

A CASE SERIES ON EFFECTIVENESS OF SEPIA LM POTENCY IN TREATMENT OF LEUCORRHOEA

Dr.Falguni Pilot (BHMS, MD)¹, Dr Kamlesh B.Shah (BHMS, MD)²

¹PhD Scholar, Faculty of Homeopathy (Organon of Medicine), Parul University.

Associate Professor in Department of Obstetrics and Gynaecology, S.S.Agrawal Homeopathic Medical College, Navsari. ORCID ID: 0009-0005-6447-0989; Email: dr.falguni.pilot@gmail.com

²Professor and Guide PhD Supervisor, Faculty of Homeopathy, Department of Organon of Medicine, Parul University. Email: kb_shah27@yahoo.co.in

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ABSTRACT

This article considers the importance of using Sepia in LM potencies in the treatment of leucorrhoea, especially in women of the reproductive age group. Leucorrhoea is a common condition among women of reproductive age and often affects daily life due to persistent discharge and associated discomfort. Homoeopathy offers a gentle and individualized approach, with Sepia LM potency frequently indicated in chronic cases. This case series aimed to evaluate the effectiveness of Sepia LM potency in managing leucorrhoea. Eight women aged 18–45 years fulfilling the inclusion criteria were selected for a prospective clinical study. Individualized case-taking was followed by prescription of Sepia LM potency, and follow-ups were recorded to assess changes in discharge, associated symptoms, duration, and recurrence. All eight patients experienced significant improvement, including reduction in discharge, relief from itching or burning, and decreased recurrence over the follow-up period. No adverse effects were reported. The findings suggest that Sepia LM potency may be an effective and safe therapeutic option for leucorrhoea, although larger controlled studies are recommended for further validation.

INTRODUCTION: The most important challenge for the doctor is to differentiate between physiological and pathological causes. A normal vaginal discharge has a volume of about 1–4 ml, and the fluid is usually transparent, white and odourless. It is composed of sloughed epithelial cells, normal bacteria and vaginal transudate. In India, women of child-bearing age constitute 22.2% of the total population¹. Women's healthcare is a major issue, and reproductive-age females are the nucleus of society. The prevalence of vaginal discharges during the reproductive period is estimated to be up to 30% worldwide, according to various global studies (1). The term leucorrhoea should be restricted to those conditions where normal vaginal secretion is increased in amount³. According to the ICD-10, it is defined as a clear or white discharge from

the vagina consisting mainly of mucus and is classified under N89 as a non-inflammatory discharge (13).

LM potencies, introduced by Dr. Samuel Hahnemann in the 6th edition of the Organon of Medicine, represent his most refined and advanced method of potentization (7). They are known for their gentleness, rapid action and minimal aggravations, making them especially suitable for chronic cases, deep-seated pathologies and hypersensitive patients (7-8). Homoeopathy provides an individualized, holistic approach for the management of leucorrhoea. Remedies are selected based on the totality of symptoms, constitution, and psychosomatic characteristics. Sepia is one of the most frequently indicated medicines in chronic female reproductive disorders,

especially in cases associated with pelvic congestion, hormonal imbalance, and emotional indifference (3,4). These women typically appear emotionally exhausted, indifferent toward family, and physically fatigued due to hormonal stress, childbirth, or prolonged responsibilities. (3) The leucorrhoea in Sepia cases is often yellowish or milky, offensive, and aggravated before or after menses. A marked bearing-down sensation in the pelvis is a keynote feature and reflects pelvic floor weakness and congestion (8). Symptoms worsen from standing and emotional strain but improve with exercise, dancing, or pressure.

Materials and Methods: Type of study: It was a Prospective clinical study conducted at the hospital of Parul Institute of Homoeopathy and Research. Parul University.

Inclusion criteria: - Age Group of 18-45 Female, Cases leucorrhoea only, Women who is willing to participate, selected sepia homoeopathic medicine which is in 1m scale.

