



Homoeopathy is truly a friend to women



It is a comprehensive system of medicine which is able to meet the needs of people in all facets of their lives, and through all of life's transitions. By strengthening the immune system and helping to balance the mind and the emotions, Homoeopathy can help women achieve the higher purposes of their lives, and feel their very best.

Homoeopathy is ideal for those looking for a safe and natural, as well as complete system of medicine, especially those wanting to take more responsibility for their own health.

Homoeopathy can be used to treat most illnesses- whether chronic, acute, or first aid.



*Lets raise a toast to all
the lovely women who
make our world go
around!!*



**Homoeopathy with
Dr. Patkar's**
Only Homoeopathy **CARES n CURES**

★ Since 1994 ★

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7

treatments for it are diverse and problematic. Homeopathic medicines can be very helpful at the early and middle stages of endometriosis, though because of severe scarring during advanced stages of the disease, they are not very effective later on. Endometriosis is not an ailment amenable to self-care; professional Homoeopathic care is required.

Osteoporosis

Osteoporosis is one of the serious conditions that some women experience late in life. However, because osteoporosis can be an insidious condition which develops without obvious symptoms prior to a fracture, women are encouraged to become familiar with the various nutritional and lifestyle factors that decrease the chances of developing osteoporosis. When such efforts are combined with homeopathic medicines, women will inevitably be significantly stronger and healthier.



Homoeopathic approach to cure hormonal imbalance



- **Homoeopathy believes in treating the root cause of the disease. After studying the case of the female in detail; we try to find out the basic disturbance behind the disease condition**
- **Homoeopathic medicines are not hormones (like prescribed in Allopathy) but they stimulate body's own endocrinal glands (which produce hormones) to generate and regulate the hormones as per individual body's need; and thus rectifying the imbalance**
- **"Therefore patients do not experience any side effects of homoeopathic medicines". And the curative effect of homoeopathic treatment is permanent. Depending on individual condition the duration of treatment may vary in each patient; but Homoeopathy offers definite "curative treatment"**



What other female conditions can be treated with Homoeopathy?



Physical

Anemia, chloasma (skin pigmentation), chronic fatigue, constipation, cystitis, genital warts, gestational diabetes, growths, hemorrhage, herpes, hot flushes, IBS, incontinence, insufficient, breast milk, mastitis, morning sickness, osteoporosis, piles, PM, poor libido, recovery from surgery, tendency to miscarriage, thrush, thyroid imbalance, vaginal infections, varicose veins.

Emotional & Mental

Anger, disappointed love, guilt, grief, irritability, mood swings, post-traumatic stress disorder (eg after sexual abuse), weepiness.



Infertility



Nowadays Infertility is a rising problem in both men and women. Couples anxious to conceive, has become a common problem. For many couples Infertility is like a crisis. Not being able to conceive is highly an emotional and social issue.

*Infertility means unable to conceive even after 12 months of unprotected sex. The causes vary in both male and female. 30 to 40 percent females are effected with **Infertility problems**.*

Causes of Infertility in Females ♀



Endometriosis: It is the condition in which the **endometrial** tissues grows outside the uterus.

Symptoms: Painful menstrual periods, **irregular** and heavy bleeding, repeated miscarriages.

Ovulation Problems: Any hormonal condition that prevents the release of mature egg from ovaries.

Symptoms: Absent or infrequent periods with scanty flow.



8

Poor Egg Quality: Eggs that become damaged or develop chromosomal abnormalities. This problem is often age related.

Polycystic Ovarian Syndrome: Patient whose ovaries contain multiple cysts, have hormonal imbalance, cannot ovulate regularly.

Symptoms: Irregular menses, hirsutism (facial hair), acne and **weight gain**.

Female tubal blocks: Blocked or damaged Fallopian tubes prevent eggs from getting into uterus and sperms from getting to the eggs. Causes being PID and Sexually transmitted diseases.

Other causes: **Diabetes, Thyroid Problems,** Obesity, Poor nutrition, Older age, Tumours or Cancer

Causes of Infertility in Males ♂



Low sperm count (Oligospermia): A sperm count less than 20 millions/ml is considered as low sperm count. **Azoospermia** is referred to absence of sperms, which results for 10 to 15 percent of Infertility in males.

Poor sperm motility: Sperm motility is the ability of the sperm to move. If the motility is slow, not in a straight line or both, will have difficulty in invading the cervical mucosa. A sperm motility about 60 percent is considered as normal. Sperm motility less than 40 percent is considered abnormal.

Abnormal sperm morphology: Morphology is defined as the size and structure of sperm. An abnormal shaped sperm cannot fertilize eggs.

Male tubal blockage: An obstruction in the vas deferens or epididymis may cause a block. Causes: Varicocele and sexually transmitted diseases.



