



## UTERINE FIBROID – MIND BEHIND PATHOLOGY – A CASE REPORT

### Homeopathy

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### ABSTRACT

Uterine fibroid is a common gynecological disorder which requires surgical intervention. Homoeopathy can give an alternate and gentle solution to this problem. As recent evidences indicate that every disease is a result of negative perception in mind, homoeopathy offers a solution at this level. In this article a case of uterine fibroid was cured with four dose of homoeopathic medicine, is demonstrated in which the specific emotional conflict was explored in case taking and medicine was prescribed on this mind – pathology connection. The two fibroids were cured in eight months of homoeopathic treatment.

### KEYWORDS

Fibroid, Homoeopathy, German New Medicine, Biological Conflict.

#### INTRODUCTION -

Uterine fibroids are slow growing, benign tumors that arises from smooth muscle cell of the uterus. Growth of leiomyoma is dependent on estrogen production, especially continuous estrogen secretion when uninterrupted by pregnancy and lactation, it is thought to be the most important risk factor for the development of myomatous fibroid. Fibroids occurs in 20-40% of women during reproductive age and 11-19% in perimenopausal age. In many women uterine fibroids are found incidentally, on routine gynecological examination or on pelvic imaging performed for unrelated symptoms like infertility, pain and lump in the abdomen.[1]

Most women have no symptoms while others may have painful or heavy periods. If large enough, they may push on the bladder causing a frequent need to urinate. They may also cause pain during sex or lower back pain.[2]

One third of Gynecology admissions are fibroids with menorrhagia, anaemia and lump in the abdomen with pain. Fibroids occurs in 20-40% of women during reproductive age and 11-19% in perimenopausal age. In many women uterine fibroids are found incidentally, on routine gynaecological examination or on pelvic imaging performed for unrelated symptoms like infertility, pain and lump in the abdomen.[1]

The exact cause of uterine fibroids is unclear. However, fibroids run in families and appear to be partly determined by hormone levels. Risk factors include obesity and eating red meat.[2]

#### Mind affects body - According to J. Allen -

“It is though the mind that man sins, therefore it is frequently through it that he becomes diseased. The mind is the vice-regent of the body, the government, the ruling power. The body is subject to it in many ways, therefore subservient to it; but if, with the mind, we violate a law or a principle of life, the body cannot shield it, for it, too, is under the same law; therefore we see it witness against itself.”[3]

It was even said by Dr Samuel Hahnemann two hundred years back in his Organon of Medicine and this is the foundation of homoeopathic prescribing(aphorisms – 9 to 18, 21 to 30, 210 to 230).[4]

Several studies done by Bjorntorp, 1991; Brunner *et al*, 2002; Chandola *et al*, 2006; Brydon *et al*, 2006; Smith *et al*, 2006; have concluded that negative emotions and stress predisposes an individual to certain disease. [5]

Epigenetics is also an emerging field which studies the effect of environment and perception of an individual which affects the functioning of his genes [6]. Pioneer work by Dr Bruce Lipton has laid a foundation that individual perceptions are able to modify genes. [7]

Quantum physics has shown that individual experiences in the physical world are deeply connected to the inner workings of one's mind. Mind creates perceptions, and perceptions result in chemical changes in body that ultimately affect biology. [8]

German New Medicine - With this basic understanding a new system of medicine named German New Medicine was used as a tool to find out the emotional conflict related to a case of uterine fibroid. Homoeopathic medicine was prescribed on this emotional conflict to cure this case.[9]

German New Medicine (GNM) is based on the scientific discoveries of Dr. Ryke Geerd Hamer, M.D. of Germany, which is shedding a new and revolutionary light on cancer, disease, its meaning and process. His research has established the connection between psyche, brain and body. Dr. Hamer came to call his findings "**The Five Biological Laws of the New Medicine**". He found that disease is actually a significant biological process based on natural principles. These natural processes, which we call disease, are actually the body's way of physiologically balancing itself in times of emotional distress.[9]

