

**A comparative study of effectiveness of Cynodon dactylon mother tincture along with homoeopathic indicated medicine and homoeopathic indicated medicine alone in cases of menorrhagia in the age group of 15 – 55 years**

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**ABSTRACT:**

**Background:** Menorrhagia comes under Abnormal Uterine Bleeding (AUB). AUB means any deviation in normal uterine cycle refers to abnormally heavy or prolonged menstrual bleeding that exceeds the typical flow more than 80ml and duration. It can lead to severe discomfort, disruption of daily activities. **Rationale of study:** Menorrhagia is one of the major / main cause why women of different age group attend gynecological consultant. It affects women living in developed as well as developing countries. It is not only life threatening but also have huge effect on personal, social, family and work life of women and reduce quality of life. So here it is attempt to study effectiveness of Cynodon dactylon in treating menorrhagia along with homoeopathic indicated remedy. **Aim:** To study the difference in effectiveness of Cynodon dactylon mother tincture along with homoeopathic indicated medicine and homoeopathic indicated medicine alone in cases of menorrhagia in the age group of 15 – 55 years. **Objective :** Primary objective – To compare effectiveness of Cynodon dact. Mother tincture along with homoeopathic indicated medicine and homoeopathic indicated medicine alone in cases of female suffering from complaints of menorrhagia in the age group of 15 – 55 years. Secondary objective – Improve quality life of female of age group of 15- 55 years suffering from complaint of menorrhagia. **Material and methods :** 46 patients enrolled in the study with the help of menorrhagia assessment scale and clinical diagnosis. Detailed case taking of 2 groups were done. Group 1- received Cynodon mother tincture along with homoeopathic indicated medicine and Group 2 - received homoeopathic indicated remedy alone. Quality of life scale was also used before the commencement of treatment. 6 follow ups were taken after medication again menorrhagia assessment scale score was obtained along with quality of life scale. **Result :** There is difference in effectiveness of Homoeopathic medicine Cynodon dactylon Mother tincture along with homoeopathic indicated medicine and homoeopathic indicated medicine alone in reducing the complaint of menorrhagia in female in age group of 15 to 55 years. After studying 23 cases of Group A i.e. Cynodon mother tincture with homoeopathic indicated medicine- 19 cases are improved and 4 cases are not improved. After Studying 23 case of group B i.e. Homoeopathic indicated medicine- 18 cases are improved and 5 cases are not improved. **Conclusion :** According to the study, we conclude that Homoeopathic medicine Cynodon dactylon mother tincture along with homoeopathic indicated medicine is more effective than homoeopathic indicated medicine alone in treatment of menorrhagia.

**Keywords :** Cynodon dactylon mother tincture, Homoeopathy, Menorrhagia, WHOQOL.,

**INTRODUCTION :**

Menorrhagia which comes under the topic of Abnormal Uterine Bleeding(AUB), AUB is one of the most common problem female suffer, which brings them to visit OPD. Average cycle last between the range of 23 -29 days with bleeding episodes lasting 2 -7 days. AUB is name given to describe any deviation from the normal menstrual cycle. It is synonymously called as hypermenorrhoea. It is cyclic bleeding at normal intervals, the bleeding is either excessive in

amount more than 80 ml or duration of more than 7 days or both. The term menotaxis is often been used to denote prolonged bleeding.

It can be most of the time symptom of some underlying pathological condition. Most common causes being fibroid of uterus, endometriosis, chronic tubo-ovarian mass, retroverted uterus, Polyp, malignancy, PCOS, IUD other condition which can lead to it are severe Hypertension CCF, Hypo or hyperthyroidism, platelet deficiency, von Willebrand disease, leukemia.

Disturbed hypothalamo-pituitary ovarian endometrial axis

Usually diagnosis is made on the basis of duration of flow, passage of big clots, sanitary pads, pallor, low HB level depends upon cause.

Studies have reported varying prevalence rates depending on the criteria used to define menorrhagia and the population under study. Prevalence estimates range from 9% to 31% among women of reproductive age<sup>(2)</sup>

The incidence of menorrhagia refers to the number of new cases that occur within a specific time period. Unfortunately, reliable incidence data for menorrhagia are limited.

