

# A Concise Review on Homoeopathy in Women's Diseases by Dr. W Karo

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## **Abstract**

"Homoeopathy in Women's Diseases" by Dr. W. Karo is a small medical booklet, likely published in 1942, with the primary goal of providing guidance on women's health issues, particularly those related to the critical period and puberty, from a homoeopathic perspective.

The book serves as a resource for women to understand their troubles and for them to guide their daughters. It emphasizes the use of homoeopathic medication along with correct dietetic and hygienic measures, though it acknowledges that the diagnosis and treatment of gynecological diseases should primarily be left to the physician.

**Keyword:** Women disorders, dysmenorrhea, Dr. W Karo

## **Introduction**

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## **Menstrual Disorder**

### **Dysmenorrhea**

(Painful menstruation)

Dysmenorrhea is characterized by painful menstruation or menstrual colic where the pain occurs without any morbid condition of the genital organs.

- Prevalence: such cases are very common with nearly 33% of all women suffering from more or less painful menstruations.
- Pain characteristics: The pain typically radiate from the womb to the back and lower part of the abdomen.

**Differentiation of Dysmenorrhea: -****Spasmodic Dysmenorrhea**

- Characteristic: Pain is due to painful contraction of the womb
- nature of pain: Pain are severe and cramp like, located in the back and the lower part of the abdomen often radiating to the legs.
- Associated symptoms: indigestion, exhausting.

**Vaginal Discharge****Leucorrhea**

1. Any abnormal vaginal discharge is a symptom of disease.
2. Healthy vagina produces no significant discharge (no glands in mucosa).
3. Normal vaginal flora contains vaginal bacilli that keep the vagina clean.

**Causes****Local:**

1. Inflammation of vagina/uterus/ovaries
2. Infections
3. Injury, repeated douching
4. Tumors
5. Uterine displacement

**Constitutional:**

- Weak health, poor hygiene, poor diet

**Psychological:**

- Emotional stress increases secretion
- **Features of Abnormal Discharge**
  - a. Yellow, thick, purulent, or corrosive
  - b. Burning, irritation, backache, weakness
  - c. Astringents worsen inflammation
- **Principles of Treatment**
  - a. Do NOT suppress discharge
  - b. Treat cause and inflammation
  - c. Maintain diet, hygiene, emotional balance.

**Change of Life****MENOPAUSE**

- A period when menstruation and the ability for bearing children stops .
- Cessation of menstruation and fertility, often causing hormonal imbalance and temporary disorders.

**Main Symptoms:**

- Hot flushes, palpitations, dizziness
- Weight changes, fatigue
- Mood swings, irritability, anxiety
- Aches, headaches, digestive issues
- Irregular or heavy bleeding

**General Care:**

- Lacto-vegetarian diet, avoid stimulants
- Rest, moderate exercise, loose clothing

- Reduce stress, ensure 7–9 hours' sleep

### **Homeopathic Approach**

#### **Constitutional treatment is key. Common remedies include:**

- Sepia– Prolapse, fatigue, irritability
- Pulsatilla – Tearful, moody, chilly
- Cimicifuga– Nervous, sleepless, hormonal
- Sanguinaria – Hot flushes and congestion

#### **Symptoms-Based remedies:**

- Flushes: Lachesis , Sulphur
- Sweats: Jaborandi, Sulphuric acid
- Palpitation: Cactus, Creatagus
- Anxiety: Ignitia, Gelsemium
- Bleeding: Hamamelis, Trillium

### **STERILITY**

(Infertility)

- sterility or Barrenness means the inability to procreate children.
- Inability to conceive, distinct from impotence. About one-third of cases are due to male infertility.

#### **Types & Cause**

##### **Absolute Sterility**

- Pregnancy never possible due to:
- Congenital defects: Absence/malformation of womb, ovaries, vagina; imperforate hymen.
- Acquired defects: Often from inflammation (e.g., peri metritis, gonorrhoea) blocking tubes or ovaries.

##### **Relative Sterility**

- Conception possible but difficult:
- Recurrent miscarriage
- One-child sterility (injury during first birth)
- Functional causes: Incompatibility between partners; lack of sexual feeling (debated).

### **Acknowledgement**

I would like to express my heartfelt gratitude to everyone who contributed to the successful completion of this Article. As this is my first article, I am deeply grateful to my Dr. Vineeta Neeraj Kumar, HOD, Associate Department of Surgery for her continuous support, insightful guidance, and valuable feedback that helped shape this Article. I would also like to thank my classmates and friends, for their constructive suggestions and encouragement throughout the research and writing process. My sincere appreciation goes to my family for their unwavering support, patience, and encouragement during this writing. I also extend my gratitude to Library for providing access to valuable research materials and online resources that enriched my understanding of the topic. Finally, I am thankful to everyone who directly or indirectly contributed to the completion of this Article. Your guidance and support made this learning experience both enriching and fulfilling.”