

THE MENSTRUAL CYCLE: REMEDIES FOR FIBROIDS

Trillium Ustilago, Sabina Trillium

Melissa Assilem has noted in her book, *Women Ripening Through the Menopause*, that Trillium (Birthroot) is almost a specific for bleeding from fibroids: "...with sensation that hips and back were falling to pieces." With this sensation, the woman feels better being tightly bandaged, almost as if she is trying to hold all the falling pieces together.

There can also be a sensation as if the bones of hips, back, and thighs were forced apart, and again, better by "tight bandages." (This is what I call "repertory talk," and by tight bandages, you could think of things like wearing tight pants makes the woman feel better.)

"Great bearing-down feeling in pelvis when walking and standing." This is a feeling that is also found in Sepia. This could be in a situation where there may be fibroids with a uterus that is prolapsed (feels like it is falling out).

"Gushing of bright blood on least movement, and later, blood pale from anemia. Especially useful in menses every two weeks, lasting a week and very profuse." The flow can come with flooding, and with that, there can be fainting, dim sight, heart palpitations, or noises in the ears. Overexertion and exhaustion from exercise can bring on a heavy flow.

Trillium is often used after childbirth or in situations where the ligaments and pelvic structure feel as if they are too loose and that everything will fall out. Because it has been so often used in this circumstance only, the physical symptoms and indications for it are quite clear. Less clear is the mental/emotional picture. With published cured cases, homeopaths are able to build a picture of the remedy that allows the mental/emotional picture to emerge. With great caution, homeopath Harry van der Zee in the homeopathic journal *LINKS* 1999, proposes a mind picture of Trillium:

"Controlled, composed, thoughtful, systematic, well-behaved, conscientious, responsible and intellectual people.

They are ambitious and do not like to be dependent or restricted.

They tend to just go on, to deny the needs of the body. They have an aversion to being hindered or stopped by bodily complaints. They can even separate themselves from their body or their emotions.

They do not like childhood, but want to be adults as soon as possible, to possess the full capacity of their mind.

It is very important for them to combine their motherhood with a career. They really want to be a very good mother, but also having children must not hinder them in pursuing their goals, in having a career.

They are very much oriented to the intellect. With their intellect they control their emotions, so also emotions can not make them deviate from their course, or bring them out of their self-composed equilibrium.

They dislike quarreling and do not allow themselves to be carried away by their emotions; this makes them suited to helping others solve conflicts. Conflicts should be solved in a rational, rather detached way.

When a woman is so focused on her head and intellect, pregnancy and delivery can be quite a challenge. They have to bring their energy down to the lower half of their body.”

Ustilago maydis

There is so much great information on the Internet these days. [Here is a site](#) that has some great information on Ustilago or corn smut as it is commonly known. There are great pictures too!

You can see in the photos on the link above, large, black, knotted kinds of growths on the healthy ear of corn. This is the part that is used in the remedy Ustilago. If you read the article, you will also learn that this “smut” is considered a delicacy in Mexican cooking, not unlike mushrooms or truffles or other types of fungi!

There is also a legend about how corn got its black disease. Laurie Dack, a homeopath in Vancouver, retold this tale at a conference. I am including it because as you read and understand the story, the picture of the homeopathic remedy itself will become clearer, as well.

“There was a man who was very lonely and hungry. He had a vast cornfield that flourished for many years, bringing food and a prosperous life to his tribe. Suddenly the ears of corn became black and knotted and grew in strange ways. The women who ate the corn became sick and could not bear children. The tribe began to disappear. As the elders died, there were fewer new children to take their place. No matter what the men did, the cornfield continued to wither away. He prayed and prayed for things to change - for a wife to end his loneliness and for his crop to grow and be healthy. But the malformed, gnarled ears of corn continued to appear, and no wife came to him. He was very lonely and hungry.

Then one day he came home and a beautiful golden-haired woman was in his house cooking. He ate the food she prepared and immediately wanted to marry her. He knew that there was something magical about this woman; her long, golden, silky hair was unlike anything he had ever seen. She said she would marry him on one condition: he could never ask for more than one child. He quickly agreed to this, and they were married. Time passed happily. His fields flourished again and many children were born

into the tribe. The man and his wife had their own child, and the man was no longer lonely or hungry. Life was good.

