

Effectiveness of Homoeopathic Medicine in the management of Premenstrual Syndrome

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Abstract - Premenstrual Syndrome (PMS) is a group of symptoms covering physical, psychological and behavioral symptoms. The exact cause and etiology of PMS is unknown, but it seems to related to ovarian function or endocrinal factors. The severity of symptoms of PMS varies and it is different in female to female and depends on individuality of female. Homoeopathy is a unique system of medicine where each patient is examined as an individual. In this study we try to see the effectiveness of Homoeopathic medicine in the management of Premenstrual syndrome.

Key words- Premenstrual syndrome, ovarian function, Homoeopathy, Individualized

Introduction-

Premenstrual Syndrome (PMS) is characterized by the cyclic appearance of symptoms disturbing normal daily functioning of women 8 to 10 days prior to the onset of menstruation. The prevalence rates of premenstrual syndrome vary because of different methodology and diagnostic criteria. In some studies it is estimated that 85% of the women of the reproductive age have one or more of the symptoms of PMS and 30-40 % among these needs treatment for PMS.

Etiology- The precise etiology of PMS is unknown. It has been attributed to the fluctuating hormone levels in the second and third phase (the ovulation and luteal phase respectively) of the menstrual cycle. The hormones that contribute to PMS include an excess or deficiency of Progesterone, Oestrogen and Prolactin as well as the neurotransmitters Serotonin, Gamma – amino butyric acid (GABA) and allopregnanolone. The etiology of PMS is multifactorial and appears to include behavior, diet , genetics, physical activity excessive alcohol consumption and smoking.

Symptoms –

1) Related to water retention –

- i) Abdominal bloating
- ii) Breast tenderness
- iii) Swelling of extremities
- iv) Weight gain

2) Neuropsychiatric Symptoms-

- i) Irritability
- ii) Forgetfulness
- iii) Mood Swings
- iv) Anxiety
- v) Depression
- vi) Tearfulness
- vii) Restlessness
- viii) Anger
- ix) Confusion

3) Physical General Symptoms-

- i) Fatigue
- ii) Tiredness
- iii) Insomnia
- iv) Increase/ decrease appetite

Management –

- 1) Diet – Avoid caffeine, sugar, fat and honey. Dairy products and white flour sometime aggravates PMS.
- 2) Do’s – Eat more fruits and vegetables, whole grain bread and cereals. Meal high in carbohydrate and low in fat. Non veg. rich in vitamin B6 or Mg e.g. Meat, fish and whole grains.
- 3) Life Style – Regular Exercise, Yoga, Meditation are helpful. Getting adequate sleep is also very important factor.

Homoeopathic Approach-

1. Miasmatic Concept –

Hahnemann in “Chronic Miasm” has proposed three miasms as the basis of all the chronic diseases i.e. Psora, Sycosis, Syphilis. Miasm is the fundamental cause of chronic disease, and to treat any chronic disease we have to remove this fundamental cause. Here is the miasmatic analysis of the symptoms of Premenstrual syndrome-

| S.no. | Symptoms of PMS | Psora | Sycosis | Syphilis |
|-------|---------------------------------|-------|---------|----------|
| 1. | Depressed mood before menses | + | - | - |
| 2. | Anxiety menses before | + | - | - |
| 3. | Irritability | + | + | - |
| 4. | Dullness | + | + | - |
| 5. | Fatigue | + | - | - |
| 6. | Decreased Appetite | + | - | - |
| 7. | Sleeplessness | + | - | + |
| 8. | Headache menses before | + | - | - |
| 9. | Breast tenderness menses before | + | + | - |
| 10. | Distended Abdomen | + | - | - |
| 11. | Weight gain | - | + | - |
| 12. | Eruption - Pimples | + | - | - |

So the prominent miasm in PMS is Psora, and we have to treat the cases accordingly.

2. Homoeopathic Remedies –

In homeopathic treatment first we have to individualize the patient with the help of proper case taking. Then we match the diseased picture with the drug picture (mentioned in MateriaMedica). Here are the few homoeopathic medicines drug picture which covers the symptoms of PMS –

- 1. Sepia** – This medicine is of great help for women suffering from extreme irritability a few day before menses. Irritability is mostly accompanied by an aversion to involve in any kind of physical or mental labour. Bearing down pains in uterus with mental irritability.
- 2. Lachesis** – Symptoms of PMS include congestion, headaches, flushing, surges of heat and an intense outspoken irritability , often with strong feelings of suspicious or jealousy. When the flow arrives, it may be heavy but brings relief of tension. Intolerance of restrictive clothing around the waist or neck is another indication for Lachesis.
- 3. Natrum Muriaticum**–A person who needs this remedy usually seems reserved to others, but is deeply emotional inside. Terrible sadness. Great anxiety. She may feel extremely sad and lonely but gets angry if someone tries to console her. Depression, anger over trifles, and need to be alone to cry are often seen when Nat. Mur. is indicated. Menstrual problems accompanied by migraine, backaches feel better by lying on something hard. Palpitation of the heart. Qualmishness. Sore burning in vagina. A craving of salt, strong thirst and a tendency to feel worse in sun light are other indication for this remedy.
- 4. Pulsatilla** – Weeping mood, sadness and melancholy. Chilliness, goose-flesh. Pale face. Stretching and yawning. Semi-lateral headache. Vertigo with eructation. Nausea with desire to vomit. Sour or mucous vomiting. Spasms in the stomach. Gastralgia. Heaviness and pains in the abdomen as from a stone. Spasmodic colic. Pains in the bowels with vomiting. Pressure in the rectum as from a desire to defecate. Thick white leucorrhoea when lying down.
- 5. Conium** – Breast tenderness. Swelling and pain in the breast before periods. The pain gets worse by touching. Along with pain , the breast also becomes hard. Hystarical symptoms are excited, great anxiety about every trifle. Weeping mood. Great restlessness, sleep disturbed by anxious dreams.
- 6. China officinalis-** Distended abdomen before menses. Painful pressure in the groins and anus. Congestion of blood to the uterus, with a sensation of fullness and painful pressing towards the genital organs, especially when walking.

7. Cuprum Metallicum - Spasmodic dyspnoea. Violent palpitation of the heart. Headache. Rush of blood to the heart. Pains come on before the menses, felt mostly in the abdomen but often darting to the chest, causing nausea, vomiting and sometime convulsive motion of limbs and piercing shrieks.

8. Ammonium carbonicum – Paleness of the face. Gripping, colicky pains. Violent pains in the small of the back and between the scapulae, which passes off with pain in abdomen. Constipation; tenesmus; headache; toothache; backache and chilliness. Unconquerable sadness. Cholera- like symptoms.

9. Borax – Beating in the head, buzzing in the ears and pressure on the chest. Stitching in the right pectoral region. Catching of the breath. Pain extending from the stomach to the small of the back. Stitching or pressing pain in the groins. Sleepiness in the daytime and sleeplessness in the night. Dread of down ward motion.

10. Bovista – Diarrhea and bearing-down toward the genital organs. Painful urging toward the genitals, which is relived when the discharge sets in. Diarrhea and headache.

11. Calcarea carbonica – Voluptuous dreams. Great depression and nervousness. Easily frightened. Headache. Heat of the head. Nocturnal shivering and colicky pains. Swelling and sensitiveness of the breasts. Aching pain in the back and hips. Pain in the axilla. Great nervous prostration.

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