



A STUDY ON EFFECT OF KALI MURIATICUM IN EXCESSIVE VAGINAL DISCHARGE IN WOMEN LIVING IN SLUM AREAS

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ABSTRACT

The complaint of excessive vaginal discharge is actually not a disease but a manifestation of local or systemic disorder which may occur at any age and affects almost all women some time. A community-based, experimental study was conducted in young girls of age group (15-25 years) living in a slum area of Gondia, to understand the effect of Kali-Muriaticum in excessive vaginal discharge in women living in low socio-economic conditions. **Objective:** To find out socio-economic variables associated with complaints of vaginal discharge with absence of pathological diagnosis and efficacy of the drug Kali Muriaticum in the same.

KEYWORDS :

INTRODUCTION

Excessive vaginal discharge is one of the most common complaints in women. Every fourth woman coming to out patient department is suffering from the agony of excessive vaginal discharge.

JEFFOCATE describes excessive amount of vaginal discharge, a running of white substance as Leucorrhoea.

The vagina is normally kept moist by transudation of fluid through the vaginal wall, which mixes with the exfoliated vaginal cells, aliphatic acid, microorganism and mucous from cervix.

The quantity of vaginal & cervical secretions varies through menstrual cycle, peaking at ovulation, before & after menstruation, during pregnancy and by sexual excitement. This physiological excess may be explained on the basis of variation in endogenous hormonal levels, especially estrogen. Hence deviation in Hypothalamus-pituitary-ovarian axis of hormones can be a causative factor for excessive vaginal discharge.

Excessive vaginal discharge is referred as safed- pani, swedpradhar or dhattu in local language in India.

Medically it is labeled as Leucorrhoea.

Many studies conducted in India shows that vaginal discharge had laboratory evidence of infection in only 30% of women and in other women no infectious cause was detected and it is concluded that illiteracy, low socio-economic status, psychological adversity or social isolation, malnutrition, emotional stress are all very significant factors for occurrence of Leucorrhoea.

There are multiple vague symptoms associated with leucorrhoea such as weakness, backache, pain in abdomen and irregular menstruation. No infectious cause was detected, so it is clearly understood that not only the biomedical context but socio-economic variables play a significant role in management of Leucorrhoea.

Homeopathy is supposed to work miracles in rectifying the cause and bringing cure. The main cause of excessive vaginal discharge in women living in slum areas is low socio-economic conditions which has a substantial impact on female health.

The drug which is given to girls living in a slum area of Gondia is Kali-Muriaticum-30. It is one of the biochemic remedy introduced by Schussler prepared from potassium chloride.

The idea upon which Biochemic Therapeutics is based is the physiological fact that both the structure and vitality of the organs of the body are dependent upon certain necessary quantities and proper proportion of its organic constituents.

This salt, according to Schüssler, stands in a chemical relation to fibrin; disturbances in its molecular action cause fibrinous exudations. If the cells of the epidermis, in consequence of any irritation, lose molecules of this salt, fibrin in the form of a white or whitish-gray exudation, is thrown off which explains the cause of excessive vaginal discharge.

This salt is found in the blood corpuscles. Deficiency of this salt will lead to anemia and explains the cause of symptoms associated with leucorrhoea such as weakness, body ache and anorexia.

If the integrity of the affected tissue is again restored by the administration of Kali mur. molecules, then a reabsorption or throwing off of the exudation occurs resulting in correction of outward manifestations. So, Kali muriaticum 30 was given to all of them.

MATERIAL AND METHODOLOGY

This is a community-based experimental study conducted by Gondia Homoeopathic Medical College and Hospital, Gondia in a slum area of Gondia. The study period was from October 2022 to January 2023. All women with complaint of excessive vaginal discharge were examined and investigated to find out any pathological or infectious cause. The patients with symptom of excessive vaginal discharge, which was non-purulent, not blood stained or foul smelling were included in the study. No organic pathology was detected in these women. A pretested questionnaire was used to interview them. There are socio-demographic details, menstrual history & hygiene, detailed obstetrical history (if any), details of vaginal discharge, their perception of causes and effect of discharge, any other associated morbidity and any other treatment taken were inquired and documented.

RESULT

Out of 50 women living in that slum area, 35 patients were having complaint of excessive vaginal discharge, i.e., 70% prevalence rate. After excluding all organic and infectious causes, 30 patients were left behind, in whom no definite pathological diagnosis could be reached. In these girls, discharge was found to be non-infected, non-purulent, not blood stained and associated with severe weakness.

In this study, women were in age group of 15-25 years.

Table 1: Distribution of age group.

Age group.	Number of girls
15-19.	18
20-25.	12

Association of excessive vaginal discharge with low socio-economic conditions is strongly evident.

55% of girls were not aware about the proper menstrual hygiene and don't use sanitary napkins.

After administration of Kali muriaticum 30 and proper counseling and awareness about hygiene, prevalence rate of 70% has reduced to less than 20%.

CONCLUSION

The study concludes that all vaginal discharge need not have any pathological or infectious basis hence biomedical diagnosis may not be possible in these cases. In such cases, socio-economic factors should also be taken in consideration. Factors like age, illiteracy, low socio-economic status, poor personal and menstrual hygiene, anaemia are very significant for occurrence of excessive normal vaginal discharge. So one of the most important part in management of these cases is proper counseling of girls, identify the cause and administration of a proper homeopathic medicine.

So to bring positive change in ameliorating the problem of excessive vaginal discharge, improvement in education, socioeconomic status of women, increasing awareness about personal and menstrual hygiene is essential. Health education programs to educate women about variation in amount of normal vaginal discharge should be encouraged through different media. As homoeopathy is economic and don't have fatal effects, it should be considered in effective treatment of leucorrhoea.