Women’s Disorders & Homeopathy Treatment

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ABSTRACT

The review article explains that the homeopathy remedies are treatment of different women’s troubles is a common condition that includes various hormonal changes at puberty, menarche, and pregnancy until menopause. Researches have supported that women with great physical and mental stress have disturbed menses. Female life is divided into 3 phases. Firstly, birth to puberty, secondly, puberty to adult, thirdly, menopause or climacteric. Hence girls should be given proper diet, routine health checkups. Women suffering with acne, dysmenorrhoea, PCOD, regular U.T.I need proper treatments

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Introduction:
Menstrual period is part of menstrual cycle—a series of changes that occur to parts of body (ovaries, uterus, vagina and breasts) every 28 days, on average. Some normal menstrual cycles are a bit longer; some are shorter. The first day of your menstrual period is day one of your menstrual cycle. The average menstrual period lasts about five to seven days. A "normal" menstrual period for you may be different from what's "normal" for someone else.

Types of Menstrual Disorders:
- abnormal uterine bleeding (AUB), which may include heavy menstrual bleeding, no menstrual bleeding (amenorrhea) or bleeding between periods (irregular menstrual bleeding)
- dysmenorrhea (painful menstrual periods)
- premenstrual syndrome (PMS)
- premenstrual dysphonic disorder (PMDD)

Heavy menstrual bleeding
One in five numbers of women’s bleed so heavily during their periods that they have to put their normal lives on hold just to deal with the heavy blood flow.

Bleeding is considered heavy if it interferes with normal activities. Blood loss during a normal menstrual period is about 5 tablespoons, but if you have heavy menstrual bleeding, you may bleed as much as 10 to 25 times that amount each month. Heavy menstrual bleeding can be common at various stages of your life—during your teen years when you first begin to menstruate and in your late 40s or early 50s, as you get closer to menopause.

Heavy menstrual bleeding can be caused by:
- hormonal imbalances
- structural abnormalities in the uterus, such as polyps or fibroids
- medical conditions

Many women with heavy menstrual bleeding can blame their condition on hormones. Your body may produce too much or not enough estrogen or progesterone—known as reproductive hormones—necessary to keep your menstrual cycle regular.

Certain medical conditions can cause heavy menstrual bleeding. These include:
- thyroid problems
- blood clotting disorders such as Von Willebrand's disease, a mild-to-moderate bleeding disorder
- idiopathic thrombocytopenic purpura (ITP), a bleeding disorder characterized by too few platelets in the blood
- liver or kidney disease
- leukemia
- medications, such as anticoagulant drugs such as Plavix (clopidogrel) or heparin and some synthetic hormones.

Other gynecologic conditions that may be responsible for heavy bleeding include:
- complications from an IUD
- fibroids
- miscarriage
- ectopic pregnancy, which occurs when a fertilized egg begins to grow outside your uterus, typically in your fallopian tubes

Other causes of excessive bleeding include:
- infections
- precancerous conditions of the uterine lining cells

Amenorrhea
This have experienced the opposite problem of heavy menstrual bleeding—no menstrual periods at all. This condition, called amenorrhea, or the absence of menstruation, is normal before puberty, after menopause and during pregnancy. If you don't have a monthly period and don't fit into one of these categories, then you need to discuss your condition with your health care professional.

There are two kinds of amenorrhea: primary and secondary.

- **Primary amenorrhea** is diagnosed if you turn 16 and haven't menstruated. It's usually caused by some problem in your endocrine system, which regulates your hormones.
Sometimes these results from low body weight associated with eating disorders, excessive exercise or medications. This medical condition can be caused by a number of other things, such as a problem with your ovaries or an area of your brain called the hypothalamus or genetic abnormalities. Delayed maturing of your pituitary gland is the most common reason, but you should be checked for any other possible reasons.

- **Secondary amenorrhea** is diagnosed if you had regular periods, but they suddenly stop for three months or longer. It can be caused by problems that affect estrogen levels, including stress, weight loss, exercise or illness.

Additionally, problems affecting the pituitary gland (such as elevated levels of the hormone prolactin) or thyroid (including hyperthyroidism or hypothyroidism) may cause secondary amenorrhea. This condition can also occur if you've had an ovarian cyst or had your ovaries surgically removed.