It commonly affects women during their reproductive years, with a peak incidence occurring in the 30s and 40s. However, menorrhagia can also be observed in adolescents and perimenopausal women.

### **Cynodon dactylon<sup>(3)</sup>:**

#### **INTRODUCTION :**

In India, almost 95% of the prescriptions are plant-based in the traditional Ayurveda, Unani, Siddha and Homoeopathy systems. Among the plants, Cynodondactylon, a perennial grass of Poaceae family, native to the warm temperate and tropical regions, is an important one. It is reported to have important properties such as anabolic, antiseptic, astringent, cyanogenetic, demulcent, depurative, laxative, diuretic and emollient. It is used by traditional healers for purifying blood, anuria, biliousness, conjunctivitis, diarrhoea, gonorrhoea, itches and stomachache. The plant is a rich source of  $\beta$ -sitosterols, flavonoids, alkaloids, glycosides and triterpenoids. Some of the identified flavonoids are quercetin, kaempferol, catechin and myricetin. Of the carotenoids,  $\beta$ -carotene, lutein, violaxanthin and zeaxanthin are important. Ethnopharmacobotanical studies investigating indigenous knowledge of medicinal plants among village people and tribal minorities reported Cynodon dactylon as one of the most frequently used medicinal plants. The juice of the plant is externally as first aid to fresh cuts and

wounds. The plant is a folk remedy for catarrhal ophthalmia, hysteria, epilepsy, insanity, chronic diarrhea, anasarca, calculus, carbuncles, cough, hypertension, snake bites, gout, and rheumatic affections. It is bitter and sharp hot in taste, has good odor, works as laxative, brain and heart tonic, aphrodisiac, expectorant, carminative, and is useful against grippe in children and for pains, inflammations, and toothache. Numerous in-vivo and in-vitro activities and traditional uses have been noted; for example, anti-inflammatory, antimicrobial and antipyretic, cardioprotective, hepatoprotective, antidiabetic, hypolipidemic, anti-arrhythmic, broncho dilatory, anticancer and chemo preventive, antioxidant, immunomodulatory and DNA protective, angiogenesis, protection from ionizing radiation-induced cytogenetic damage, nephrolithiasis, urinary problems, prostatitis, and diuretic, wound and ulcer healing, stress-induced infertility, scorpion bite, mosquito larvicidal activity, antihelminthic, various gastrointestinal disorders, and anticonvulsant. It was also used to improve growth, immune activity, and survival of tilapia fish in fishery sciences and as antihelminthic in veterinary sciences. Agrohomoepathic use was recorded in terms of its mother tincture having significant effect on radial growth of edible fungus.

Cynodon dactylon was identified as one of the useful weeds in preparing homoeopathic drugs at Chhattisgarh, Madhya Pradesh, India. Regulatory standard of this drug has been mentioned as monograph in the 2nd volume of Homoeopathic Pharmacopoeia of India, 1974. This plant was identified as one of the potential sources of homoeopathic medicine. The drug was standardized by the Central Council for Research in Homoeopathy (CCRH) at its units in Hyderabad, Ghaziabad, and Lucknow for pharmacognostic, physicochemical, and pharmacological aspects. First homoeopathic proving of this drug was conducted by Dr. Jugal Kishore in 6X, 200X, and mother tincture and later by CCRH in mother tincture, 30C, and 200C potencies. Following that, clinical verifications were carried out by the CCRH and individual practitioners. Enough information about the drug along with its significance, though not elaborative, is given in some of the Homoeopathic Materia Medica.

**SYMPTOMS :**

[Information taken from-VERMEULEN F synoptic material medica 2; Liga medicorum homoeopathica internationalis LMHI; CHATTERJEE T. P., My random notes on some homoeo-remedies; MURPHY R., Homoeopathic remedy guide]

**1)Head:**

Vertigo with trembling; aggravation exertion, reading, rising from seat, walking; amelioration lying down with eyes closed.