As time went by, all the families of the tribe were growing, but the man had only one child. In this tribe, the number of a man's offspring is very important and relates to his strength as a provider. The other men of the tribe started to taunt the man. When is your family going to grow? Where are your babies? Are you not a man? Has that golden-haired woman made you lose your strength? Can you not plant your seed and make it grow? Is this golden-haired wife an evil spirit?

Finally the man could endure the taunting no longer. He went to his wife and demanded they have another child. She looked up at him and a blood-red tear was in her eye. Even though he knew from the beginning that she was no ordinary woman, this tear sent a chill through him. Nevertheless, he insisted because he feared that she was an evil spirit robbing him of his manhood. The next day she informed him that a seed was growing in her belly. He rejoiced, choosing to disregard the tears of blood that continued to fall.

Her belly grew very quickly, and the man became excited thinking that his seed must be very strong to produce such rapid growth. The blood-filled tears began to flow more and more - all day and all night. Her belly grew and grew, and she became weaker and weaker as the tears flowed more heavily. The man had eyes only for the size of her expanding belly, as he envisioned many children being born at once. He thought of the other men of the tribe and how proud he would be walking by with his hundreds of children.

Then one night, while she shed streams of bloody tears, the golden-haired woman's belly exploded and all that came out was one golden kernel of corn. Sadly, the man buried the woman with the long golden hair and then planted the kernel of corn. A stalk of corn grew tall and strong with beautiful long golden corn silk, but the rest of the field withered with the same black, knotted kernels that had plagued his field before the woman appeared. He was lonely again, but he was not hungry. The stalk of corn continued to bear strong golden ears of corn, enough to feed him and keep him healthy.”

Laurie presented three situations where the patients needed *Ustilago*, and their language in describing their condition led to the prescription. All three women had uterine fibroids with heavy bleeding. She summarizes the idea of the remedy so well:

“The main pattern is this feeling of expansion, of bursting, and no relief from the discharge. That's as simple as I can make it. I want to emphasize that the pictures of this fungus really do look like big, black, gnarled knots on the ears of corn, just as these women described what they felt inside.”

The beauty of homeopathy shines through when the words used to express the physical symptoms are the same ones to appear on the level of the mental and emotional.

The women expressed their physical symptoms as, “My abdomen is huge. I am going to explode. I have this big pot belly that continues to expand.” With headache symptoms: “Feels as if my forehead will burst open, as if the top will pop off.” And at an emotional level: “I just want to blow up-fear and anxiety. I sit there feeling mad and ready to burst.”

So there you have an idea of *Ustilago* with uterine fibroids—they can be the kind of fibroids that get very large with heavy bleeding. “Profuse, with gushes of bright-red blood when rising from a seat, or after having been startled or frightened. No flow of menses when lying still, but clots and water pass out on getting up; feels so full in uterus that she must rise to get rid of clots; flowed fearfully during night.”

“The distinctive and particular symptoms include the well-known left-sided ovarian pain—ovarian and uterine pain extending to the right side, down the leg, and into the groin and thigh. These symptoms are among the most characteristic of the remedy in the pelvic area.”

“Bearing down, as if everything would come from her. Uterus as if drawn into a knot. Great depression of spirits.”

Sabina

I will briefly mention one other remedy to consider with uterine fibroids. As you read, you will probably realize that many of the remedies have similar symptoms when it comes to certain conditions and that the choice of remedy may depend on another aspect of health. *Sabina* could be one of those remedies.

As with *Ustilago* and *Trillium*, *Sabina* can have the fibroids with heavy, bright red, gushing bleeding with clots. Unlike *Ustilago*, though, *Sabina*’s uterine symptoms can be concomitant (together with) with “arthritic pains and swelling, goutiness in the joints, especially the toe or wrist, although all joints can be stiff with tearing pain, which are better for the warmth of bed.”

The bleeding is sometimes better for walking about, yet can be worse for the least motion. This will also help you to decide which remedy can be helpful when there are many to choose from: figuring out what makes the symptom better or worse can make the difference between choosing one remedy over another, and if you are not sure, you can always consult with your homeopath.

From Judyth Reichenberg-Ullman's book *Whole Woman Homeopathy*:

Sabina can be "highly irritable and anxious with extreme sensitivity to music and noise. Hot blooded with inflamed joints and heel problems. Worse for heat and at night. Better for cold and can crave sour, juicy, refreshing things."