**Severe menstrual cramps (dysmenorrhea)**

Pain from menstrual cramps is caused by uterine contractions, triggered by prostaglandins, hormone-like substances that are produced by the uterine lining cells and circulate in your bloodstream. If you have severe menstrual pain, you might also find you have some diarrhea or an occasional feeling of faintness where you suddenly become pale and sweaty. That's because prostaglandins speed up contractions in your intestines, resulting in diarrhea, and lower your blood pressure by relaxing blood vessels, leading to lightheadedness.

**Premenstrual syndrome (PMS)**

PMS is a term commonly used to describe a wide variety of physical and psychological symptoms associated with the menstrual cycle. About 30 to 40 percent of women experience symptoms severe enough to disrupt their lifestyles.

The symptoms of PMS, the most common of which is depression. Symptoms typically develop about five to seven days before your period and disappear once your period begins or soon after.

**Physical symptoms associated with PMS** include:
- Bloating
- Swollen, painful breasts
- Fatigue
- Constipation
- Headaches
- Clumsiness

**Emotional symptoms associated with PMS** include:
- Anger
- Anxiety or confusion
- Mood swings and tension
- Crying and depression
- Inability to concentrate

PMS differs from other menstrual cycle symptoms because symptoms:
- Tend to increase in severity as the cycle progresses
- Are relieved when menstrual flow begins or shortly after
- Are present for at least three consecutive menstrual cycles

**Premenstrual Dysphoric Disorder (PMDD)**

The most common symptoms of PMDD are heightened irritability, anxiety and mood swings. Women who have a history of major depression, postpartum depression or mood disorders are at higher risk for PMDD than other women. Although some symptoms of PMDD and major depression overlap, they are different:
- PMDD-related symptoms (both emotional and physical) are cyclical. When a woman starts her period, the symptoms subside within a few days.
- Depression-related symptoms, however, are not associated with the menstrual cycle. Without treatment, depressive
mood disorders can persist for weeks, months or years. If depression persists,

**Homeopathy Remedies**

**Bovista:** Premenstrual problems with puffiness in the extremities, fluid retention, and a bloated feeling often indicate a need for this remedy. The woman may feel very awkward and clumsy, and may constantly be dropping things because of swollen-feeling hands. Diarrhea occurring around the time of the menstrual period strongly indicates this remedy.

**Calcarea carbonica:** PMS with fatigue, anxiety, and a feeling of being overwhelmed suggest a need for this remedy. The woman may have problems with water-retention and weight gain, tender breasts, digestive upsets, and headaches. Periods often come too early and last too long, sometimes with a flow of bright red blood. A general feeling of chilliness, with clammy hands and feet, and cravings for sweets and eggs are other indications for *Calcarea*.

**Lachesis:** Women who need this remedy are usually intense, with a tremendous need for an outlet, both physically and mentally. Symptoms of PMS include congestion, headaches, flushing, surges of heat, and an intense outspoken irritability—often with strong feelings of suspicion 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*.

**Lycopodium:** PMS with a craving for sweets and a ravenous appetite (sometimes a bulimic tendency) suggests a need for this remedy. Digestive upsets with abdominal bloating and flatulence are often seen, with the person feeling worst in the late afternoon and evening. Menstrual periods may be delayed, followed by a heavy flow that goes on for extra days. A woman who needs this remedy often wears a worried look and lacks self-confidence—although she may be irritable and bossy to pets and family members. A desire to be alone, but with someone in the other room, is another indication for *Lycopodium*.

**Natrum muriaticum:** A person who needs this remedy usually seems reserved to others, but is deeply emotional inside. She may feel extremely sad and lonely, but gets affronted or angry if others try to console her or sympathize. Depression, anger over minor things, and a need to be alone to cry are often seen when *Natrum mur* is needed. Menstrual problems can be accompanied by migraines, or a backache that feels better from lying on something hard or pushing a solid object against the painful place. A craving for salt, strong thirst, and a tendency to feel worse from being in the sun are other indications for this remedy.

**Pulsatilla:** This remedy can be helpful during many conditions involving hormonal changes and is often helpful to girls who have recently started having periods. PMS with irritability, moodiness, and weepiness is typical. Delay or suppression of the menstrual flow can be accompanied by queasy feelings, nausea, and faintness. Being too warm or in a stuffy room makes things worse, and fresh air can bring relief. The timing, amount, and nature of the menstrual flow are changeable—as are the woman’s moods—when *Pulsatilla* is the remedy. The woman usually is emotional and needy, wanting a lot of attention and comforting.

