

# The Efficacy of Conium Maculatum in The Treatment of Fibroadenoma

**Abstract-**The breast is a modified skin appendage that is functional in the females during lactation but rudimentary in the males. At the time of birth, it is rudimentary & consists of only tiny nipples and a few radiating ducts from it. In females, the growth of breasts starts at the age of puberty. Fibroadenoma or adenofibroma is a benign tumor of fibrous and epithelial elements. It is the most common benign tumor of the female breast during reproductive life between 15 to 30 years of life. Management of the cases can be done using homeopathic medicine Conium maculatum.

**Introduction-** A fibroadenoma feels like a firm, smooth or rubbery lump in the breast with a well-defined shape. A fibroadenoma is a noncancerous tumour in the breast that's commonly found in women under the age of 30. It's painless and moves easily under the skin when touched. The tumour consists of breast tissue and stromal, or connective tissue.

- Fibroadenomas can occur in one or both breasts.
- Fibroadenomas develop from the lobules. The glandular tissue and ducts grow over the lobule to form a solid lump.

**Types-** There are four types of fibroadenomas:

- Simple fibroadenomas,
- Complex fibroadenomas,
- Juvenile fibroadenomas
- Giant fibroadenomas

**Causes-** Hormones such as estrogen may play a part in the growth & development of the tumours.

- Taking oral contraceptives before the age of 20 has been associated with a higher risk of developing fibroadenomas as well.

- Fibroadenomas occur more often during reproductive years, can become bigger during pregnancy or with use of hormone therapy, and might shrink after menopause, when hormone levels decrease.

**Sign and Symptoms-** A lump that is hard, not movable, or feels attached to the chest wall, with or without pain, perhaps with dimpling or puckering of the breast, this may be a sign of breast cancer.

- A lump that is movable and feels unattached to the chest wall, is a cyst or a fibroadenoma.

- Pain or a feeling of fullness in one or both breasts, that's not related to premenstrual swelling.

- Sometimes a painful lump, with or without redness, is the first sign of an infection.

- The masses may feel tender or painful, especially right before menstruation, when they may swell due to hormonal changes.

- Fibroadenomas are so mobile that women

- sometimes refer to them as "breast mice," as they tend to run away from their fingers.

**Risk Factors-** Fibroadenomas are most common in women who are between 15 and 30 years old and in pregnant women.

- It is not seen after menopause unless using of hormonal therapy.

- Body mass index and the number of full-term pregnancies were found to have a negative correlation with the risk of fibroadenomas.

- There are no known genetic factors that influence the rate of fibroadenomas.

**Treatment-** Fibroadenomas can be expected to shrink naturally and so, most are simply monitored.

- Generally, surgery is only recommended if the fibroadenoma gets larger or causes increased symptoms.

- There are several non-invasive options for the treatment of fibroadenomas, including percutaneous radiofrequency ablation (RFA), cryoablation, & percutaneous microwave ablation.

- Sonomammography and FNAC- fine needle aspiration cytology should be done in clinical investigations.

**Studies Done In Homeopathy-** Study of a prospective, single-arm, observational study on 63 females having fibroadenoma of the breast. Individualized homeopathic medicines were prescribed. After the treatment complete disappearance of fibroadenoma occurred in 22 cases and partial improvement was noticed in 20 cases. The most commonly used medicine is Conium Mac.

The case report study on breast fibroadenoma using individualized homeopathic medicine also gave positive results. In this study, conium mac was used. After the treatment there was a 75% of regression in the size of fibroadenoma.

**Conium Maculatum-** Conium maculatum is an extremely poisonous flowering weed, known as Hemlock and belongs to the family Apiaceae. Conium contains several pyridine alkaloids like coniine, *N-methyl coniine*, conhydrine, pseudoconhydrine, and gamma-conceivine, precursors of some other hemlock alkaloids. The structures of these alkaloids are shown in a. Among these, the most notable one is coniine, the properties of which are similar to nicotine. It disrupts the functions of the central nervous system by binding with nicotinic acetylcholine receptors. Though this plant is highly toxic in nature, its extract had been used as a traditional remedy for different

diseases for a long time. For example, Conium is the main remedy for prostate gland and swelling of the testis. In homeopathy, it is used as a remedy for breast cancer and cancer of cervix uteri, but its action has not yet been scientifically validated except for the report that it can inflict DNA damage by generating reactive oxygen species (ROS). In this study, we contemplate to elucidate the probable mechanism of action of the drug in inducing apoptosis in the cervix cancer cell line HeLa.