Headache, right-sided, bursting, with dry cough and coryza; aggravation motion; amelioration lying down Piercing pain in the occipital region and nape of the neck; aggravation bending forward or backward; amelioration lying down, pressure, sleep Throbbing and pulsating pain in the frontal and occipital region, with nausea; aggravation exertion, reading, walking; amelioration closing eyes, pressure, sleep

Throbbing and pulsating pain in the frontal and temporal region; amelioration lying down, sleep Dull-aching pain in the nape of neck; aggravation slightest movement of head, bending head forward

Giddiness due to hemorrhage followed by weakness.

**2)Respiratory:**

Thick yellowish coryza; dryness and soreness throat; paroxysmal sneezing in morning and evening; bursting headache; aggravation cold; amelioration evening, morning

Thin, copious, watery, bland nasal discharge; stoppage of nostril, especially left; aggravation morning, reading, sleep; amelioration daytime, open air Dryness of left nostril with crusts; aggravation morning

Frequent sneezing with thin watery discharge,

Dry cough in the morning, at night, with irritation and sore throat; aggravation cold air, evening, morning; amelioration covering or wrapping up warmly, hot drinks, warmth

Cough with thick yellow expectoration

Epistaxis, bright red; aggravation sun heat

Bleeding from nose which does not stop easily.

Cough with blood, hematemeses of T.B.

**3)GIT:**

Appetite Increased

Abdominal distension with flatulence

Offensive flatus, abdomen distended, discomfort, and dull-aching pain in right hypochondria; amelioration passing flatus. Constipation with heaviness in the abdomen. Gripping colic; amel. pressure

Epigastric pain, heaviness, constipation, flatulence Heaviness in the abdomen with gurgling sensation; aggravation after itching eruptions in groins, desire to scratch, followed by burning,

watery discharge; aggravation after scratching; amelioration bath, cold, evening Burning in the anus after stool

Intestinal hemorrhage.

4)Rectum:

Constipated; frequent urge for stool

Bleeding and swollen piles Dry hard stool, no desire with constrictive pain in the epigastric region and heaviness in the abdomen

Diarrhea-watery, profuse, offensive, frequent and irresistible desire, passes latus only; burning in anus after stool, heaviness and gurgling in the abdomen; pain below umbilicus

5)Female complaints:

Menses profuse, bright red, painful; aggravation bending forward; amelioration lying on back

Menses irregular, dark, clotted

Stitching pain in back; aggravation bending forward

Coldness of extremities with numbness in tips of fingers and toes

Pain and numbness in thighs; aggravation sitting, amelioration walking eating

Itching rashes, all over body, desire to scratch followed by burning; aggravation sun heat, warmth; amelioration open air

Bright red menstrual discharge followed by weakness. Patient cannot rise from bed.

Menorrhagia during menopause.

Menses profuse with long lasting.

Leucorrhoea-reddish.

6)Urine:

Hematuria with or without burning pain.

Hematuria marked by injury of the male genital tract or bladder.

7)Mind:

Angry easily, on contradiction, without reason, short-tempered Desires company Averse to noise, crowd, music; desire to be alone , Irritable , Averse to mental or physical work; desire to lie down , Profound weakness, lethargy , Peevish, quarrelsome , Anxious, Depressed, sad, melancholic , Religious , Confused, indecisive Forgetful, weak memory Talkative , Mild, calm, gentle Dullness , Weeping tendency Fearful, obstinate , Restlessness. Dull and lazy.

10) Generals:

Thermal relations –Ambithermal, hot, chilly.

Desire for bitter, meat, chicken, eggs, oily, spicy, fast food, fish, sweets, salt, warm food and drink, sour

Aversion to Bitter , Sour , Milk , Fish ,Fried, oily, fatty , Green vegetables Spicy rich food , Sweets ,Intolerance of Egg ,Sour

Appetite Diminished

Thirst Decreased Increased

Tongue Clean

Moist Coated Dry Mapped

Taste Bad

Bitter Impaired Soapy Sour

Profuse Offensive Face Forehead Head

Bleeding from slightest injury.

Leucorrhoea-reddish.

Right sided affection.

**MATERIALS AND METHODS :**

Study type was Randomized control trials 46 female patient suffering from menorrhagia were selected on the basis of menorrhagia assessment scale and clinical observation done by the physician were divided in 2 groups.