Dr. Hamer discovered that every disease is controlled from its own specific area in the brain and is linked to a very particular, identifiable, "conflict shock". These "shocks" that are activated in the brain send signals of distress to the organ or tissue regulated by those same brain relays, which responds with an alteration. Provided that there is a resolution to the conflict, every disease proceeds in two phases: a conflict-active phase and a healing phase.[9]

Uterine fibroid and GNM - Biological Conflict – According to Dr Hamer, the biological conflict linked to the uterus and fallopian tubes is a **procreation conflict** or an **“implantation conflict”**. Hence, a miscarriage, an abortion, not getting pregnant as well as the loss of a child or grandchild can trigger the conflict. In addition, the uterus and fallopian tubes correspond to a **gender conflict** experienced as an “ugly conflict with a male”. Feeling humiliated by a man (physical, sexual, or emotional abuse), verbal insults, disrespectful treatment by a partner, spouse, male relative or friend, offensive behavior of a colleague, or harassment by a former boyfriend, ex-spouse (after an “ugly” divorce), or a male authority (supervisor, doctor, judge, policeman, etc.) are possible conflict scenarios. A distressing gynecological exam could also provoke the conflict.[10]

The biological conflict linked to the uterus muscles is **“not being able to hold the fetus”** (complications during pregnancies, miscarriages, abortions; or **not getting pregnant** . Hence, not being able to have children because of an early menopause, the removal of both ovaries, infertility, a mate's infertility or erectile dysfunction, difficulties conceiving, or an unfulfilled desire to have (more) children are typical conflict situations. Having the “tubes tied” (tubal ligation), the use of an IUD to prevent pregnancy, or taking contraceptives might invoke

the conflict on a subtle psycho-biological level. A woman can experience the conflict also with or on behalf of a female member of the group (her daughter or granddaughter, a close female relative or friend).[11]

**During the time of biological conflict** the cell proliferates with the formation of **uterine fibroids (fibromyomas or leiomyomas)**. The **biological purpose of the additional muscle tissue** is to increase the tension (hypertonus) and to strengthen the uterus muscles in order to be better able to hold the fetus or to facilitate delivery. The size of the fibroid(s) is determined by the degree and duration of conflict activity.[11]

With this basic understanding of uterine fibroid GNM conflict a case was analyzed and prescribed homoeopathic medicine.

Case – A 51 year old female comes with complaints of profuse menses with weakness. She is a known case of uterine fibroid. She had done USG in 2018 which was normal. The onset of fibroid probably was in 2020 as the USG report showed evidence of fibroid in February 2021.

In December 2019 she was Covid-19 positive and recovered. No other history of DMT2 or HTN or Hypothyroidism. Physical Generals – Thirst- Thirstless. Thermals – Chilly. Stool and Urine – NAD.

In this case the biological conflict was probed as per the understanding of GNM.

Biological Conflict History – She had a good relationship with her husband. Her in laws expired long back. She has two children – a boy and a girl. She was worried about them.

Son completed his studies in Engineering and came back home in 2018 and joined the family business. Here the conflict started. Husband was in Catering business from last 20 years. When son joined business both had difference of opinion which usually ended up in verbal fights. As son was engineer he had an ego and used to put his opinion in father's decision. "I am an engineer and I know more than you do" was son's way of thinking. This usually led to discussions and fights for days. But later after executing the order, father's decision used to be right which the son constantly realized. It was a kind of ego clash between the two. On witnessing such events the mother used to be very hurt. She started having insecurity about her son. What if he moves away from us? What if he does something bad to himself? She used to be hurt seeing son disrespecting the father. "I supported him since beginning for his good as well as bad nature. I always protected him no matter what. I assured him always that you are right and that is why his thinking became like this. I supported his ego. I should have been strict and impartial. I should have scolded him when he was wrong. Even though earlier I made him understand that he was wrong, still I should have done more efforts. I should have made him hard working person." This was her feeling regarding the conflict.

Her daughter is very friendly with her. She usually shares everything with her mother. Earlier in school she had a boy friend about which he told her mother. Now she is studying in some other city in college. About this also mother is insecure. She used to think – "I have given her so much freedom. Everything should be in proper direction. She lives alone outside. She should not take any wrong step. She was too protective too. While travelling she used to be on continuous call with her daughter till she reached home by cab."

