

Analytical Study of Homoeopathic Medicines of Ranunculaceae Family and Their Utilization in Menorrhagia

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Abstract: *Ranunculacea (buttercup or crowfoot) family belongs to vegetable kingdom. Most of the remedies from this family are herbs. Remedies belonging to this family mostly cause moderate to severe inflammation of the mucous membrane and serous membrane producing profuse discharges, severe inflammation, tumefaction and ulceration with burning and smarting. These remedies are suited to plethoric type of people, low state of vitality. Therefore, these are more useful as deep constitutional remedies. Along with other actions they have marked action on reproductive organs and menstrual complaints in females, such as menorrhagia. Menorrhagia is defined as the cyclic bleeding at normal intervals; the bleeding is either excessive in amount (>80ml) or duration or both. Homoeopathy is a holistic system of medicines in which there are number of remedies which are proved on healthy human beings and have potential to cure the innumerable diseases either acute, or chronic. So to check the efficacy of Homoeopathic medicines of Ranunculaceae family in menorrhagia, an exploratory study was done with simple random sampling technique at Guru Nanak Dev Homoeopathic Medical College and Hospital, Ludhiana for a period of 1 year and 8 months. **Objective:** To study the efficacy of Homoeopathic medicines belonging to Ranunculaceae family in menorrhagia. **Result:** After proper case taking individualization of each case has been done and medicine selected on the basis of similarity of symptoms. **Conclusion:** The findings of the above study concluded that the four medicines; pulsatilla, actea racemosa, staphysagria and aconite have well marked result in menorrhagia.*

Keywords: Ranunculaceae, Homoeopathy, Menorrhagia, Heavy menstrual bleeding.

1. Introduction

The Plant kingdom has especially remained a fascinating group, since it is one of the major part, including more than 65 percent of Homoeopathic drugs. This voluminous group is well – known for certain key concepts such as longevity, incessant growth, non- harmful nature and a mild and adaptable approach. The concept of “giving” is also synonymous with plants since they continue to give something or the other to the world throughout their life, whether it may be fruits, flowers, or even oxygen. In spite of the similarities amongst this kingdom, the structure and the chemical compositions of different plants vary significantly and this leads to further categorization of plants into different groups. The plant kingdom is quick, changeable and sensitive. Study of the plant kingdom follows the mineral world. By knowing the symptoms of the plant families, and their species, a Homoeopath understands the relationships between the polycrests, smaller remedies and complementary medicines members, adding further to its morphological diversity. The significance of the Ranunculaceae family extends beyond its botanical diversity to its role in traditional medicine. Throughout history, various cultures have harnessed the medicinal properties of Ranunculaceae plants to address a range of health concerns.

Phytochemistry and Sphere of Action

Ranunculaceae contain protoanemonin, which is toxic to humans and animals. Contact with plant sap may cause inflammation and blistering of the skin, while ingestion can cause irritation in the mouth, vomiting and diarrhea. Other poisonous or toxic compounds, alkaloids and glycosides, are

also common. Thus, their main sphere of action is on muscles, nervous system and mucous membranes.

Menorrhagia

Menorrhagia is subjectively defined as a ‘complaint of heavy cyclical menstrual bleeding occurring over several consecutive cycles’. Objectively it is a total menstrual blood loss (MBL) equal to or greater than 80 ml. This degree of blood loss can cause disturbances of the woman's social, occupational or sexual life, concern about possible underlying serious disease (especially cancer), as well as medical risks such as chronic iron deficiency anemia. It is estimated that approximately 30% of women complain of menorrhagia. Excessive bleeding is the main presenting complaint in women referred to gynecologists and it accounts for two - thirds of all hysterectomies, and most of endoscopic endometrial destructive surgery. Thus, menorrhagia is an important healthcare problem in females.

Causes of menorrhagia -

Menorrhagia may be the result of systemic or pelvic pathology, or iatrogenic causes,

- IUD (intrauterine device) side effect
- uterine fibroids
- hormonal imbalance caused by conditions such as polycystic ovary syndrome (PCOS)
- menstrual cycles without ovulation (anovulation)
- ectopic pregnancy and other pregnancy complications
- uterine polyps
- adenomyosis
- medications, such as anticoagulants
- thyroid disease
- Von Willebrand disease and other heritable bleeding disorders

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- uterine (endometrial) cancer
- cervical cancer
- liver disease

2. Material and Methodology

Study setup: It was an exploratory study, with the sample size of 80 patients.

Subject:

The subjects for the study was selected from the patients attending OPD, IPD and peripheral dispensaries of Sri Guru Nanak Dev Homoeopathic medical college and Hospital, Ludhiana.

Inclusion Criteria -

- Females having complaints of heavy bleeding
- Patient having symptoms similar to Ranunculaceae family.
- Patient agreeing to written consent.

Exclusive Criteria -

- Patient with other systemic illness like organ failure and malignancy.
- Pregnant and lactating women.
- Women of post menopausal state.

Intervention

Proper case taking was concluded according to Homoeopathic principles and was recorded after complete case taking, repertorization was done on the basis of totality of symptoms.

Study Parameter -

Observation was made according to the changes in the symptoms of patients.

Outcome of the Study: Out of 80 cases in the study, a significant number of patient in the study group has 32 (40%) improved cases, 28 (35%) moderate improved, and 20 (25%) notimproved were obtained. In maximum number of patients the 4 medicines Pulsatilla, actea racemosa, staphysagria and aconite was prescribed to 80 patients to obtain their efficacy result.

Medicines Prescribed	No. of cases	Percentage (%)
Pulsatilla	24	30 %
Actearacemosa	21	27%
Aconite	17	21%
Staphysagira	18	22%

3. Results

Out of 80 cases in the study, a significant number of patients in the study group has 32 (40%) improved cases, 28 (35%) moderate improved, and 20 (25%) notimproved were obtained.

Result Obtained	No. of cases of menorrhagia	% age of Cases
Improved	32	40 %
Mildly Improved	28	35 %
Not improved	20	25 %

4. Conclusion

Menorrhagia can have significant adverse effects on quality of women life: work, social life and family life are all affected by heavy menstrual bleeding. Increased levels of depression, anxiety and sexual problems are all reported in women with Menorrhagia. The study proved that the Homoeopathic medicines belonging to Ranunculaceae family; Pulsatilla, actea racemosa, staphysagria and aconite has good results in the cases of menorrhagia.

Statistical Analysis

Paired T - test was conducted to access the utilization of Homoeopathic Medicines of Ranunculaceae family in Menorrhagia. The result showed that the value of critical t (15.44) is greater than the tabulated value in t - table at df=79 at confidence level 95% at 0.05 i. e.1.990, which is statistically significant. Thus the null hypothesis (Ho) is statistically significant. Thus, the null hypothesis (Ho) is being rejected and the alternate hypothesis (Ha) that Homoeopathy Medicines are effective in the treatment of menorrhagia is being accepted.

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Conflict of Interest

The author declares that there is no conflict of interest.

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