Integrating Homeopathy in Gynecology and Obstetrics: indications and limits

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Why did I incorporate homeopathy into my practice?

- Several gynecological symptoms are related to an imbalance e.g.: perimenopause, recurrent vulvitis

- The benefit/risk ratio does not favor the allopathic medicine e.g.: minor pregnancy ailments, hormones during perimenopause

- Curiosity, care management philosophy
RELEVANCE OF HOMEOPATHY IN OB/GYN

• EFFICACY
• INNOCUITY
• RESPECTING A WOMAN’S PHYSIOLOGY
• REGULATING ACTION
• INDIVIDUALIZED CARE
• LOW COST
LIMITS of homeopathy in Ob/Gyn

• Need for a PRECISE DIAGNOSIS (interview, clinical examination, additional examinations+++)

  e.g.: Metrorrhagia, pelvic pain, breast nodule, uterine contractions

• ETHICAL THERAPEUTIC CHOICE

  e.g.: homeopathy for hot flashes in perimenopause
  Homeopathy for sleep disorders in pregnant women

Limits of homeopathy are the non-indications of homeopathy
5th International CEDH Conference - June 24-26, 2016
Homeopathy in gynecology

- RECURRENT VULVITIS, related or not to mycoses
- GENITAL HERPES
- DYSMENORRHEA (primary or secondary as in endometriosis)
- HYPOFERTILITY (cause or associated with medically assisted procreation)
- MENSTRUAL CYCLE DISORDERS (IRREGULAR CYCLE, FUNCTIONAL MENORRHAGIA, METRORRHAGIA)
- PREMENSTRUAL SYNDROME (MASTODYNIA, MOOD SWINGS, ACNE..)
- PERIMENOPAUSE (HOT FLASHES, MASTODYNIA, IRREGULAR MENSTRUAL CYCLE, SLEEP DISORDERS, MOOD SWINGS)
- MENOPAUSE (HOT FLASHES, BONE DEMINERALIZATION, JOINT PAIN...)
- ONCOLOGY SUPPORTIVE CARE FOR CANCER PATIENTS
Some publications

CLINICAL PAPER

Homeopathic treatment of premenstrual syndrome: a case series
Karine Darmon, Aurélie Cola, Laurence Trison and Marie-France Bredel

Homeopathic treatment of patients with dysmenorrhea: a prospective observational study with 2 years follow-up
Claudia M. Witt, László Lőrincz, Sofia N. Willich

Efficacy of a Non-Hormonal Treatment, BRN-01, on Menopausal Hot Flashes: A Multicenter, Randomized, Double-Blind, Placebo-Controlled Trial
Jean-Claude Colenus, Stéphane Vial

Management of Distress During Climacteric Years by Homeopathic Therapy

Individualized Homeopathic Treatment and Its Effectiveness in Moderate to Severe Dysmenorrhea in Pre- and Postmenopausal Women (HOMDEC-PSM Study): A Randomized, Double-Blind, Double-Blind, Placebo-Controlled Trial

Place de l’homéopathie en gynécologie: Role of homeopathy in gynecology

Accepted Manuscript

Title: Women and complementary medicine: Eleven years of experience at a homeopathic clinic for women in a public hospital
Author: Mariassonna Francesco Elia, O. Rossì Marco Pierchi, Massimo Di Stefano, Chiara Cervato, Laura Nava
But

• Mostly observational studies
• Small cohorts
• Different homeopathy practices: unicast or pluralist, standardized or individualized care

Hard to evaluate because

EACH WOMAN IS UNIQUE and EACH HOMEOPATHIC PHYSICIAN IS UNIQUE AS WELL
Clinical case

• 28-year-old Mrs. B consults for a recent discovery of rectovaginal endometriosis; she has been followed for primary infertility for the past 2 years
• She saw a gynecologist surgeon who proposed surgery
• She would like to try homeopathy before opting for surgery
• After a comprehensive consultation where we study her life hygiene (diet, physical activity), I prescribe:
  • FOLLICULINUM 15C one dose on day 8 and day 20 of the cycle (premenstrual syndrome and insufficient cervical mucus)
  • NITRICUM ACIDUM 9C (Sycotic-type nodule with splinter-like pain during bowel movements) 5 pellets per day
  • THUJA OCCIDENTALIS 15C 5 pellets per day
  • CIMICIFUGA RACEMOSA 9C 5 pellets per day during her periods
Clinical case

• 3 months later, the patient is pregnant
• Eventless pregnancy and labor
• Postpartum MRI shows a stable nodule and no other lesion
• The patient would like to have a second child
CLINICAL CASE 2

• 16-year-old patient referred to me by an allergy specialist
• She has been presenting with a cough since the age of 14
• This cough occurs during her periods; the allergy check-up is normal