She used to write many poems on any topic. As her children are settled so she wants to write down a book. During lock down she enrolled in some courses for learning. She does not want to be disturbed now when she studies. She used to write poems when she was in 7<sup>th</sup> standard. Previously she did not get time to read and write as her husband's business is seasonal. He is at home most of the time so she did not get free time as she was managing husband and children.

Analysis – According to GNM fibroid begins to form when a female is insecure about losing children. In this case she was insecure and had fear that her children will go out of track. She thinks that the situation which has now aroused is all because of her negligence. As a parent she should have given more efforts towards her children. Also she is insecure about losing family prestige, honor and dignity because of this conflict.

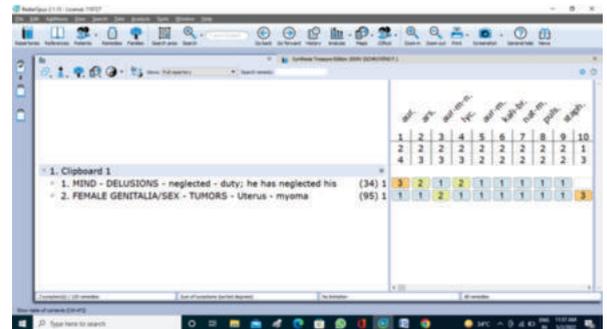
She is pointing at her own self for this situation which is her perception. At the same time her husband is pretty cool about it. So she has a false perception that as a parent she has not done her duty properly.

Entry Rubric – The case was repertorized by using Licensed software Radaropus2.1.13. [12]

MIND - DELUSIONS - neglected - duty; he has neglected his: (34) arizon-l. Ars. AUR. aur-m. aur-m-n. aur-s. crot-c. cur. cycl. dream-p. dulc. falco-pe. germ-met. hell. heroin. hyos. ign. kali-br. kola lac-c. Lyc. melal-alt. myos-a. naja nat-ar. nat-m. petr-ra. ptel. puls. ruta staph. symph. ulm-c. vanil.[13]

She is diligent personality since beginning (Dr Praful Vijaykar sir's list of diligent and non-diligent remedies).[13]

Thirstless and chilly. Lyco, puls and staphy all three are thirstless but lyco and puls are thermally hot. Rx Staphy 200 three doses were given on 25-2-21



Follow up – 31-3-21 – LMP – 28 feb which lasted for 11 days.

- No further repetition needed.
- 31-5-21 – LMP on 11-5-21 which lasted for 7 days.
- 30-6-21 – LMP – menses started from 1-6-21 and lasted for two days. It again started on 21-6-21 and lasted for four to five days. Started again after a gap of 4 days.
- Rx staphy 200 1 dose repeated.
- 27-7-21 – LMP – from last three to four days menses started.
- Rx SL packets.
- 11-1-22 LMP – no menses from june. Feeling better.
- Advised for USG.
- USG report shows no evidence of fibroid.

### CONCLUSION –

Before the time of GNM, Homoeopaths used to collect information about stress before pathology developed but had no idea which stress factor is working as biological conflict. GNM can be used as a new method of understanding the psychodynamics of a case. It has given mathematical direction in case taking process. Here in this case the biological conflict was explored according to GNM theory and the perception of the patient towards that conflict was analyzed. The rubric was formed from that perception and the pathology to be treated in the body was added to the repertorization chart. Patient's general disposition or physical generals were used to rule out different group of remedies. The remedy which came out here is the Genetic Constitutional Similia for this patient.

Repetition of the remedy was done when uterine bleed was more. The remedy helped in controlling that too.

Both the fibroids vanished after eight months of Homoeopathic Treatment.

### CONCLUSION –

GNM is a tool for a homoeopath to probe for the specific conflict related to pathology. It reduces time of the case taking when the homoeopath knows beforehand the area to be probed for. Person's fixed beliefs cannot be changed by voluntary efforts. Change needs some intervention. Homoeopathic system of medicine is mind body system which treats the emotional cause and the pathology. Combined use of GNM with homoeopathy will benefit the patients in both directions. Here a gynecological surgical condition was treated successfully through homoeopathy – the Mind Body Medicine.

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