**Sepia:** This remedy relieves mood swings from PMS associated with irritability and poor venous circulation.

**Veratrum album:** Menstrual periods with very heavy flow and cramping, with a feeling of exhaustion and icy coldness suggest a need for this remedy. Vomiting and diarrhea are often seen. Periods may start too early and go on too long. The woman feels worse at night, from exercise, and from drinking things that are warm. Cold drinks, small meals, and wrapping up in warm clothes or covers may help to bring improvement.

**Caulophyllum:** This remedy is often helpful to women with a history of irregular periods, difficulty becoming pregnant, or slow childbirth due to weak muscle tone of the uterus. Symptoms include discomfort during periods
and a heavy flow of blood or other discharge. Drawing pains may be felt in the pelvic region, thighs, and legs. Stiffness or arthritis, especially in the finger-joints, often is seen when this remedy is needed.

**Chamomilla:** A woman likely to respond to this remedy is angry, irritable, and hypersensitive to pain. Cramping may come on, or be intensified, because of emotional upset. Flow can be very heavy, and the blood may look dark or clotted. Problems are often worse at night. Heating pads or exposure to wind may aggravate the symptoms, and motion (such as rocking or brisk walking) may help to reduce the tension and discomfort.

**Cimicifuga racemosa:** This relieves cramps associated with PMS and aggravated by cold and humidity.

**Kreosotum:** Headache, nausea, and a heavy flow that makes the genitals and surrounding skin feel irritated and swollen are indications for this remedy. Kreosotum is often indicated for women with PMS who feel irritable and uncomfortable, and have a strong dislike of sexual activity.

**Lilium tigrinum:** This remedy may be helpful if a woman is inclined toward rage during PMS, makes other people "walk on eggs," and is extremely sensitive and irritable. Pressure in the rectum and in the pelvic region, with a sensation that the uterus is pushing out, may make her feel a frequent need to sit or cross her legs. Emotions and excitemen aggravate the symptoms, and fresh air will often bring relief.

**Nux vomica:** When a woman with PMS is extremely impatient, pushy, and intolerant, this remedy may be of use. Uncomfortable, irregular menstrual periods can be experienced, often with a nagging urge to move the bowels before the flow begins. Constipation is common, and constricting pains may extend to the rectum or tailbone region. Anger, mental strain, physical exertion, and overindulgence in coffee, alcohol, or food can aggravate the problems. The woman often feels chilly and improves from warmth and rest.

**Discussion**

Yakir et al. (2001) significant that the homeopathic treatment in relieving symptoms associated with premenstrual syndrome (PMS). It was a randomized controlled double-blind clinical trial.

Cardigno (2009) evaluate the usefulness of homeopathic treatment in the care of menstrual irregularities. Patients were diagnosed at the first appointment according to menstrual cycle over the past year: Amenorrhea (AM), Oligo-amenorrhea (OL-AM), OL, Taking hormone replacement therapy (HRT). All patients were prescribed an individualised, global homeopathic treatment. The main outcomes were: time to resumption of periods, change of clinical diagnosis at the end of follow-up or after 2 years.

Klein-Laansma CT et al. (2014)suggested that the homeopathic treatment of women with PMS/S with 11 (Calc-c, Cimic,Lac c, Lach, Lil t, Mag c, Mag p, Nat m, Phos, Pul, Sep )medicines proved useful in daily homeopathic practice, with improved reproducibility of individualized treatment.

Das D, Samadder(2016) studied that the successful removal of big sized ovarian cysts by administration of a single potentized homeopathic remedy, *Apis mellitica*, selected on the basis of totality of symptoms, and authenticated with the aid of ultrasonographic as well as hormonal studies.

Tushita Thakur (2017) studied that the Homoeopathic medicine Sepia 200C was prescribed on basis of totality of symptoms and repertorization. Her symptoms were much reduced within first cycle and by the third month she was completely relieved of her suffering.

Padmalaya Rath(2018) homoeopathic medicine Calcarea cabonicum 30-1M with repetition as per requirement, The improvement is evident from regularity of menstrual cycle and also from the ultrasonography (USG) reports. The case
was observed for further 3 years without recurrence which suggests that permanent cure is achievable through individualised homoeopathic treatment.

Rekha Juneja and Poonam Singh (2020) explain that Homoeopathic without any case report was a 18 yrs old fe symptoms & repertorisation improved & quality of life better.

**Conclusion:** Homoeopathic medicines such as Sabina, calc, carb, sepia, Fraxinus, Bryonia, Rhus tox, causticium etc have been used. These medicines cured cases of fibroid uterus, PCOD, dysmenorrhoea, etc... Constitutional remedies like tuberculinum, Natrum Mur etc .. good support in women’s health

**References**