

HEALING  
*Women*  
*With*  
**HOMEOPATHY**

**Dr Kavita Chandak**



**B. JAIN PUBLISHERS (P) LTD.**  
INDIA—USA—EUROPE

**HEALING WOMEN WITH HOMEOPATHY**

First Edition: 2022

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**“There is no chance of the welfare of the world unless the condition of women is improved.**

**It is not possible for a bird to fly on one wing”**

**- Swami Vivekananda**

# Dedicated

*to my mother.*



## **Late Nirmaladevi Rathi**

Dear Maa, I dedicate my every work to you.

You are my first teacher and Guide.

Your positive attitude,  
sacrifices, motivation and teaching always  
showed me the path.

I know you are still with me, showering your  
blessings and love!



## Foreword

---

It is exciting to read a book dealing with homeopathy as a complementary option in gynaecology. The double empirical approach of homeopathy is not esoteric healing art, but potential healing science.

Kavita Chandak, a homeopathic doctor working in Nagpur, India, went through the trouble of breaking taboos on conventional medicine and opened up the field for a healing method that is unfortunately known to only a few medical opinion leaders. The fact that she does not do this with the fanaticism of homeopaths who are uncritically convinced of his method, but always looks for scientific approaches that lead to amazing findings, is respectable.

In conventional medicine, we have seen numerous flops of temporary university-recognized methods and paradigm shifts. Many strategies that we have used for decades promised a good approach, were logically arguable but did not produce any positive results, such as episiotomy.

Kavita Chandak, well known for her numerous national and international seminars and lectures is always looking for new approaches in medicine. Physics has long taught us that information about medication does not require the presence of a molecule. If you take the trouble to deal with the amazing building of homeopathy, it is slowly dawning why homeopathy, has so far withstood social, political and contemporary trends. Numerous own positive successes finally create the conviction that, in addition to the undeniably important advances in scientifically oriented conventional medicine,

they have a way of turning difficult situations often for the better.

Scientific knowledge is an essential prerequisite for homeopathy to maintain and improve as a healing method. However, the researcher is faced with unbelievable difficulties, even if the research would be methodologically feasible. Well-controlled studies require large budgets, which are only made available if commercial interest is in the background. Homeopaths have made many attempts to establish larger homeopathic studies and have often failed due to the lack of financial viability and the lack of interest in the pharmaceutical industry. If one or the other gynecologist reads this book under his bedclothes and then quickly clears it away from his colleagues, Dr. Chandak has achieved her goal, namely to arouse curiosity for additional chances of healing in non-established ways.

The book covers the most important and widespread gynaecologic disorders starting from menarche to menopause reflects issues from which women suffer frequently. Sterility, polycystic ovarian syndrome, constipation and urinary problems are equally described as problems with the breast. The book contains description of the materia medica of several homeopathic remedies with special emphasis on gynaecology.

Furthermore, several case reports guide the reader into the technique of successful homoeopathic prescribing.

I am sure that Dr Chandak's book will be a valuable companion for many gynecologists as well as homeopaths dealing with female disorders. I hope that it will be accepted well by the homeopathic community!

**Michael Frass, MD**

**Professor Medicine**

**Retired Specialist in Internal Medicine and Internal Intensive  
Care Medicine,**

**Medical University of Vienna, Austria**



## Foreword

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The concept of homeopathy has been the target of attacks since it was put forward by Hahnemann as a brand new treatment approach.

These attacks generally originate from the poor understanding of the philosophy of homeopathy, from its poor narration, and more importantly, from the efforts to evaluate holistic homeopathy with material criteria.

The effectiveness has always been questioned because homeopathy takes a long time to learn and to gain experience. Homeopathy is effective only, among thousands of remedies, when the right remedy is found. Remedy selection, on the other hand, takes a different approach than the medicine selection of hospital medicine. The choice of homeopathic remedies is made by evaluating many factors, such as the cause of the disease, the characteristics of the current findings, modalities and the mental state of the patient in the current disease state. This complexity requires an experienced homeopath.

The worldwide spread of non-clinical homeopaths writing books based on translation and compilation rather than their own experience has shaken the image of homeopathy in public opinion.

One of the most important shortcomings in homeopathic education and practice is the difficulty in integrating materia medica knowledge with repertorization and clinical experience. There are very few homeopathic books based on clinical experience.

Dear Dr Kavita Chandak has contributed an important asset to overcome a great shortcoming and to close the gap, by putting her

own experiences in gynecological diseases on paper. This book will be one of the most helpful sources for homeopathic physicians.

Another feature of the book is the integration of homeopathic treatment with laboratory tests and showing the examples of treatment with homeopathy along with the possibilities of modern medicine.

