.
18.	Lilium tigrinum ^[5,21] .	<ul style="list-style-type: none"> • Acrid , brown leucorrhoea smarting in labia .Sexual instinct awakened. Bloated feeling in the uterine region . Pruritus pudenda. • Menses early , scanty dark, clotted, offensive. Flows only when moving about. Bearing down sensation with urgent desire for stool as though all organs would escape, ceases when resting. • Constant desire to support parts externally. Pain in ovaries and down thighs . • Excoriating yellowish leucorrhoea which is profuse and is accompanied by depression of spirits and

		bearing down in pelvic region
19.	Magnesium muriaticum ^[20,21] .	<ul style="list-style-type: none"> • Leucorrhoea with every stool and after exercise . • Menses black , clotted. Pain in back and thighs . Metrorrhagia, worse at night. Great excitement at every period. • Leucorrhoea preceded by cramps in the abdomen or especially during movement. • Cramps in uterus ,sometimes with pains extending to thighs . • During catamenia , paleness of face ,with pains in loins and depression, fainting , pain in left leg
20.	Murex ^[20,21] .	<ul style="list-style-type: none"> • Leucorrhoea green or bloody , alternate with mental symptoms and aching in sacrum. • Thick, serousgreenish leucorrhoea becoming sanguineous , reappearance of sanguineous leucorrhoea while at stool. • During pregnancy: Leucorrhoea , sensation of pelvic bones getting loose. • Nymphomania .Least contact of parts causes violent sexual excitement .Sore pain in uterus. • Menses irregular, profuse, frequent ,large clots .Feeling of protrusion .Prolapse , enlargement of uterus with pelvic tenesmus and sharp pains extending towards breasts, aggravated lying down. • Dysmenorrhoea and chronic endometritis, with displacement .Must keep legs tightly crossed . • Extreme irritation of the parts ,with ardent sexual desire to a degree almost maniacal slightest touch reawakens desire .
21.	Natrium muriaticum ^[20,21] .	<ul style="list-style-type: none"> • Leucorrhoea acid watery , bearing down pain worse in morning. Hot during menses. • Acrid greenish leucorrhoea with yellow colour of face. Increased discharge when walking. • Abundant discharge of transparent , whitish , and thick mucus from vagina . • Itching of external parts with falling off of hair.
22.	Natrum phosphoricum ^[20,21] .	<ul style="list-style-type: none"> • Leucorrhoea, discharge creamy or honey colored, or acid and watery. • Sour smelling discharges from uterus. Morning

		<p>sickness with sour vomiting.</p> <ul style="list-style-type: none"> • Menses too early, pale, thin watery. Sterility, with acid secretions from vagina. • Menses five days early. During menses ,feet icy cold by day burn at night in bed, pressure in right eye, flow at first paler than usual. After menses, symptoms <, trembling at heart, headache, paralytic aching in right wrist, knees feel as if tendons shortened.
23.	Nitricum acidum ^[5,20,21] .	<ul style="list-style-type: none"> • Leucorrhea brown , flesh coloured, watery or stringy, offensive . • Menses reappear a few days after cessation , a pale red , fourteen days after cessation not profusely. Stringy mucous leucorrhea . Leucorrhea leaving spots with black borders on linen. • “Leucorrhea where the syphilitic taint is the basis of affection”. • The inguinal glands are sympathetically affected with leucorrhea. • Offensive leucorrhea , offensive catarrh and breath, foetid foot sweat. • Thin bloody , excoriating leucorrhea at all times or at any time. • After menses, violent pains through abdomen and a sudden gush of “muddy water”,brown or thick leucorrhea.
24.	Platina ^[20,21,24] .	<ul style="list-style-type: none"> • Leucorrhea like white of eggs, flowing chiefly after urinating , and on rising from the seat. • Sensation of bearing down towards the genital organs ,with aching in abdomen. Unnatural increase of sexual desire ,with painful sensibility and voluptuous tingling from genitals up to the abdomen . • Nymphomania which may occur during the lying in period . Induration of the uterus. Sanguineous congestion of the uterus. • Metrorrhagia of thick, deep coloured blood ,with drawings in the groin. • Menstruation when the discharge is very abundant , thick and black like tar and is very exhausting ,spasms and screaming at every at every menstrual period .

