

Efficacy Of Homoeopathic Medicines On Dysmenorrhoea

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Abstract

Dysmenorrhea refers to painful menstruation, which can significantly affect the quality of life. It is categorized into two types: 1.Primary Dysmenorrhea: Painful periods without an underlying pelvic pathology, often starting soon after menarche. 2.Secondary Dysmenorrhea: Pain caused by underlying conditions such as endometriosis, fibroids, or pelvic inflammatory disease. Homeopathy considers the whole person, focusing on individual symptoms and emotional health. Remedies are selected based on a detailed case history, including physical, emotional, and lifestyle factors.

CASE REPORT

A 18 yrs. female presented with cramps before menses and backache which extends to the pelvic region and down to thighs with nausea, headache, and uneasiness accompanied by Pain in ovarian region, since last 2-3 years.

During menstruation constant urge to urinate and nausea, and large quantities of clear, light coloured urine. After menstruation discharge of thin, whitish, yellow leucorrhoea with nausea and faintness.

Modalities:-

Agravation from movement, night, before menses.

Amelioration from pressure, rest, open air.

Associated Complaints:-patient was apparently were 3 years back when she slowly and gradually developed menstrual abnormalities, and suffer from pain and cramps with backache.

HISTORY OF PRESENT COMPLAINTS

Patient was apparently well 3 years back when she slowly and gradually developed cramps and backache which extends to the pelvic region and down to thighs with nausea, headache, and uneasiness. Pain in ovarian region before menses. During menstruation patient have constant urge to urinate and nausea, and large quantities of clear, light coloured urine. After menstruation patient have discharge of thin, whitish, yellow leucorrhoea with nausea and faintness. Later on patient complaints gradually worse and consult to gynaecologist and took allopathic treatment for 2 years gets relief. But after stoppage of allopathic medicine patient's complaints start again .Patients not satisfies the allopathic treatment and now come to our hospital for start homoeopathic treatment.

Modalities:-

Agravation from movement, night, before menses.

Amelioration from pressure, rest, open air.

PAST HISTORY:

Orientation:- Proper

Time: Proper Orientation of time.

Place:- Proper Orientation of place Person Proper Orientation

Behaviour:- Normal

Speech:- Clear

Involuntary movement:- No. Abnormality seen

Reflexes:- All superficial and deep reflexes are normal

Tremor:- Not found

Chorea:- Absent

Tone:- Normal

Clonus:- No Abnormality

S. No.	Disease/ complaints	Age/ year	Treatment taken	Outcome
1	Tonsillitis	12 year of age	Homoeopathic treatment	Get relief

FAMILY HISTORY:

Father – Hypertension, alive, suffering from sinusitis

Mother – Hypertension, alive

Grandfather – Expired

Grandmother - Expired

GYNAECOLOGICAL HISTORY:

Menses are painful since last 2 – 3 years, accompanied by Backache, Nausea and vomiting.

OBSTETRIC HISTORY:

No obstetric History because patient is unmarried.

PHYSICAL GENERALS

Appetite: Satisfactory, 2-3 meals /day

Thirst: Increased 4-5 litres /day, 1 glass at a time in small interval.

Desires: For sweets

Aversion: Not specific

Stool: pale yellow

Urine: frequent urging, pale light in colour

Menstrual History: menses too late, scanty, offensive, backache before menses, pain goes to thighs, and goes to ovarian region

Thermal reaction: Chilly

Perspiration: scanty perspiration

Sleep: Satisfactory take 6-7 hours' sleep /day

Dreams: not specific

Addiction: not have any addiction

H/O Vaccination: done in childhood

MENTALS GENERALS:

Alert, oversensitive, over thinker

Always think about future

Irritable

PHYSICAL EXAMINATION:

General Examination:

Pulse: Jugular venous pressure and pulse: 78 /min

B.P.: 110/80mmhg Tongue: slightly coated

R/R: 17/min lymph nodes: no lymphadenopathy

Temp: 98.6°f Edema: absent

Conjunctiva - Normal Nails: normal

Sclera: pale yellow

SYSTEMIC EXAMINATION:

G.I system: P/A SOFT, B/S+, No organomegaly

Respiratory: Chest bilateral symmetrical, no dilated veins or pulsation is there. Not any scar marks.

No tenderness during palpation

Cardiovascular: S1, S2 Heard, there is no murmurs.