The unique narrative style of the book, its faithfulness to the essence of classical homeopathy and its great ease of application puts Dr Kavita Chandak and her book in a very special position. We are awaiting her to share her experience on other health issues with her books and seminars.

**Dr H. Gökhan Şentürk**

**ISTANBUL**

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# Acknowledgment

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Thank you all who are and were beside me!

Writing a book is not an easy task but with a lot of perseverance and determination, it all worked out in the end!

First of all, a special thank you to my editor, Dr. Yashika Arora. Believe me, turning my handwritten messy notes into a systematic way was a difficult job!

I am thankful to Dr. Michael Frass and Dr. Gokhan Sentruk for sparing their valuable time to write the foreword.

''Behind every successful man; there is a woman!

Behind successful woman; there is complete family!''

My sincere thanks and regards to my parents, in-laws, family, spiritual Guru, teachers, friends, staff, and my patients for their support and trust in me.

Special thanks to my loving husband, Raj, and my son, Reeshabh, for motivating me to fight with every obstacle.

I am thankful to Mr. Manish Jain for publishing this book on this honorable platform.

I am thankful to the reviewers of publication house for their sincere effort to make this book beneficial for easy and busy practitioner.

***How can I forget to thank my critics? Because of them I could reach here!***

# Preface

---

Woman is the best creation of God. She is blessed with the major responsibility of *Motherhood*, the divine duty to bring a new life into existence! For this, the woman needs to undergo different stages during her whole life, namely, puberty, menstruation, adolescence, marriage, conception, labor, breastfeeding, and menopause. To make these transitions easy and hassle free, Homeopathy has a lot to offer.

There might be various books written on gynaecology and homeopathy then what is different in this book? Why should you read it?

When I started my medical practice, I observed that maximum number of women from underprivileged classes are still enduring mental and physical troubles. They never consider themselves as important as other family members due to the influence of their childhood upbringing. Suppression at emotional level, manifests diseases on physical plane.

To be a woman is a matter of pride! Womanhood becomes a celebration when she possesses a healthy body and peaceful mind. Healing women term makes sense when we are obliged to make her healthy at physical and mental level. And homeopathy is approachable as it works on the fundamental law, 'Like Cures Like!'

This book is my sincere attempt towards smoothening of life events of a woman related to Gynaecology and Obstetrics, with the knowledge achieved for more than two decade's experience of my Homeopathic practice. Some light is also thrown on the management of Male Infertility as well. This book is a systematic arrangement

of the subject and its homeopathic management with traditional and modern homeopathic medicines.

All chapters include the introduction, causes, symptoms, rubrics and its homeopathic treatment. Auxillary management and clinical tips from my experience are mentioned at the end of a few chapters and cases.

Homeopathy is unique as it is the only branch of medical science which considers mental symptoms for treatment. Mental issues during and after pregnancy like mood swings, nervousness, melancholia, depression are covered along with its homeopathic management. I paid attention to the psychological part of each patient during the interview. Case studies mentioned in this book include the anamnesis (physical and mental symptoms), analysis, evaluation, rubrics, laboratory readings before and after treatment, justification of remedy, prescription and follow-ups with my way of approach in individual case.

I have admitted my failure in various cases as I believe- mistakes give the chance to learn and improve!

The book is a detailed description of female diseases, the Materia Medica of related medicines (around 300 drugs), description of a few modern remedies like Medulloseinum, HPV etc; guidance about the application of Homeopathic philosophy in clinical practice (aphorism numbers are mentioned), and use of Repertory along with **33** successful case studies (by overcoming the failure).

*Clinical repertory for Gynaecology* is included with the chapters.

I hope this book would prove the adverb 'Books are the best friends' true and will be able to show the correct path to the followers.

— **Dr Kavita Chandak**



## Editor's Preface

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*“A homoeopathic physician is one who adds to his knowledge of medicine a special knowledge of homoeopathic therapeutics and observes the law of Similars.” – American Institute of Homoeopathy*

(Ref: Clinical Gynecology with Homoeopathic Therapeutics-James C Wood)

Homoeopathy is an art and science based upon the principles derived from the natural laws. The practice of Homoeopathy is governed by principles (laws) as propounded by Hahnemann and validated by himself and his disciples. In this process of validation of Homoeopathic principles and practice, it has been observed that Homoeopathy is having a wide scope in clinical application in all sorts of diseases. The exhaustive list of diseases and its management strategy demands updated knowledge on the part of physician for the restoration of sick to health as stated in aphorism no 1. The mission of physician and the manner of ideal cure can be achieved only if the physician clearly perceives (a) what is to be cured in diseases? i.e. knowledge of disease indication, (b) what is curative in medicines? i.e. knowledge of medicinal powers, and (c) if the physician knows how to adapt according to the clearly defined principles, so that the recovery and final cure can ensue. The physician should also have knowledge of

drug sources, its exact mode of preparation, proving, action and appropriate application in terms of selection of the similimum, dose, its repetition and the knowledge of obstacles to cure and how to remove them. This knowledge will aid in perceiving how to treat judiciously and rationally so that he can be a true practitioner of the healing art.

