



Leucorrhoeal Discharge Managed by Yoga with Homoeopathic Treatment

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Abstract

Leucorrhoeal discharge is physiological discharge; it is generally defined as white fluid discharged from the female genitalia. Sometimes it flows as whites and sometimes it is sticky, discoloured like yellowish, greenish etc; and sometime leucorrhoea becomes thick. Its characteristics alter depending on the women's ages or how frequently they travel. But due to a vaginal infection or other circumstances discharge become abnormal, in this condition yoga is more beneficial in regular practice. Yoga provides strength in muscles and regulates and maintains the circulation of the body. Yoga keeps the relaxed and energetic of body. Homoeopathic treatment is given by a homoeopathic expert based on patient symptoms.

Keywords: Leucorrhoea; Vaginal discharge; Yoga; Homoeopathic treatment; Symptoms

Introduction

White discharge, commonly referred to as leucorrhoea, is a fluid that is released by microscopic glands in the cervix and vagina [1]. Because the vaginal secretions are naturally acidic, they aid in the prevention of infections and support a healthy balance of bacteria in the vagina. It functions as a natural lubricant as well. The condition known as leucorrhoea, which can happen during pregnancy and is generally considered normal when the discharge is thin, white, and odourless. In newborn females, physiologic leucorrhoea can often be present and lasts for one to two months [2]. However, there are a number of different reasons why the vaginal secretions can alter in colour, consistency, and odour, which is typically suggestive of a more serious problem.

Role of Yoga

Yoga is an exercise of the body which provides strength to our bodies. It keeps me energetic. Some asana which is

helpful in leucorrhoea, yoga tone up the genital muscles, and increase and maintain the circulation of blood [3]. Many asana and pranayamas stimulate every tissue and maintain blood pressure. We advise you to start doing yoga if you want to be the best employee you can be. You will notice a difference in how much better you feel and how much more focused you are on the tasks at hand. Yoga is also great for your mental health, so it's important not to neglect this aspect of your life.

Role of Homoeopathic Treatment

Homoeopathic work is based on semilea similimus cureanter, the selection of medicine based on symptoms. Homoeopathic medicine is less harmful than the other pathy no side effects like others and a minimum dose. Homoeopathic medicine not only covers the disease's symptoms but covers it as a whole [4].

Observation

A physiological leucorrhoea is a normal condition but with some pathological changes, the constituency of leucorrhoea discharge becomes thick and thin, and changes of his colour. These pathological changes are due to some abnormality origin in the female genitalia. Yoga provides the strength of uterine muscles and the other part of the body muscle and maintains the circulation of the body and maintains blood circulation. Now yoga is:

Ardha Mataesyaasana

The Ardha Matsyendrasana stance helps to reduce stress, mild depression, and anxiety by calming the mind. The Half Lord of the Fishes' sitting twist position massages the internal organs, which helps the body get rid of impurities. The toxin-free body then regulates the circulatory, thereby helping sound and relaxed sleep. Helps in the agility of the spine. This yoga's poses and postures lengthen the spine and restore its natural alignment [5]. Releases the lower back muscles and provides relief from lower back pain. Helps to keep the spinal cord rotating normally. Calms the mind, reduces stress, helps manage anxiety and depression promotes better sleep and improves sleeping patterns. Regulates the digestive system, thus improving digestion and easing constipation helps those experiencing a slipped disc. Strengthens shoulders, neck, and hips. Stretches the inner thighs.

Bhujangasana

Practise bhujangasana to keep your back in good shape. Use this pose to strengthen and increase the agility of your spinal area by performing it alone or as part of the Surya Namaskar. This posture can tone your body and the spinal nerves. Your liver and renal functions are all improved by bhujangasana [6].