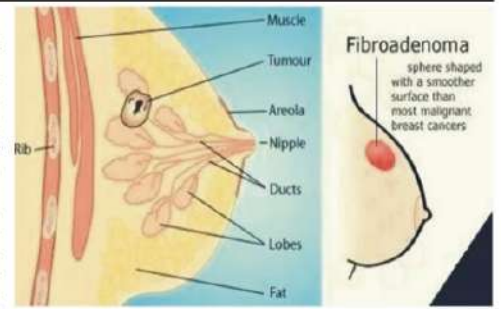
**Constitution-** corresponds to light-haired persons, old persons, old, feeble men, old maids & bachelors, women of rigid tissue and easily excited & also to those of the opposite temperament. Persons of strong, sedentary habit more than to lively, slender persons & children. Persons who are easily intoxicated with stimulants. Women who have scanty menses, scrofulous constitutions, cancers & glandular enlargements. Cancerous diathesis.

**Mind-** Excitement causes mental depression. Depressed, timid, averse to society, and afraid of being alone. No inclination for business or study; takes no interest in anything. Memory weak; unable to sustain any mental effort

**Glands-** The complaints are brought on from taking cold, and the glands become affected all over the body. From very little cold the glands become hard and sore. Infiltration in deep-seated diseases in the region of ulcers and in the region of inflamed parts; in the glands along the course of the lymphatics, so we get a chain like knots.

The glands under the arm inflame and ulcerate. The glands in the neck, in the groin and abdomen become enlarged. Ulcerated parts indurate. An abscess of the breast becomes surrounded by lumps and nodules. Nodules in the breast even where milk has not yet formed; lumps and nodules, indurations and enlarged glands form under the skin all over the body.

Conium has been used extensively for malignant affections of glands, because it takes hold of glands from the beginning and



infiltrates, and they gradually grows a stony hardness, like scirrhous.

Another grand feature of the remedy: he sweats copiously during sleep. Sometimes the patient will say that if he merely closes the eyes he will sweat. It is certainly true on closing the eyes preparatory to going to sleep he will break out in a sweat. Owing to the fact that Conium produces such a marked induration & infiltration of tissues that have been inflamed, stenosis are apt to form where inflammation has been present. Stricture of the urethra & stenosis of the os uteri have been cured by Conium.

Conium is great medicine for treating glandular affections. Conium can be used with excellent results to treat tumours in mammary glands. Conium is preferred in cases where nodes in the breast are present with pain in the breast before and during menstruation. The pain usually gets worst upon touching. Conium helps in treating both the cyclic appearance of breast pain around the menstrual nipsis and also the diminution of breast nodes.

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## Understanding Hyperhidrosis and Homeopathic Medicine

**Abstract-** Hyperhidrosis is characterized by abnormally increased sweating due to central dysregulation of sweat secretion. Although sweating is normal physiological mechanism which maintains the body temperature but excessive sweating may affect the life of individual emotionally and at professional level also. Hyperhidrosis may be triggered by emotion, fear, anxiety and gustatory stimuli. In this article we would look some Homeopathic remedies which can be used for management of hyperhidrosis. [1][2]

**Introduction-** The hallmark features of hyperhidrosis is profuse sweating.. Hyperhidrosis usually affects the 0.6-1.0 percent population with unknown etiology though genetic component is involved. It usually affects the age group below 25 yr. and improves with age. Hyperhidrosis may also lead to social embarrassment of individual thus affecting individual professional & social life. Gustatory hyperhidrosis is due to smell of food and drink & sweat mostly present on face, scalp. Hyperhidrosis may also triggered by emotion, anxiety fear and stress. [1][2]

**Keywords-** Hyperhidrosis, focal, generalized, emotional, gustatory,

**Types of Hyperhidrosis-** Mainly 2 types of hyperhidrosis is seen clinically focal & generalized. Focal is related to excessive sweating on specific part whereas generalized hyperhidrosis present with increased sweating all over the body. Additionally hyperhidrosis is classified into primary & secondary type. Primary hyperhidrosis is idiopathic & secondary hyperhidrosis involves regional or asymmetrical sweating. [2][3]

**Causes of Hyperhidrosis-** Though etiology of hyperhidrosis is not clear here are some factors which can lead to hyperhidrosis.