		<ul style="list-style-type: none"> • Leucorrhoea like albumen , only in the day time, without sensation. Painful pressing towards the genital organs as if the menses would make their appearance ,passing off in the evening but returning with morning .
25.	Pulsatilla ^[5,20,21] .	<ul style="list-style-type: none"> • Leucorrhoea acrid, burning, creamy. Pain in back, tired feeling. Diarrhea during or after menses . • Amennorrhoea .Suppressed menses from wet feet , nervous debility, or chlorosis . Tardy menses. Too late , scanty, thick, dark clotted , changeable, intermittent. Chilliness, nausea, downward pressure , painful , flow intermits. • Delay of first menses in mild, gentle girls , low spirited & diarrhea during menses. • Affections in general of the female genital organs,of the uterus. Nymphomania. Disposition to lie down and dullness very marked. • Mild, yielding female with irritability due to disease. • Desire for fatty rich food which aggravate. • Patient feels better when telling her complaints.
26.	Sabina ^[5,20,21] .	<ul style="list-style-type: none"> • Yellowish , fetid , thick leucorrhoea like starch with itching. • Metrorrhagia with discharge of clotted or bright red blood , and pains resembling labour pains in the sacrum and in the groins ,< at night. • Menses continue too long .Menstrual discharge partly fluid, partly clotted and offensive .It may be either bright red or dark and coagulated, flows mostly in paroxysms , which are brought on by slightest motion or flow ceases when walking about. • Suppressed catamenia with very offensive smelling leucorrhoea(like meat washings.). • Chronic Catarrh of vagina with granulations , copious leucorrhoea. Bloody leucorrhoea.
27.	Secale cornutum ^[20,21,24] .	<ul style="list-style-type: none"> • Brownish offensive leucorrhoea. Menstrual colic ,with coldness and intolerance to heat. • Jelly like leucorrhoea alternating with with metrorrhagia. Peculiar tendency to gangrenous mortifica-

		<p>tion.</p> <ul style="list-style-type: none"> • Passive haemorrhages in feeble , cachectic women .Burning pains in the uterus. • Menses irregular , copious ,dark , continous oozing of watery blood until next period. • Metrorrhagia of a black , liquid blood ,flowing especially during a slight movement ,sometimes with tingling in the legs and great debility . • Discharge of blood during pregnancy. Labour ceases ,and instead twitching and convulsions. Too long and too painful afterpains. • Suitable to patients of a passive character, of thin scrawny, cachectic appearance.
28.	Sarracenia purpurea ^[24] .	<ul style="list-style-type: none"> • Watery milky leucorrhea, thick ,whitish, foul smelling, with spasmodic pains in the uterus . • Pulsative pain in the womb with swelling ,as if from a tumour or dropsy ,the uterus swollen ,as if full of cysts, especially on the right side ,the neck of the womb swollen and hot ,military eruption and heat in the vulva . • Bloody discharge at other times than the menstrual period as during climaxis.
30.	Sepia officinalis ^[5,20,21] .	<ul style="list-style-type: none"> • Leucorrhea 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 the vulva . • Menses too late and scanty ,irregular, early and profuse, sharp clutching pains. Violent stitches upward in the vagina ,from uterus to umbilicus . • Leucorrhea in place of menses .leucorrhea like milk ,with soreness of pudenda . • Itching,corrosive leucorrhea, dull, heavy pain in ovaries especially left side. • Great dryness of vulva and vagina, esp, after menses, painful to touch. Internal and external heat in genitals. Contractive pain in vagina .Swelling ,redness, and moist itching eruption on labia minora. • The patient has a sallow , pimply face, and it is

		<p>most suitable to those of dark complexion who are feeble and debilitated and who have a sensation of emptiness at the pit of the stomach.</p> <ul style="list-style-type: none"> • Mentally patient is very anxious about family and her children. Or may be indifferent to them. • Leucorrhoea accompanied with backache.
31.	Silicea Terra ^[5,20,21] .	<ul style="list-style-type: none"> • A milky, acrid leucorrhoea, during urination. Itching of vulva and vagina, very sensitive. • Discharge of blood between menstrual periods. Increased menses, with paroxysms of icy coldness over whole body. • Leucorrhoea preceded by gripings in umbilical region. • During the menses, pains in the abdomen, pale appearance of objects, or burning sensation and excoriation in vulva. • “Constipation before and during menses, of hard lumps which remain long in the rectum.
32.	Sulphur ^[5,20,21] .	<ul style="list-style-type: none"> • Leucorrhoea, burning, excoriating. Pudenda itches. Much offensive perspiration. • Menses too late, short, scanty, difficult, thick, black, acrid, making parts sore. Menses preceded by headache or suddenly stopped. • Before menses, headache, itching in the parts, spasmodic colic, cough, toothache, pyrosis, epistaxis, leucorrhoea and asthmatic sufferings. • Cancer of uterus offensive, corrosive, ichorous leucorrhoea, sensation of heat in crown of head coldness of feet, flushes of heat pass off in a perspiration with faintness, weak at pit of stomach 11 a.m. to 12. • A weak feeling in genitals. Sore feeling in genitals during an embrace. Labour like pain over symphysis. Uterine pains running from groins to back. • Complaints that are always relapsing (menses, leucorrhoea, etc), patient seems to get almost well when the disease returns again and again. • < before, during and after menses (headache, leucorrhoea).

