



## A vision to understand the reasoning of menstrual irregularities and it's homoeopathic therapeutics

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### ABSTRACT

Menstrual irregularities are related to a woman's normal menstrual cycle; it may happen at any stage start from menarche to menopause. This is considered to be the common reasons for a woman to visit their gynaecologist. Menstrual irregularities hurt her and make life miserable. Sometimes it causes hindrance to become pregnant. An irregularity can occur in the cycle, either in the duration or amount of blood flow or interval between two cycles. Different schools of medicine have already done many works on the menstrual irregularities and they have shown many significant effects for the treatment of the same. Here the focus has been turned towards homoeopathic medicine. The present review will give the detail idea about homoeopathic approach in same & the action of homoeopathic medicine with help of materia medica.

### INTRODUCTION

Menstruation is a healthy experience of a woman's life, and it must come habitually every 28 days, for a period of 3-5 days without coagulating, and the blood loss should correspond to about a quarter of a cup. For a woman, menstrual cycle is an indicator of her overall well-being. Some women get irregular periods that appear at longer intervals, an unpredictable difference in the duration of the cycle and the normal 28 day cycle is missing. Some women have very insignificant problems with menstrual

cycles, while others experience a monthly torture. Occasional irregular periods is normal and it may due to stress, traveling and others, but if your periods are frequently irregular then it could be a sign of some inner health issue that needs to be diagnosed. Women should be alarmed when periods are spaced out for more than 2 months, as this may suggest hormonal imbalance and ovulation problems. A woman's customary hormonal cycle is depending upon equilibrium between different hormones.

Several potential triggers can stimulate hormonal imbalance leading to irregular menses. If a woman fails to ovulate, her ovaries will not receive a signal to produce a hormone called progesterone. Progesterone is essential in regulating the uterine lining called endometrium, which is discarded during menstruation. Without progesterone, the endometrium persistently grows until it starts to break down and is disposed off as a very heavy uterine bleeding. The endometrium may also shed partially and intermittently, and bleeding becomes irregular or prolonged. Regular menstruation results from a complex hormonal interaction among the hypothalamus, pituitary and ovaries. It is a sign that the female body is producing appropriate levels of hormones in a balanced manner according to a rhythm that is optimal for reproduction. A cycle varying from 23-35 days is common.

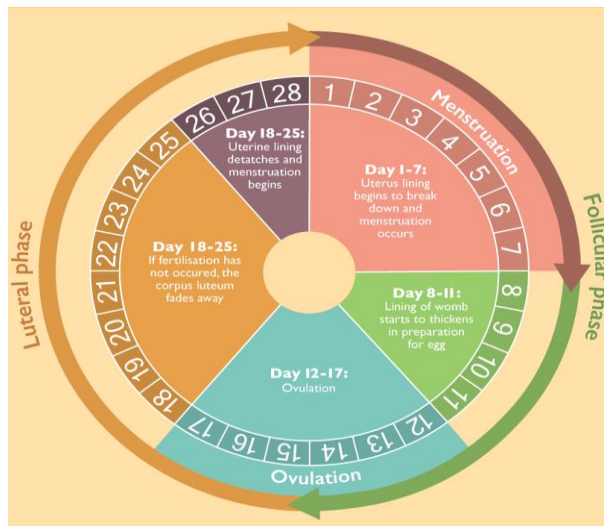
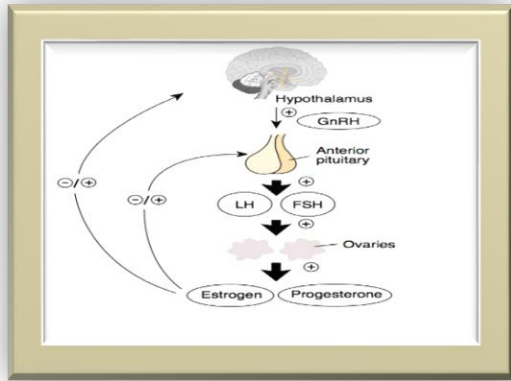
### REVIEW OF LITERATURE

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full moon and menstruating with the new moon.

- ✘ At the time of the new moon, women ceremoniously left their work in the community and took time to rest together – drinking herbal teas, eating nourishing food and applying healing treatments to one another.”
- ✘ In contrast – in modern times, menstrual cycle is an inconvenience. There are birth control methods that can prevent women from cycling altogether!
- ✘ Perhaps irregular menstrual cycles are a reflection of our disconnection from the earth. Throw in modern-day stressors, toxic exposures and nutrient deficiencies ... It is no wonder that women experience irregular cycles.