In the light of the above Hahnemannian concept, it is challenging to encompass all of the concepts in one book but it can be attempted through the study of therapeutics and its application on the principles of Homoeopathy. The book “Healing Women with Homoeopathy” written by Dr Kavita Chandak has integrated first six aphorisms in her work on homoeopathic therapeutics. The book covers a wide range of obstetrics and gynaecology conditions and their therapeutic management. Understanding woman and her ailments is a dynamic, complex, and diverse phenomenon. Through this endeavour the author has presented experiential knowledge gained in her two decades of professional service.

The book can be divided into 3 parts; where in the first part the author has covered most of the obstetrics and gynaecological conditions with their cause, types, symptomatology, investigations, diagnosis, Homoeopathic management and ancillary measures.

The second part covers case taking, importance of dreams, delusions, posology, rare remedies with their indications, Homoeopathic gynaecology kit and clinical tips in obstetrics and gynaecology.

The third part covers Homoeopathic management of 33 case studies. It includes a brief case taking, analysis and evaluation of symptoms, rubric conversion, the final remedial selection and follow up. Cases ranging from menstrual issues to uterine cancer managed with Ho-

moeopathy, allows us to understand the applicability of science and its results. This is the most important part of this book and students, practitioners and teachers will benefit from these case studies.

B. Jain Publishers Pvt. Ltd. has given us access to the author's experience in a masterpiece book form which is worth appreciating. The book covers concise & working knowledge of Homoeopathic approach and in depth experiential perspective on Homoeopathic therapeutics in obstetrics and gynaecology. This book is a significant & valuable tool for the learner, teacher & practitioners in their service to humanity through Homoeopathy.

I am thankful to Mr Manish Jain, Director B.Jain Publications for his firm belief that I can do justice to this assigned task of editing. I am thankful to Dr Kavita Chandak for her dedication and perseverance in getting this work published. I am glad to pen down my views on the auspicious day of 267<sup>th</sup> birthday of Hahnemann which is celebrated worldwide as World Homoeopathy Day.

**10<sup>th</sup> April 2022**

267<sup>th</sup> Hahnemann Day

Latur

Maharashtra

**Dr. Yogesh D. Niturkar**

Associate Editor

Homoeopathic Heritage

# Publisher's Note

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This book is a sincere attempt by the author towards smoothening of life events of a woman related to Gynaecology and Obstetrics, with the knowledge achieved from more than two decade's experience of her Homeopathic practice.

The book covers the most important and widespread gynaecological disorders starting from menarche to menopause; reflecting issues from which women suffer frequently. Sterility, various problems during pregnancy, during and after delivery are described thoroughly. The book explains the art of case taking in relation to gynaecological/obstetric conditions along with description of several homeopathic remedies with special emphasis on gynaecology.

Furthermore, several case studies given will guide the readers into the technique of successful homeopathic prescribing.

This project could not have been completed without the support and guidance of our editorial team at B.Jain.

A special thanks to Dr Yogesh D. Niturkar for reviewing the book & sharing his expertise to make the book more valuable.

We hope this book will be one of the most helpful sources for a homeopath. Suggestions are always welcome.

**Manish Jain**

Director, B. Jain Publishers (P) Ltd.

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## About the Author

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*“Well-behaved women make history when they do the unexpected, when they create and preserve records and when later generations care.”*

— *Laurel Thatcher Ulrich*

Dr Kavita chandak is a gold medalist scholar in Homeopathy. She is an author, speaker, trainer, teacher and promoter of Homeopathy.

She is attached with P.D. Jain Homeopathic Medical College as Professor of Repertory and a Guide for P.G. students. She is an International faculty, invited by 20+ countries to deliver seminars about homeopathic contribution in Psychiatric disorders, Autism, woman disorders and Cancer.

**Honoured by holding two golden book world records for treating kidney disorder and a case mucormycosis.** She is an advisory board member at Turkiyeklinikleri Journal of Istanbul.