5. Repertory

Kent's Repertory

Rubric : GENITALIA FEMALE, LEUCORRHEA^[26].

Aesc., *agar.*, *agn.*, *alet.*, *anac.*, **Alum.**, *alumn.*, *ambr.*, *amcc.*, *amm.*, *anac.*, *antc.*, *apis.*, *argn.*, **Ars.**, *arsi.*, *asaf.*, *aur.*, *aurm.*, *aurmm.*, *bad.*, *barc.*, *barm.*, *berb.*, *bor.*, *bry.*, **Calc.**, *calcp.*, **Calcs.**, *cans.*, *canth.*, *caps.*, **Carban.**, **Carbs.**, *carv.*, *cardm.*, *caum.*, **Caust.**, *cedr.*, *cham.*, *chel.*, *chin.china.*, *cimic.*, *cinnb.*, *cocc.*, *coff.*, *con.*, *crotc.*, *cub.*, *cur.*, *cycl.*, *dig.*, *dros.*, *dulc.*, *eupi.*, *ferr.*, *ferrar.*, *ferrp.*, *gels.*, **Graph.**, *guaaj.*, *ham.*, *helon.*, *hep.*, *hura.*, *hydr.*, **Iod.**, *ip.*, **Kaliar.**, *kalibi.*, **Kalic.**, *ikalichl.*, *kalii.*, *kalip.*, *kalis.*, **Kreos.**, *lacc.*, *lach.*, *laur.*, *lilt.*, *lyc.*, *lyss.*, *magc.*, *magma.*, *mags.*, *mang.*, **Med.**, **Merc.**, *mercc.*, *mercif.*, *mercer.*, *mez.*, *murx.*, **Murac.**, *nata.*, *nate.*, *nath.*, **Natm.**, *natp.*, *nats.*, **Nitac.**, *nuxn.*, *nuxv.*, *op.*, *orig.*, *pall.*, *petr.*, *phac.*, *phos.*, *phys.*, *phyt.*, **Plat.**, *plb.*, *podo.*, *prun.*, *psor.*, **Puls.**, *ranb.*, *rat.*, *rhust.*, *ruta.*, *Sabina.*, *sang.*, *sarr.*, *sars.*, *sec.*, *senec.*, *seneg.*, **Sep.**, **Sil.**, *squil.*, **Stann.**, *stront.*, **sulph.**, *sulac.*, *syph.*, *tarent.*, *thuj.*, *til.*, *ust.*, *violt.*, *zinc.*

6. General Management of Leucorrhea^[5,3]

- Cleanliness and hygiene of reproductive organs is very important. Washing the genitals carefully during every bath and do not let moisture retain in the genitals area after the bath. Let the water flow on anus and vulva in plenty as to wash them clean. Also wash vagina clean after urinating.
- Clean the innerwear with a good quality detergent which has bactericidal and fungicidal properties.
- Inner wear made of Nylon material should be avoided in summer because as it may retain sweat in the genital area. Cotton is best choice for undergarments.
- Fresh curds can be added to the diet as it contains lactic acid, which can reduce the discharge.
- Self-medication should be avoided because some women are allergic to certain kinds of medicines and use of such medicine may cause further infections and will complicate the issue.
- Drink plenty of water to flush out the toxic substances from the body.
- All sugary foods such as pastries, sweets, custards, ice-creams and puddings must be avoided if there is profuse discharge.
- Hot and spicy foods should be avoided.
- Moderate exercises and morning walk should be advised; because when body is stress free, immunity will receive a boost against illnesses.
- Using few drops of freshly squeezed lemon juice and water to clean the vaginal area.
- Once a day, drink one glass of fresh cranberry juice, ideally without sugar. It's great for vaginal health.
- Soak some coriander seeds in water overnight and drink the water on an empty stomach the following day after straining it.
- Increase intake of seasonal fruits, green leafy vegetables, and salads

7. Conclusion

In this review article which is entitled with leucorrhea gives an insight of leucorrhea and its homoeopathic management. An overview of the definition, symptoms, types, pathophysiology has been enumerated. Leucorrhea is seen to have a high prevalence in India and mostly affecting the adult age group of 30 to 40 years. It affects a woman's daily life routine and decreases the quality of life. Multiple

researches and studies conducted have proved that homoeopathy has a wonderful role in treating leucorrhoea. With the knowledge of materia medica and repertory a remedy can be selected. Life style modifications such as hygiene, healthy diet, meditation and exercise also help to alleviate the symptoms of leucorrhoea along with homoeopathic management. Homoeopathy can offer a complete, gentle and permanent cure in cases of leucorrhoea.

1. Conflict of Interest

None declared

2. Acknowledgement

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