**Focal Hyperhidrosis-Commonly Result From-** Emotional stress, Spinal cord injury, Heat, Certain foods and odors including citric acid coffee and chocolate. [3][4]

**Generalized Hyperhidrosis-Commonly Result From-** Dysautonomia, Heat, humidity and exercise, Infection such as tuberculosis, Malignancies such as Hodgkin disease, Menopause, Severe psychological stress, Antidepressants drugs.

Metabolic disease and disorder including hyperthyroidism, diabetes, hypoglycemia and pheochromocytoma. [3][4]

**Clinical Features-** The main symptoms of hyperhidrosis is excessive sweating. Sweating may be generalized or focal

- Sweating may be present in specific part of body in focal hyperhidrosis

- Sweating may be present all over the body in generalized hyperhidrosis.

- Sweating may be also present over face & scalp specially in gustatory hyperhidrosis. [2][3][4]

**Investigation-** Following are the investigation needed to carry out to confirm the diagnosis

- Blood test, Urine test, TSH estimation
- Montoux test to exclude tuberculosis

- BSL to rule out hypoglycemia, Sweat test: Moisture sensitive powder indicate the presence of heavy sweating. [3][4][5].

**Complications-** Skin infection, Social and emotional effects. [4]

**Homeopathic Remedies For Hyperhidrosis-** There is no permanent cure for hyperhidrosis in modern medicine but homocopathy can be used for management of

such cases very effectively if remedies are prescribed on basis of totality of symptoms.

- **Tuberculinum-** Tuberculinum is one of the indicated remedy for hyperhidrosis. The characteristics features of this remedy is excessive cold sweating. Generally the patient is weak with light complexion. It acts even better if there is history of tuberculosis in patients or his blood relations. There is increased sensitivity to cold. [6]

- **Spigelia-** This remedy is indicated when nature of sweat is cold and sticky. The patient is extremely sensitive to touch and cold. Anaemia is commonly seen as concomitant with hyperhidrosis in spigelia. [6][5]

- **Calcarea Carb-** This remedy is indicated when there is excessive sweating on exertion. There is increased sweating on scalp while sleeping. It is more commonly indicated in obese patients. [7][5]

- **Silicea** - Silicea is one of the top most remedy for both focal and generalized hyperhidrosis. There is increased sweating on palms, sole and axillary region. The hand and feet are extremely cold to touch. There is intense craving for heat. [7][6]

- **Baryta Carb-** Baryta carb is also one of the indicated remedy for hyperhidrosis. There is increased sweating over foot with marked offensiveness. Lower extremities are cold to touch and it's more commonly indicated in scrofulous diathesis personality. [5][8]

- **Sorinum-** Sorinum is one of top most remedy for generalized hyperhidrosis. The hallmark features of this remedy is marked offensiveness of sweat. There's also sweating all over body and patient is extremely chilly can't tolerate cold air even in hot weather. [7][8]

- **Sulphur-** Sulphur is also one of the best remedy for hyperhidrosis which is generalized in nature. There's sweat all over the body with marked offensiveness. The differentiating feature of sulphur when compared to psorinum is it's thermal relation. Sulphur is extremely hot. [6][7].

- **Merc Sol-** Merc sol is also one of the indicated remedy for generalized hyperhidrosis which occurs especially at night. The sweat is offensive and sour in nature. There is increased thirst with marked salivation. [5][8]

- **Jaborandi-** It is also excellent remedy for hyperhidrosis. There is profuse sweating over face and head extending to all over the body. The patient may also experienced vomiting of sour mucous. [6]

- **Thuja-** Thuja is also one of the excellent remedy for hyperhidrosis. The nature of sweat is like honey. Profuse sweating over uncovered part is hallmark features of this remedy. Sweat oily and only one side of body. [8]

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