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## Homeopathy: Clinical efficacy in endometriosis pain reduction

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Medical therapeutics for endometrial pain (analgesics, surgery, and drugs to downregulate reproductive cycles) incur client detriments (post-surgical adhesions, bone loss, liver toxicity, increased cancer risk). Pain relief without detriment was sought using homeopathy. Homeopathy is a medical system of substance microdoses that are therapeutically indicated by characteristic symptom patterns. Its action is vitalistic, not biochemical; it does not incur noted client detriments. Its use was evaluated in a women's health clinical practice for the relief of endometrial pain in 12 women during Jan. 2009 – Oct. 2011.

**Premise:** Emerging research correlates pain levels with nerve fiber quantity in an endometrial biopsy. Thus, homeopathy to relieve endometrial pain must match neuro affinity as well as typical dysmenorrhea and adhesions. Four homeopathics whose pathogenesis showed the characteristic triad (dysmenorrhea, neuro affinity, adhesions) were selected for evaluation (Spigelia, Liliun tigrinum, Viburnum, Sabina).

**Method:** 12 women consecutively presenting with the diagnosis of endometriosis were treated homeopathically and tracked for retrospective review. 8 received one of these four homeopathics, selected on characteristic symptom patterns. 4 received other homeopathics matched to constitutional state, without clear affinity to the symptom triad noted.

**Results:** All 8 women treated with one of the four selected homeopathics reported marked, quantified, sustained reductions (avg 68%) in pelvic pain and analgesic use during and between menstrual cycles over the period of review; half noted longer cycle duration and shorter flow, reducing the frequency of menstrual pain. The 4 women who received other homeopathics reported improvement in other ways without relief from endometrial pain; all stopped homeopathic care.

### Biography

Karen Byrnes Allen, CCH practices in San Francisco, working primarily with endocrine and reproductive health issues since 1994. She is a graduate of Texas A&M University. She was formerly adjunct faculty at Bastyr University, she is now a faculty member at Phoenix Institute of Herbal Medicine and Acupuncture. She speaks at seminars and conferences in Europe and North America. She is a past president of the Council for Homeopathic Certification, former education director for Homeopaths Without Borders (NA) and a member for the Integrative Health Policy Consortium's Integrative Pain committee. Her most recent publication is Oxford University Press' Integrative Sexual Health (Ch 19).

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