She is scientific committee member at Duzce University, Turkey and at LMHI 2022. She is running an NGO, Padmaja welfare foundation, which is dedicated to the field of Health and rehabilitation.\* She is an excellent speaker and a social activist: received many national-international awards for her generous socio medical contribution towards society. She is recipient of **‘Excellence in Homeopathy award 2022’** given by Hpathy.com to 66 renowned homeopaths throughout the World. Won the INSC research award for her paper

on Autism. Authored many medical books on gynaecology and psychiatry(ref.[www.drkavitachandak.com](http://www.drkavitachandak.com)). Organised 800 free medicine distribution camps till now. To spread awareness, she writes health articles, delivers sessions on TV and Radio about Health. She is a board member of Afghanistan Homeopathic association. She is providing her services through her web clinic in 20+ countries. Her speciality area is **Behavioural Psychiatric disorders like Autism and ADHD.**

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# Introduction

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## WHAT YOU MUST KNOW ABOUT A WOMAN AND HER DISORDERS?

*“You educate a man; you educate a man. You educate a woman; you educate a generation.”*  
— Brigham Young

“Woman is a delicate creature with strong emotions who has been created by the Almighty God to shoulder responsibility for educating society and moving towards perfection. God has constructed woman as a symbol of His own beauty and to give solace to her partner and her family.”

God has distributed his responsibilities to each of them, and has blessed the woman by giving the major responsibility of Motherhood—the divine duty to bring a new life in existence!

For this, the woman has to undergo many stages of life.

In this book, light is thrown on Gynecological and Obstetric disorders at physical and mental level, along with their homeopathic solutions. It is a combination of author's of clinical experience and various remedies from different materia medica books written by great homeopathic *stalwarts* for smoothening the journey of womanhood.

Surgery is a great branch of medical science but cannot be a solution every time. A patient always desires medical aid instead of surgery. In a few conditions, Homeopathy alone proves to be the best option.





# 1

## Puberty-Conditions and Homeopathic Management

---

The establishment of menstruation indicate attainment of puberty in a female and is the epoch at which she fully enters into general development and growth, which terminates in her being capable of bearing a child. The mind, as well as the body, acquire rapid growth, when the mental capacity increases, the imagination becomes more vivid, and the nervous system exhibits a heightened sensibility.

### **MENSTRUATION AND GENERAL HEALTH**

Menstruation represents monthly exudation of fluid from the womb, the average quantity ranges from 180ml to 200ml during each period. The duration of a menstrual period varies in different persons, commonly present for 4-5 days. As a general thing, during gestation and lactation, these monthly periods ceases. It is well known that menstrual blood does not coagulate like normal blood; and the discharge is so profuse that a portion of its coagulating constituent, the fibrin, escapes without mixing with acid secretion, resulting in clot formation. In addition, the acidic

vaginal mucus possesses solvent power; hence, the coagulated part of the menstrual secretion can pass along the vaginal canal, and it is prevented from becoming a mass of dead and putrid matter.

## **MENARCHE**

Menarche is defined as the first menstrual bleeding occurring in female. From both social and medical perspectives, it is considered as the central event of female puberty as it signals the possibility of fertility. The normal age at which menarche occurs is 12-14 years.

### **Abnormalities During Menarche**

The first menstruation may sometimes occur prematurely, from a severe fall, violent jumping, any mental emotion, etc. In such cases, there may be a considerable discharge, and in extreme instances, may amount to absolute flooding, lasting for several days.

### **Role of Homeopathy**

For example, a few doses of *Aconitum napellus* is helpful if menarche results from mental emotions, or *Arnica montana*, if menarche is occasioned by a fall or any external injury.

Few years back, a 11 years girl visited me for extremely painful bleeding from uterus which occurred from a blow of volleyball on her abdomen. Her friend brought her to my clinic from the adjacent ground. I observed that it was menstrual blood. She was scared, saying it happened for the first time and was pretty sure that It's because injury. For her satisfaction, I suggested ultrasound abdomen, which did not display any internal bleeding. I gave *Arnica montana* as her first menses appeared due to injury and else I observed bruises on the site of injury.

## Menstruation

Constitutional delicacy, carelessness, or improper treatment, may render this period extremely dangerous in the propagation of new forms of the disease, or in the development of any latent disorder, which has existed from birth. Hence, the first appearance of the menses should be considered with extreme care.

## Delay of the First Menstruation

When all the external signs of womanhood have appeared, and menstruation does not occur, but there are so many indications that nature is seeking to establish this important function, this total absence of menses even after the age of 16 years is known as primary amenorrhea, while when menses disappears in reproductive age due to any cause, it is known as secondary amenorrhea.

## Causes

1. Occasionally, there may defective formation of the vagina or the uterine organs since birth.
2. Any mechanical obstruction may prevent the passage of the menses.

The above causes can only be relieved by examination and surgical means. If no such cause exists, the delay is due to wanting of development at the time of puberty, and may be benefited, giving relief to the concomitant symptoms as well, employing the following homeopathic remedies:

### ***Bryonia alba***

Bleeding from the nose and spitting of blood instead of the menstrual discharge, with hard, dry cough, stitches in the chest, and constipation.

