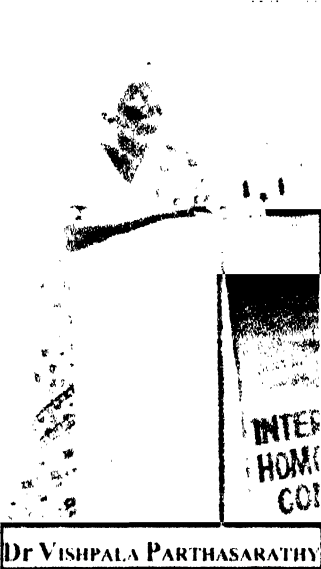




Uterus: The Birth-giving Organ



Let us marvel at the following:

- Uterus: an organ that is hardly visible at the age of 8 yrs, resembles an upside down pear the size of a fist in a non pregnant adult. Over a period of these crucial 9 months, this organ expands to an astonishing 33 times its original size; has a musculature that is strong enough to expel the baby and returns to its normal size within a few weeks.
- Uterus that, month on month, reminds a woman of her potential motherhood.
- Uterus that readies itself for motherhood every month.
- Uterus that lies dormant after menopause.
- Uterus where most benign problems are self-limiting and a large percentage are even symptomless!
- Uterus where most problems are harmless and incidence of malignancy pretty low.
- Yet, this versatile organ is mostly removed without sparing a thought.

Why such a high incidence of hysterectomies with Homoeopaths around?

* * *

After the mammoth and path breaking inroads into HIV-AIDS, doing an issue on Tumours of Uterus and appendages seemed as if we were retreating back in time.

Why are we doing an issue on problems which Homoeopathy has, successfully, been treating for over last 2 centuries? Results of which are amply illustrated in our books, Journals and contemporary literature?

Very interestingly, as we go up the ladder of socio-economic strata, the problems of the uterus and its appendages leading to hysterectomy are definitely on the rise.

Look around, even today, the women on the lower social rung- the poor and the middle classes, seem to get pregnant at the drop of a hat, and live with their uteri for all their life. But higher up in the privileged class, this very normal state of womankind seems to take a backseat and hysterectomies are more a rule than an exception. We will also need to examine the role of emancipation of women, the career woman and the women's lib denial of roles attempt.

Dr Burnett, way back in 1896, wrote that all womb problems – enlargement and dilations unclouded, are very amenable to Homoeopathic treatment, so too infertility of various causes.

In this issue of tumours of the uterus and around, many cases have been cited ranging from the simple to the obtuse, which have resolved under the gentle homoeopathic hand. Many were saved from the surgeons' knife.

Here I would like to narrate my personal experience. About 10 years ago (when I was 40) I started getting excessive menstrual flow, increasing as time passed. Eventually I developed backache along with the excess flow. *Kali-carb* helped settle this problem, and my bleeding remained in control. In 1997, it recurred with my



losing almost a liter of blood each day. Again *Kali-carb* could somewhat control it for 6 months. I still remember that with a haemoglobin of 7 Gms I went to Amravati to conduct a seminar, along with the late Dr Nina Doshi, who took care of me like a baby the whole trip. Of course, Ultrasonography had consistently showed fibroids, but what caused alarm was the tumour marker CA 125 which showed gradually increasing and alarming levels, finally reaching till 1100 (N- upto 35). Repeat USG, attended by both the radiologist and the surgeon, showed diffused fibroid but malignancy could not be confirmed. So not knowing what was responsible for this abnormally high CA 125, hysterectomy had to be performed as CA 125 can increase with malignancy, TB and rarely, fibroids. The panic caused by the elevated CA 125 made my family and friends force me into a hysterectomy. After the fibroid was out, CA 125 started dropping and came to normal within 6-8 wks. The histopath report said NO evidence of malignancy! It was then that I discovered another case reported on the web of raised CA 125 with fibroids. This reiterates that tumour markers alone, cannot be taken for diagnosis of malignancy and tissue diagnosis reigns supreme.

* * *

I had been so sure it was neither malignancy nor TB because there were no constitutional symptoms-neither weight loss, nor weakness, nor fever, nor pain. Our body is more wise than we give it credit for. There can be no disease without the body informing us. When we say that a disease came on without any warning at all, we are alluding to major symptoms. But general and vague uneasiness is felt at the very initial stage of every disease. In my case, there was not even the ubiquitous weakness. Even the backache came in very late in the game, as if to guide to the right remedy! Yet taking into account all the circumstances, surgery was warranted and is safer. Later Homoeopathy can take over to make other important contributions. During surgery, every phase was covered by the appropriate Homoeopathic remedy to alleviate each problem, like pain day 1, burning urine day 2, moodiness day 3, and so on. Again after hysterectomy, too, Homeopathy has kept me safe from, and ensured freedom from, all backlash of Menopause. An active and healthy lifestyle has also contributed in no mean way. These are all important lessons, to be learnt and passed on to our profession and patients.

In the final analysis, today I have no regrets that I submitted to the knife. At times we Homoeopaths, are very rigid about avoiding surgery. I must here mention a case, where a leading Homoeopath kept treating a fibroid in an unmarried girl promising cure, till one day the girl started looking 6 months pregnant and had to undergo a real major surgery to remove a fibroid that weighed 4 kg! In such cases we must learn to draw the line.

* * *

This issue begins with a detailed account of commonly occurring pathologies of uterus and the appendages, tells you about pelvic sonography – the GOLD standard for uterine problems, and ends with cases, ranging from the simple to the obtuse, as well as remedies. Many of cases cited have resolved under the gentle homoeopathic hand. Several others saved from the surgeons' knife. While following the path of pragmatism let us bring to fruition Dr Manu Kothari's words and ensure that: "Just as tonsillectomies, appendectomies and gastrectomies are on their way out, hysterectomy will turn into a thing of the past, a task that the Hahnemannians should undertake with a sense of clarity and mission"

Do revert with comments and opinions for the just concluded 2001 issues. The next issue on *Ferrum* will come in 6 weeks time. Can we expect a quick inflow of articles for all forthcoming issues of 2002.