Infertility treatment in Homoeopathy



- Every couple going through Infertility problems, struggle a lot. They undergo a lot of investigations and treatment, do a lot of research for further treatment, but few are successful. Then, at last they ask a question **Can Homoeopathy help Infertility problems? Homoeopathy treats Infertility not as a disease, but as an imbalance to be corrected. It can reverse Infertility as it goes to the root cause of Infertility and stimulates the body ability to heal itself. Homoeopathy treatment for Infertility is stimulating and supporting a natural conception progressively. Here, we prescribe constitutional medicines based on individuals genetic constitution. Success rate is high if the both partners are included in constitutional treatment**

- Homoeopathy can also help couples conceive even when there is no known medical reason for the infertility



9



Some successful Infertility cases at our clinics



10

- Also homoeopathic treatment is safe and effective during pregnancy. It can help symptoms of morning sickness, heartburn, constipation, hemorrhoids, anemic conditions, Thyroid, diabetes etc. and all other conditions coming up during all three trimesters of pregnancy
- Increasing number of women are making use of homoeopathy during labor and childbirth. Homoeopathic treatment can be very helpful after delivery, or during breast-feeding



Female Disorders



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Reproductive phases of human life

Endocrine Glands and Major Hormones

Menarche
11-12 years

Menstruation
12-50 years

Menopause
50 years - death

Important female Hormones

Menarche / Puberty

- **FSH** - (Follicle Stimulating Hormone) - Stimulates growth of follicles in ovaries during the reproductive years of a female
 - **LH** - (Leutinisning Hormone) - Helps in development of the baby during early weeks of pregnancy
 - **PRL** - (Prolactin) - Hormone which stimulates milk formation in nursing mother
 - **TSH** - (Thyroid Stimulating Hormone) - Control production of thyroid hormone
 - **Oestrogen and Progesterone** - Control the growth of the uterine lining and regulation of menstrual cycle
 - **Testosterone** - A male hormone, but can cause disturbances in females if the level of this hormone is high
 - **All these hormones function in a synchronized manner, but imbalance of any of these hormones can cause disturbance in the whole system**
- The period during which adolescents reach sexual maturity and become capable of reproduction. Adolescence, pubescence, sexual maturity, growing up; youth, young adulthood, teenage years, teens, the awkward age; "the onset of puberty may occur as early as eleven or twelve"

For girls, one of the first signs of puberty usually is their breasts starting to grow. Getting periods (menstruation) usually happens later, around two years after breast growth starts. In between, you'll probably start to see more hair in places like under your arms and in your pubic area.

In girls, signs of puberty include any of the following after 10-12 years of age:

 - Breast development
 - Pubic or underarm hair development
 - Rapid height growth - a growth "spurt"
 - Start of menstruation (her period)
- Acne
 - "Mature" body odor

For boys, The physical changes of puberty usually start with enlargement of the testicles and sprouting of pubic hair, followed by a growth spurt between ages 10 and 16 - on average 1 to 2 years later than when girls start. His arms, legs, hands, and feet also grow faster than the rest of his body.

Puberty Grievances

During puberty your hormones (Androgens) cause the oil glands to be over active. This over production can cause pores to clog and form a pustule or pimple. Most teens do experience some acne but some get it worse than others. Acne occurs when bacteria, skin oil and hormones interact to cause pimples on the face and upper body.

Teenage, as all say, is the best phase in one's life! It brings with it a lot of cheer, enthusiasm, fun and excitement. As your teenager ushers into new things, she encounters a lot of 'firsts'.

Monitor your teenager very closely

Discuss how these 'looks' are more of fads. See to it that your young girl doesn't adapt unhealthy eating habits. Ensure the people she spends time with do not act in an adverse manner.

Education

This is a time when your teenage girl has to constantly prove her mettle by scoring high, doing well in exams and on other educational fronts. This creates immense pressure on your young girl and leads to stress and undue pressure. Make your teenage girl understand that she should study well and score good marks, but that grades are no way of judging someone. Low grades do not make anyone less educated or less talented. There is always another test she can prove herself in. Encourage her to take up extra-curricular activities that she likes. This will help her unwind while building more focus and concentration power.

Self-Esteem

Teenage girls have this habit of comparing themselves, their body and their appearance to other girls of their age. This unconsciously creates a pressure on them. The changes in your teenage girl's body might make her doubt herself. She might get extremely conscious about everything she does, wears or even talks about. This might adversely affect her self-esteem. Make sure she doesn't idolize models and actresses.

Peer Pressure

Peer pressure forces teenage girls to behave in a certain way that gives them a sense of belongingness. This even leads them to take up habits that they otherwise aren't supposed to or are interested in. Respect her opinions, views, choices, hobbies, fashion sense and

even eating habits, make her understand the reason behind any controversy. She need not give in to any peer pressure just to make her peers feel good.

Common problems in females due to hormonal disturbances

Excessive menstrual bleeding(menorrhagia) and irregular bleeding (Metrorrhagia)

The cause of these conditions is the disturbance of hormones-oestrogen and progesterone; which control the growth of the uterine lining(endometrium). These conditions can co exist along with other hormonal disturbances like PCOS, endometriosis, ovarian cysts etc.