Group 1(odd group) were receiving Cynodon dactylon. mother tincture along with homoeopathic indicated medicine and Group 2( even group) were receiving homoeopathic indicated remedy alone based on totality of symptoms and then both the groups were compared to note the improvement.

Inclusion criteria –

1. Female Patient suffering from menorrhagia with or without underlying pathology.
2. Female patient of age group 15- 55 years of age .
3. Patients who are willing to give consent

Exclusion criteria –

1. Lactating females
2. Patient with malignant disorder

#### **PARTICIPANTS :**

46 enrollment of female patients of age group 15-55 years was done by using pictorial blood assessment chart and on basis of clinical observation Group 1- 23 cases Treated with Cynodon dactylon mother tincture along with homoeopathic indicated medicine. Group 2 – 23 cases treated with homoeopathic indicated medicine alone . Follow up and Comparison of improvement of both the group

Positive result when menorrhagia complaint is reduced in patient

Negative result when there is no change in menorrhagia complaint

#### **TREATMENT :**

GROUP 1(odd)- Cynodon dact. mother tincture along with homoeopathic indicated remedy .Follow up was taken every 15 days or 1 month according to patient's symptom severity and accordingly repetition and prescription was done .

GROUP 2(even )homoeopathic indicated medicine alone Follow up was taken every 15 days or 1 month acc. to patients symptom severity and according to that prescription was done.

#### **OBSERVATION AND RESULT:**

Homoeopathic Medicine Cynodon D. Mother tincture along with homoeopathic indicated medicine is more effective in reducing the intensity of symptoms of menorrhagia age group of 15-55 yrs. of age than homoeopathic indicated medicine alone. Group 1 cynodon dactylon mother tincture along with homoeopathic indicated medicine:Improved – 19 (83%); not improved – 4 (17%)Group 2 homoeopathic indicated medicine alone :Improved – 18 (78%) : not improved – 5 (22%)

With the help of QOL i.e. Quality of life scale by WHO, after calculating it is seen that before treatment the mean percentage range was from 29.19% to 72.71 % and after 6 follow ups the mean percentage range is from 40.43% to 79.57%. So we interpret the quality of life of female is average before as well as after the treatment .