Exclusion criteria: - Patients on homoeopathic treatment for any other chronic diseases will be excluded. Antenatal & postnatal females, Patients having any other chronic degenerative diseases

1. Pt information

Sr.no	Symptoms	Duration	Associated with itching	More before or after menses
1	Thick white curd like foul offensive discharge	Since 1month	Yes	Before menses
2	Thick yellow discharge fishy smell	Recurrent since 3-4 month	Yes	Before or after menses
3	Thick white offensive discharge	Since 6month	Yes burning	Continue
4	Thin mild yellow offensive discharge	Since 2year on and off	Yes	Before or after menses
5	Thin Yellow fishy discharge	Since 6month	Yes	Continue
6	Thick yellow offensive discharge	Since 1month	Yes	after 10days of menses
7	Thick white curd like offensive discharge	Since 2year on and off	Yes Burning	Continue
8	Thin Yellow offensive discharge	Since 6month	Yes Burning	After menses

2. Age of Pt

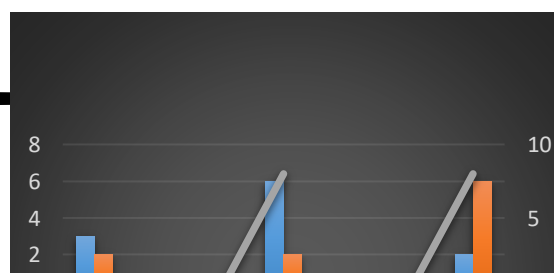
Sr.no	17 to 25	26 to 35	36 to 45	Total Number of Pt
1	3	2	3	8

3. Married and Unmarried

Sr.no	Married	Unmarried	Total
	6	2	8

4. Gradation questionnaires

2019



Sr no	Subjective parameters
1	Leucorrhoea
2	Duration
3	Need to use pad
4	Discharge is thick or thin
5	Colour
6	smell
7	Fatigue
8	Associated with itching
9	More before or after menses
10	Any associated urinary complaint

Result: A total of 8 female patients between the ages of 17–45 years were included in the study. Of these, 6 were married and 2 unmarried. The majority of cases (n=3) belonged to the 26–35 years' age group. All patients presented with complaints of leucorrhoea of varying duration ranging from 1 month to 2 years.

Common clinical characteristics observed were:

- **Nature of discharge:** thick white curd-like, thick yellow discharge, or thin yellow discharge.
- **Odour:** foul or fishy smell in most cases.
- **Associated symptoms:** itching and burning were present in all 8 patients.
- **Relation to menses:** symptoms increased either before or after menses in the majority.
- After treatment with individualized LM potencies, 6 patients (75%) were cured, and 2 patients (25%) showed significant improvement. No relapses or adverse effects were reported during the follow-up period.

Discussion: The present case series demonstrates the effectiveness of Homoeopathic LM potencies in managing leucorrhoea among women of reproductive age. Leucorrhoea, although physiologically present, becomes a distressing condition when excessive, discoloured, or associated with

itching and foul smell. According to the literature, up to 30% of women globally experience abnormal vaginal discharge during the reproductive years, making it a significant public health concern among females. Despite the encouraging results, the study is limited by its small sample size and absence of a control group. Nevertheless, the findings suggest strong therapeutic potential for Sepia LM potency and highlight the need for larger studies to validate these outcomes.

Conclusion: The case series highlights that Homoeopathic LM potencies are effective and safe in treating leucorrhoea among women aged 18–45 years. A significant number of patients experienced complete cure, while the remaining showed marked improvement. The LM potency scale ensures gentle action, reduced aggravations, and faster recovery. The present case series demonstrates that Sepia in LM potency can play a valuable role in the management of leucorrhoea. These improvements highlight the suitability of Sepia for women presenting with hormonal imbalance, pelvic congestion, and long-standing gynaecological complaints.

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