Ovarian cysts

These are also seen very commonly during the reproductive age of a female. There are various types of ovarian cysts- from simple ovarian cysts to haemorrhagic cysts(chocolate cyst),dermoid cyst etc. all ovarian cysts are not cancerous. Most of the ovarian cysts can be treated with Homoeopathic medicines.

Uterine fibroids + Breast fibroids

Another common condition seen in the reproductive age of a female. Fibroids can cause excessive menstrual bleeding , severe pain during menses. Bigger sized fibroids can cause pressure symptoms on urinary bladder.

Cancers in female reproductive system

Breast cancer, uterine cancer, ovarian cancer, cervical cancer.

These are the most dreaded conditions. There are various obscure causes of cancers.

Use or over - use of hormones is one of the major trigger factor in development of these cancers.

 - **Homoeopathy has proved helpful in patients at various stages of cancer; curatively or palliative depending on the type of cancer**
 - **Homoeopathy has also shown excellent results in post chemotherapy and post radiotherapy to curtail recurrence**
 - **Also it helps to combat the side effects of chemo and radiotherapies**
 - **Homoeopathy Treatment for Uterine cancer can help in**
 - Regression of Uterine cancer
 - Relieving cancer pains
 - Improving general quality of life and hence, a better reaction to other treatments

PMS (Pre menstrual Syndrome)

Refers to physical and emotional symptoms that occur in the one to two weeks before a woman's period. Symptoms often vary between women and resolve around the start of bleeding. Common symptoms include acne, tender breasts, bloating, feeling tired, irritability, and mood changes. Severe PMS symptoms may be a sign of PCOD or any hormonal dysfunction and need to be treated. PMS goes away when you no longer get a period, such as after menopause.

Most of us consider our menstrual cycle as a liability and do not appreciate its true value. But the truth is that our real power lies in our menstrual cycle. If only we start listening and learn from its signals.

Menopause

Is the process through which a woman ceases to be fertile or menstruate(withdrawal of female hormones). It is a normal part of life and is not considered a disease or a condition. Symptoms may occur years before a woman's final period.

Symptoms of menopause

 - Irregular periods
 - Hot flushes, feel a sudden rush of warmth in your face and upper body
 - Night sweats. Hot flushes during sleep can result in night sweats
 - Cold flushes
 - Vaginal changes, dryness
 - Emotional changes, weepy, neglected, anger, sensitive etc
 - Trouble sleeping

Abortion

Is the ending of pregnancy due to removing an embryo or fetus before it can survive outside the uterus. When deliberate steps are taken to end a pregnancy, it is called an induced abortion, or less frequently an "induced miscarriage". A missed abortion is a miscarriage in which your fetus didn't form or has died, but the placenta and embryonic tissues are still in your uterus. It's known more commonly as a missed miscarriage. Recurrent Miscarriages can be very well treated with Homoeopathy.

Cystitis (Bladder Infection)

Another extremely common condition for which homeopathic medicines seem to work wonders is cystitis (bladder infection). While professional homeopathic care and/or medical attention should be sought to treat recurring bladder symptoms and for severe symptoms, an individually chosen homeopathic medicine can alleviate the pain and discomfort of most acute conditions before the woman reaches the doctor's clinic.

Vaginitis

Vaginitis refers to an inflammatory condition in the vagina that is primarily the result of infection (i.e., from *Candida albicans*, *Trichomonas vaginalis*, *Gardnerella vaginalis*, or *Chlamydia trachomatis*) or exposure to an irritant (chemical or allergic). The symptoms of vaginitis generally include an abnormal vaginal discharge and itching or burning pains.

One of the most common types of vaginitis is a **yeast infection**, usually caused by the yeast *Candida albicans*. The vagina normally is populated by a variety of microorganisms that help to prevent infection. The "good" microorganisms create a chemical environment that inhibits the "bad" microorganisms. If a woman takes antibiotics to treat an infection, whether it is for vaginitis or not, the antibiotics kill both the bad and the good microorganisms, ultimately creating various imbalances in the body, including yeast infections.

The vagina can normally live comfortably with small amounts of yeast, but the killing of good microorganisms by antibiotics allows yeast to grow in significant numbers, creating a yeast infection.

Homoeopathic medicines are not antifungal or antibacterial in the conventional sense. Rather, they strengthen a woman's own defenses, which then help her body fight off the fungal infection itself. By this process they do not create the same type of internal ecological disruption that antibiotics cause.

Endometriosis

Endometriosis is a condition in which the lining of the uterus gets displaced and appears in various sites in the body, including the ovaries, the bladder, or the bowel. Although the cause of this condition is unknown, it is sustained by ovarian hormones.

Endometriosis can lead to varying symptoms, including heavy, painful periods, breast swelling, backache before periods, infertility, painful intercourse, dizziness, and depression. Conventional

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6