#### **FIG 1 : CASE RESULT HOMOEOPATHIC INDICATED MEDICINE ALONE**

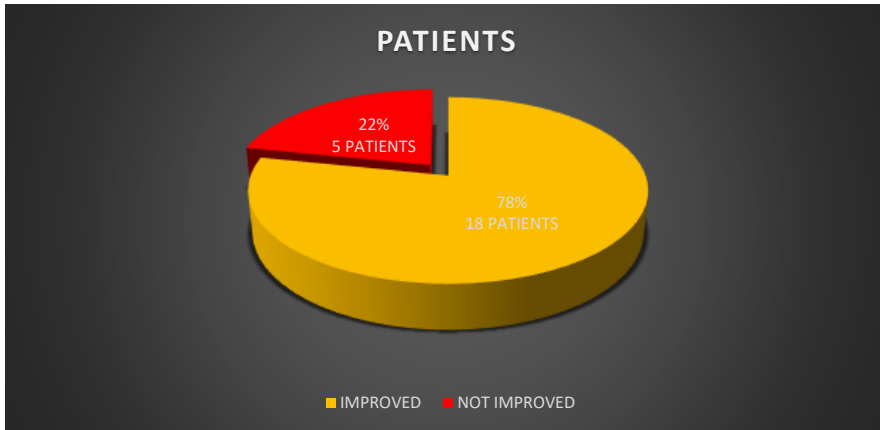


FIG 2 : CASE RESULT HOMOEOPATHIC MEDICINE CYNODON D. MOTHER TINCTURE ALONG WITH HOMOEOPATHIC INDICATED MEDICINE

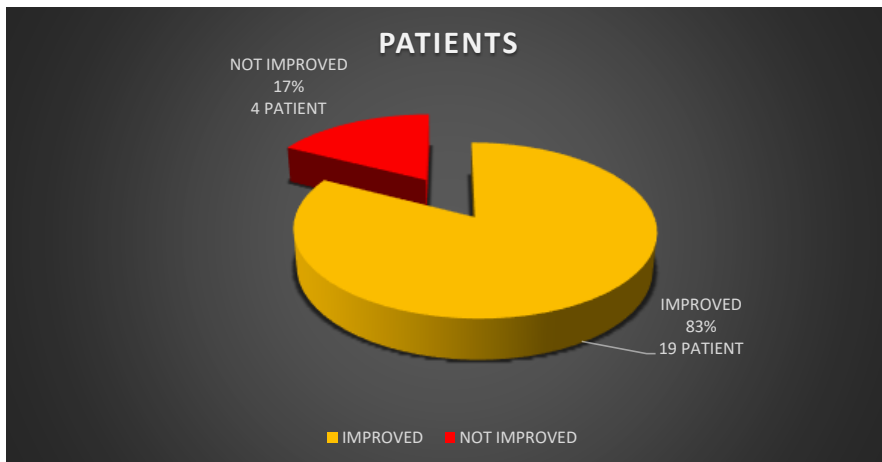
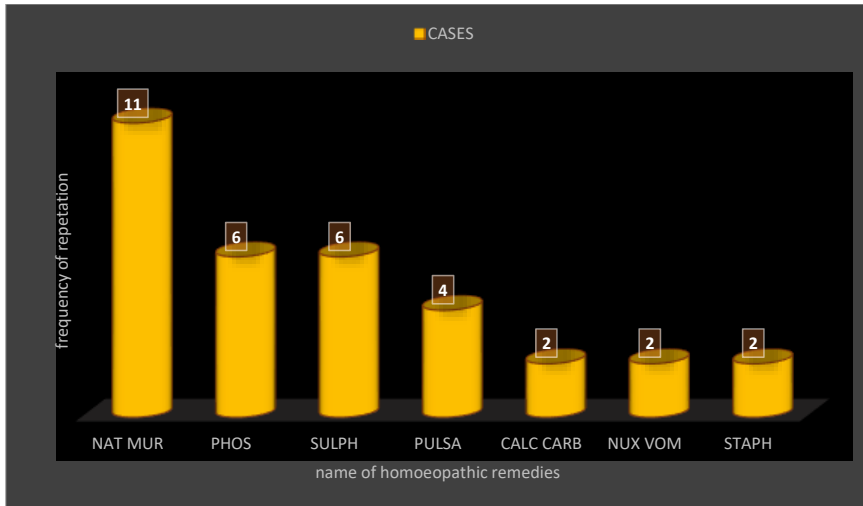


FIG 3 :MOST FREQUENTLY REPEATED MEDICINES



#### DISCUSSION –

Menorrhagia which comes under the topic of abnormal uterine bleeding, is one of the most common problem female suffer. It is cyclic bleeding at normal intervals, the bleeding is either excessive in amount more than 80 ml or of more than 7 days or both.

Most common causes being fibroid of uterus, endometriosis, chronic tubo-ovarian mass, retroverted uterus, Polyp, malignancy, PCOS, IUD other condition which can lead to it.

Usually diagnosis is made on the basis of duration of flow, passage of big clots, number of sanitary pads used, pallor, low hemoglobin level.

Menorrhagia can lead to severe discomfort, disruption of daily activities, and even anemia due to excessive blood loss. Recognizing the signs and symptoms of menorrhagia is crucial for early detection and appropriate treatment.

The conventional treatment in modern medicine is Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, can help alleviate pain and reduce bleeding. Hormonal therapies, including oral contraceptives, hormonal IUDs, or progestin medications, may be prescribed to regulate the menstrual cycle and reduce excessive bleeding.

In cases where medications do not provide sufficient relief, surgical options such as endometrial ablation, myomectomy (removal of fibroids), or hysterectomy may be considered, depending on the severity of the condition and the patient's preferences.

Certain lifestyle changes can complement medical interventions. These include maintaining a healthy diet rich in iron and other essential nutrients, managing stress levels, regular exercise, and using high-absorbency menstrual product.

Homoeopathic treatment of Menorrhagia is based on symptom similarity and constitution. A thorough case taking and finding the similimum from the patients totality is done. The usually prescribed medicines are Phosphorus, Natrum Muriaticum, Pulsatilla, Sulphur.