- Strengthens the spine
- Stretches chest and lungs, shoulders, and abdomen
- Tones the buttocks
- Stimulates abdominal organs
- Helps relieve stress and fatigue
- Opens the heart and lungs
- Soothes sciatica
- Therapeutic for asthma
- The male and female reproductive system improves
- Irregular menstrual cycle problems are rectified too
- With the increased blood circulation, your face gets a radiant look

Salbhasan

Various salabhasana benefits come with performing this posture. Here are a few pose benefits. The advantages listed

below are identical to those of ardha salabhasana. To avail of all the salabhasana benefits, you must practice posture regularly and grow in it [7].

- The Salabhasana yoga pose strengthens the muscles of the body. The arms, buttocks, thighs, legs, and calves are all worked on and strengthened in the pose known as Salabhasana.
- Salabhasana pose is a good pose to practice starch in the shoulders, chest, belly, thighs, abdominal organs, and back muscles.
- By effectively massaging the abdominal organs, locust pose practise promotes a healthy digestive system, eases gastric discomfort, and reduces flatulence. It may also aid practitioners in overcoming a variety of ailments and conditions.
- Salabhasana Locust's pose boosts the function of the nervous system and enhances its activity. The entire autonomic nervous system, especially the parasympathetic portion of it, is stimulated by the Salabhasana Locust position.
- Practising locust pose causes suitable massage of the abdominal organs and may help the practitioners in overcoming many diseases and disorders while boosting healthy digestive function and relieving gastric trouble and flatulence.
- Practising shalabhasana exerts adequate pressure on the abdominal region of the body. This may spread to several important bodily organs, such the heart and lungs, improving their functionality.
- Shalabhasana stance practise results in proper spinal stretching, which may benefit both the sacral and lumbar regions of the spine.
- Shalabhasana practise is also advantageous for the prostate and bladder.
- Shalabhasana practise may promote fat burning and weight loss.
- Practising the locust pose can help rectify neck pain, strengthen the neck muscles, and repair the defects in the neck joints.
- The locust position, or salabhasana, can be used to treat issues with menstruation.

Dhanurasana

Dhanurasana has a wide range of advantages. Within a few days of daily practise, this pose starts to show its benefits. However, keep in mind that you must incorporate the Dhanurasana into your normal stretching regimen if you want to experience the long-lasting advantages of this pose [8].

Here are some ways in which Dhanurasana can benefit.

- Stretches the abdominal muscles and improves the digestion process
- Improves the strength in your ankles, thighs, chest, neck

and shoulders

- Helps tone the abdominal region
- Tones back and improves spinal flexibility
- Helps open up the chest region and facilitates better breathing
- Reduces neck strain and aids in the treatment of neck pain.

Paschimotan asana

Paschimottanasana has numerous health benefits for the body, especially if it is frequently practised [9]. Some of the main advantages of this yoga pose are listed below:

- **Helps Stretch the Body** - This yoga pose stretches the lower back, hamstrings, hips, shoulders, and spine. Additionally, the muscles in the calf and thigh are stretched and strengthened.
- **Tone your Body** - Regular practise of Paschimottanasana by practitioners will aid to massage and tone the pelvic and abdominal organs. Yoga's Paschimottanasana, when performed correctly, can help tone and eliminate belly fat.
- **Improves your Body's Functioning** - Provided this yoga pose is practised from time to time, it can help with improving the functioning of your liver, kidneys, ovaries, and uterus.
- **Tension-Buster** - The yoga stance Paschimottanasana aids in mind relaxation and lowers stress and anxiety. Additionally, it eases headache pain.
- **Helps Reduce Menstrual Pain** - This pose lowers exhaustion and promotes blood flow, which significantly lessens pain and discomfort related to menstruation.

Conclusion

In the case of leucorrhoea applied for homoeopathic medicines with yoga, the results are very good. The health of females becomes good to be the previous condition of his health, and the disease condition is better than the previous.

Homoeopathic medicine works based on similia Aemilius curenter, so the medicine is applied to the condition of diseases and the whole of the patient.

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