I prescribe:
• GRAPHITES 15C, 5 pellets per day during her periods
• FOLLICULINUM 15C, 5 pellets on day 8 and day 20 of the menstrual cycle
• I see the patient again 3 months later: the cough disappeared; I stop the homeopathic treatment
• A year later I see this patient again for a birth control prescription
• The prescription of a 3rd generation birth control pill triggers the symptoms again, validating their hormonal etiology; the choice of another birth control pill solves the problem.
HOMEOPATHIE EN OBSTETRIQUE
Homeopathy in obstetrics

- **MILD PREGNANCY AILMENTS** (nausea, ligament pain, sleep disorders, anxiety, contractions...)
- **CONCOMITANT PATHOLOGIES** (flu syndrome, common cold, nephrolithiasis, mycoses, tobacco withdrawal...)
- **ACCOMPANYING PREGNANCY PATHOLOGIES** (severe obstetric cholestasis, risk of premature labor...)
- **PREPARING FOR LABOR**
- **ACCOMPAGNYING LABOR**, especially at **THE BEGINNING OF LABOR**
- **POSTPARTUM**
  - Healing, recovering
  - Baby blues
  - Breastfeeding
A few publications

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The use of Complementary and Alternative Medicine in pregnancy: Data from the Avon Longitudinal Study of Parents and Children (ALSPAC)²

J.L. Bishop²,*, K. Northstone³, J.

Inhibition précoce de la lactation : évaluer les risques des traitements allopathiques, connaître les alternatives et savoir prescrire des médicaments homéopathiques

Armelle Loiseau, aurore-emaso@librairie-galenomedicine.fr
Docteur Christelle Charvet, gynecologue-obstetricienne, Lyon

The management of pregnancy and labour with homeopathy

Tessa Katz

Use of complementary and alternative medicine during pregnancy and delivery

Mathilde Koelzer - Karine Kellermann
Ipsé Helvétic - Karine Masaoff

Applicabiliy of homeopathic Canthium thalictroides during labour

EID, P; FELSI, E; MIDERI, M2

Obstetrics and gynecology outpatient scenario of an Indian homeopathic hospital: A prospective, research-targeted study

Subramani Saha²,*, Marmun Reyle², Sampa Saha³, Rakesh Singh¹, Md. Monooor Hossain², Indrani Pramanik²

Luteinum 15 CH dans le traitement des nausées de la femme enceinte

Christelle BERNARD-CARBIT, gynecologue-obstetricienne, Saint-Coulomb (22)
José-Louis ORIGE, pharmaciens libéraux, Lorient (56)
Muriel HOUIZENCHEMER, praticien généraliste, Pont du Cané (47)
Christiane CLAUSIERT, aurore-emaso@librairie-galenomedicine.fr, Lorient (56)
Marie-France BOSELLI, médecin, directeur de recherche, laboratoire Dieren, Sainte-Foy-lès-Lyon (69)
Marie-Françoise BOSELLI, médecins, directeur de recherche, laboratoire Dieren, Sainte-Foy-lès-Lyon (69)
Clinical case

• 28-year-old primaparous Mary, week 27 since LMP, is consulting for contractions
• She has already stopped work and is on sick leave
• She consulted several times for contractions, the clinical examination unveils a long, closed and posterior cervix; the baby hasn’t moved into the birth position yet. The endovaginal ultrasound validates the long and closed cervix. The monitoring shows a few mild contractions
• During the interview, Mary tells me that her best friend miscarried at the exact same time of pregnancy
• She does not have any contractions when she is watching TV or shopping
• She experiences more contractions when she thinks about her pregnancy, she is awakened at night by the baby’s movements, which worry her. She even went to the emergency room one night for that reason
• She also has headaches and back pain; she has had major nausea since her first month of pregnancy.
Clinical case

• I prescribe

• IGNATIA 15C
5 pellets once to twice a day
During 2 months

Paradoxical contractions (spasms), improvement by distraction,
multiple, erratic symptoms
Clinical case 2

• 34-year-old Mrs. L is expecting her second child, she calls because she is past her due date
• She gave birth to her first child 2 days before term, naturally
• Her obstetrician is planning to induce labor in 4 days, but the cervix is not effaced yet, which is making the patient quite anxious.
• She hasn’t been sleeping since she saw her obstetrician; she sometimes has contractions that stop when she gets ready to go to the hospital
• I prescribe GELSEMIUM 9C, 5 pellets twice per day; less than 24 hours later labor started
CONCLUSION

• HOMEOPATHY SHOULD BE PART OF AN OB/GYN DAILY PRACTICE

In France a song says that women are the future of mankind

Women are also the future of homeopathy