There is a lack of research on homoeopathic medicine Cynodon dactylon in general as well as in menstrual complaints. So to observe and note the efficacy of homoeopathic medicine Cynodon dactylon mother tincture in females suffering from menorrhagia.

So we have undertaken research with aim of finding out comparison between the effectiveness of specific Homoeopathic Medicine Cynodon dactylon (In Mother tincture form) Along with

indicated Homoeopathic Medicine & Homoeopathic indicated Medicine alone in cases of menorrhagia in age group 15-55 .

So our hypothesis was There is difference in effectiveness of Homoeopathic medicine Cynodon D. Mother tincture along with homoeopathic indicated medicine and homoeopathic indicated medicine alone in reducing the complaint of menorrhagia in female in age group of 15 to 55 years .

And our Null hypothesis was as There is no difference in effectiveness of Homoeopathic Cynodon D. Mother tincture along with homoeopathic indicated medicine and Homoeopathic individualized indicated medicine alone in reducing the complaint of menorrhagia in female in age group 15 – 55 years.

Scales that were used by us in this study were :

- 1)Pictorial Blood Assessment chart
- 2)Quality of life by WHO.

So we took patients from M(N)HMC OPD , Health Camps & Private Homoeopathic clinic. To conduct this study we enrolled 46 cases . GROUP 1 of 23 cases are the one who are treated with Cynodon dact. Mother tincture along with Homoeopathic indicated Medicine [odd] GROUP 2 of 23 cases are the one who are treated with Homoeopathic indicated Medicine alone[even].

With the help of Both Scale , clinical observation & case record forming Data of cases were collected.

The QOL i.e. Quality of life scale by WHO comprises of 26 questionnaires with 4 Domains in them [Physical Health, Psychological Health, Social Relationship & Environment]. This scale doesn't Have any kind of cut off value to define which obtained score means what Quality of life an individual have. So by self analysis The decided Range was Value around '0' means POOR quality of life ; Value around '50' means average or moderate quality of life and value near '100' means good quality of life.

And the 2nd Scale which is made for assessment of Blood loss during menstrual cycle is calculated with the summation of score obtained from adding points for Pad used.

Based on the totality of symptoms the Homoeopathic similimum was prescribed to Group 1 & Group 2 both; with Cynodon dact. Mother tincture to group 1

After studying 23 cases of Group 1 ie. Cynodon dactylon & indicated we observed 19 cases were improved , and 4 cases were Not improved.

After Studying 23 case of group 2 i.e. Indicated Medicine alone 18 cases were improved ,and 5 cases were Not improved.

And in group 1 i.e. in Cynodon along with indicated Medicine group, patient require less repetition & change of indicated remedy.

While other group have more remedy repetition i.e. Group 2

According to data collected, Statistical analysis was done using unpaired t-test.

Using unpaired t-test, calculated t value was - 0.12 which is smaller than table value so we rejected Null Hypothesis and accepted alternative hypothesis , so that Homoeopathic medicine Cynodon dact. Mother tincture along with homoeopathic indicated medicine group, it is more effective than homoeopathic indicated medicine alone .

The Limitations we faces in our study was that -

- The study was conducted on small sample size.
- The duration of study was not sufficient to observe major changes in cases of Menorrhagia
- In few cases the individualized homoeopathic medicine had to be changed because of no improvement seen in subsequent follow ups. Thus, we need to rediscover the individualized homoeopathic medicine if no improvement is seen.

As we have seen that the symptomatic treatment is the only mode of treatment in conventional or modern medicine And Homoeopathic management has shown to be effective as it not only

include disease symptoms but consider individual as whole . So, our study has reinforced that individualized Homoeopathic medicine and Cynodon dactylon mother tincture shown to be significantly effective in cases of Menorrhagia . We believe that this study will be useful in future studies .

Commented [d1]:

**CONCLUSION :**

According to the study, we conclude that Homoeopathic medicine Cynodon D. Mother tincture along with homoeopathic indicated medicine treatment group, it is more effective than homoeopathic indicated medicine alone treatment

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