Central nervous system: No Significant abnormality found

INVESTIGATION:

CBC with ESR

USG (Whole Abdomen)

ANALYSIS OF CASE:

S.NO.	SYMPTOMS	MENTAL GENERALS	PHYSICAL GENERALS	PARTICULARS
1.	Patient is over thinker, sensitive to everything.	_____		
2.	Restlessness is there.	_____		
3.	Patient is mentally active.	_____		
4.	Patient is never satisfied with his living conditions, complaining, always.	_____		
5.	During menstruation constant urge to urinate with nausea.			_____
6.	Large quantities of clear, light coloured urine.		_____	
7.	After menstruation discharge of thin, whitish, yellow leucorrhoea with nausea			_____
8.	Before menses there are cramps and backache.			_____
9.	Menstrual Pain extends to the pelvic region and down to thighs.		_____	
10.	After menstruation discharge of thin, whitish, yellow leucorrhoea with nausea and faintness.		_____	
11.	Aggravation from movement, night, before menses.			_____
12.	Amelioration from pressure, rest, open air.			_____
13.	Before menses there are cramps and backache.		_____	_____

EVALUATION OF SYMPTOMS

1. Before menses there are cramps and backache.
2. Pain extends to the pelvic region and down to thighs.
3. Nausea, headache, uneasiness. pain in ovarian region.
4. During menstruation constant urge to urinate with nausea.
5. large quantities of clear, light coloured urine.
6. After menstruation discharge of thin, whitish, yellow leucorrhoea with nausea and faintness.
7. Aggravation from movement, night, before menses.
8. Amelioration from pressure, rest, open air.

TOTALITY OF SYMPTOMS

1. Patient is over thinker, sensitive to everything.
2. Restlessness is there.
3. Patient is mentally active.
4. Patient is never satisfied with his living conditions, complaining, always.
5. During menstruation constant urge to urinate with nausea.
6. large quantities of clear, light coloured urine.
7. After menstruation discharge of thin, whitish, yellow leucorrhoea with nausea
8. Before menses there are cramps and backache.
9. Menstrual Pain extends to the pelvic region and down to thighs.
10. After menstruation discharge of thin, whitish, yellow leucorrhoea with nausea and faintness.
11. Aggravation from movement, night, before menses.

12. Amelioration from pressure, rest, open air.
13. Before menses there are cramps and backache.

MIASMATIC PREDOMINANCE; Predominantly Psora

S.NO.	SYMPTOMS	PSORA	SYCOSIS	SYPHILIS	TUBERCULAR
1.	Patient is over thinker and sensitive to everything	✓			
2.	Restlessness is there	✓			
3.	Patient is mentally active	✓			

REPERTORIAL TOTALITY/ PDF

NAME OF REPERTORY USED:- SYNTHESIS REPERTORY

Symptoms	Chapter/Rubric
1. Before menses there are cramps and backache.	Female Genitalia, Menses, Painful
2. Pain extends to the pelvic region and down to thighs.	Female Genitalia, , Pain, Uterus, extending to, pelvis
3. Nausea, headache, uneasiness. pain in ovarian region.	Female Genitalia, Menses, painful, accompanied by nausea
4. During menstruation constant urge to urinate with nausea.	Bladder, Urination, Frequent, Menses
5. After menstruation discharge of thin, whitish, yellow leucorrhoea with nausea and faintness.	Female Genitalia, Leucorrhea

POTENTIAL DEIFFERENTIAL FIELD (PDF): Zero

REPERTORIAL ANALYSIS/ RESULT

Cimicifuga – 7/3

Ipecac – 4/3

Ammonium carb – 6/2

Kali carb – 6/2

SELECTION OF REMEDY/ POTENCY/ DOSE

Cimicifuga racemose 30/OD

DIET & REGIMEN

Take healthy diet.

Avoid cold things.

Increase antioxidants diet.

Start exercise.

PRESCRIPTION RX

Cimicifuga racemose 30/OD X 7days

P.L. 30/ BD X 7days FOLLOW- UP SHEET

Date	Symptoms	Prescription
03-05-23	cramps before menses and backache which extends to the pelvic region and down to thighs with nausea, headache, and uneasiness VASI score- 12	Cimicifuga 30/OD X 7 days PL 30/ TDS X days
10-05-23	General condition of patient is better.	PL 30/ TDS X 7days
17-05-23	General condition of patient is better.	PL 30/ TDS X 7days
24-05-23	General condition of patient is better.	PL 30/ TDS X 7days
31-05-23	General condition of patient is better.	PL 30/ TDS X 7days
07-06-23	General condition of patient is better. VASI score- 2	PL 30/ TDS X 7days

Conclusion:

Homoeopathic medicine *Cimicifuga* has been found effective in the treatment of Dysmenorrhea.

References

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