DECLARATION

I Tamarin Samantha Holton, declare that this dissertation is my own work. It is being submitted for the degree of Masters of Technology in Homoeopathy at the University of Johannesburg. It has not been submitted before for any degree or examination at this or any other Technikon or University.

Candidate: _____ Date: _____

ABSTRACT

The aim of this study was to determine the efficacy of the combination of Nigersan® 4X, Citrokehl® 10X/30X/200X and Recarcin® 4X in the treatment of symptoms experienced with endometriosis. Endometriosis is a gynaecological disorder, where functioning endometrial tissue is present outside the uterine cavity. Symptoms are often associated with severe pain and/or infertility. The aetiology is unknown and there is no cure for endometriosis.

This was a double blind study in which a placebo group was compared to an experimental group. Twenty five females with pre-diagnosed endometriosis were analysed over a twelve week period. The participants were randomly divided into two groups, one receiving Nigersan® 4X, Citrokehl® 10X/30X/200X and Recarcin® 4X and the other placebo. This was a subjective study with reference to the participant's perception of their condition before, during and at the end of the study. Participants were asked to record the following on a daily basis: menstruation, pelvic pain, backache, nausea, vomiting and diarrhoea. The participants were then also asked to rate the following on a monthly basis: energy levels, general wellbeing, dysmenorrhea, pelvic pain, menstrual clotting, menstrual flow, menstrual colour and dyspareunia. All forms and questionairres were then collected at four week intervals and analysed for comparison.

The data was statistically analysed using the Analysis of Variance technique and Chi-squared statistics. Results revealed a significant decrease in the average number of days of backache and pelvic pain within the placebo group while the experimental group indicated a significant improvement in energy levels and general wellbeing.

Therefore it is concluded that Nigersan® 4X, Citrokehl® 10X/30X/200X and Recarcin® 4X did not significantly alleviate symptoms associated with endometriosis.

Dedicated to

My Heavenly Father

Thank you for being my rock and my shelter and for never leaving my side

My incredible husband, Wayne

Thank you for your never ending love, support, patience and encouragement

My amazing family

Thank you all so much for your endless love, support and prayers.

To my special friends

Thank you guys for all your encouragement and prayers

ACKNOWLEDGMENTS

I would like to express my sincere gratitude to the under-mentioned for their assistance in the completion of the study and the preparation of this dissertation:

Dr N. Wolf (supervisor)

Dr S. Sarawan (co-supervisor)

Dr Ford from Medford and to Sanum for the sponsorship of the medication and placebo used in this study

University of Johannesburg for financial assistance

The incredible ladies who completed this study

TABLE OF CONTENTS