### CAUSES OF IRREGULAR MENSES

“Different Causes lead to Different Irregularities”

- ✘ **Life stages and pregnancy –**
  - ✘ After menarche (the 2–3 years after menstruation begins)
  - ✘ Perimenopause (as cycles come to an end)
  - ✘ Pregnancy
  - ✘ The postpartum period (after a pregnancy)
  - ✘ Breastfeeding
  - ✘ Recurrent miscarriages (known or unknown)
  - ✘ Sleep/wake cycles
  - ✘ Shift work or working night shifts
  - ✘ Sleep disorders
  - ✘ Jet lag/long-distance travel .
- ✘ **Physical/emotional changes –**
  - ✘ Chronic stress
  - ✘ Intensive exercise
  - ✘ Substance use/abuse
  - ✘ Quick weight changes
  - ✘ Eating disorders (not getting enough calories, binge eating)
  - ✘ Certain medications

### MODERN LIFE-STYLE INFLUENCE

- ✘ Stress, over-stimulation and toxicity are some of the factors that can disrupt the delicate orchestra of hormones that influences periodic cycling.
- ✘ In older times, women lived much closer to nature & fulfilled societal roles that had them living in close community with one another.
- ✘ Women’s tissue fluid levels (and hormonal levels within the tissues) are under the same lunar influence as the ocean tides. They cycled together – ovulating with the

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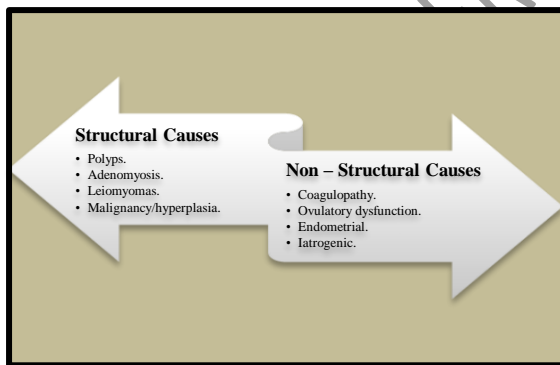


⊗ **Medical conditions that can cause irregular cycles –**

- ⊗ Polycystic ovary syndrome
- ⊗ Thyroid disorders (hypothyroidism, hyperthyroidism)
- ⊗ Unmanaged diabetes
- ⊗ Infections of the reproductive tract
- ⊗ Uterine polyps
- ⊗ Uterine fibroids
- ⊗ Abnormalities of the cervix or vagina
- ⊗ Certain cancers or benign tumours
- ⊗ Primary ovarian insufficiency (early menopause)
- ⊗ Bleeding disorders

**TYPES**

- ⊗ The International Federation of Gynaecology and Obstetrics (FIGO) has developed a classification to distinguish between structural and non-structural causes of abnormal intrauterine bleeding



**TERMINOLOGIES**

Volume	Regularity	Frequency	Duration	Other
Heavy	Irregular	Frequent	Prolonged	Intermenstrual

Normal	Regular	Normal	Normal	Premenstrual
Light	Absent	Infrequent	Shortened	Breakthrough

Changes	Terms	Description	Common causes
Changes in overall cycle length	Polymenorrhoea	Cycles with intervals < 21 days	<ul style="list-style-type: none"> <li>• Menarche, menopause</li> <li>• Psychological stress</li> </ul>
	Oligomenorrhoea	Cycles with intervals of 35–90 days	<ul style="list-style-type: none"> <li>• Pregnancy (ectopic pregnancy)</li> <li>• PCOS</li> <li>• Insufficient caloric intake (e.g., due to anorexia nervosa)</li> </ul>
Changes in length and/or intensity of menses	Hypermenorrhoea	Heavy menstruation with bleeding volume > 150 mL (possibly visible blood clots)	<ul style="list-style-type: none"> <li>• Endometrial cancer/hyperplasia</li> <li>• Endometriosis</li> </ul>
	Menorrhagia	Bleeding volume > 80 mL and/or length of	

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		menstruation > 7 days					
	Hypomenorrhea	Very low bleeding volume (< 25 ml)	<ul style="list-style-type: none"> <li>Endometrial atrophy</li> <li>Eating disorders (e.g. - anorexia nervosa)</li> <li>Chronic endometritis</li> <li>Oral contraceptive use</li> </ul>				
Changes in timing of menses	Metrorrhagia	Bleeding in <b>between</b> periods	<ul style="list-style-type: none"> <li>Ovarian insufficiency</li> <li>Myoma, endometrial cancer/hyperplasia, cervical cancer</li> <li>Oral contraceptive use</li> </ul>				
	Menometrorrhagia	Heavy and irregular bleeding					
				Spotting	Minimal bleeding seen in several conditions		

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			during gynecological examination) • During pregnancy - imminent abortion
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- ✘ Have not started within 3 years of thelarche.
- ✘ Have not started by 14 years of age with signs of hirsutism.
- ✘ Have not started by 14 years of age with a history or examination suggestive of excessive exercise or eating disorder.
- ✘ Have not started by 15 years of age.
- ✘ Occur more frequently than every 21 days or less frequently than every 45 days.
- ✘ Occur 90 days apart even for 1 cycle.
- ✘ Last more than 7 days.
- ✘ Require frequent pad or tampon changes (soaking more than one every 1–2 hours)
- ✘ Are heavy and are associated with a history of excessive bruising or bleeding or a family history of a bleeding disorder.

### SYMPTOMS

- ✘ Inconsistency in the length of menstrual cycle.
- ✘ Acne.
- ✘ Bloating.
- ✘ Low energy levels.
- ✘ Sore breasts.
- ✘ Fever.
- ✘ Chills.
- ✘ Changes in sexual desire.
- ✘ Infertility.
- ✘ Depression.
- ✘ Osteoporosis.
- ✘ Uterine cancer.
- ✘ Endometrial Hyperplasia (excessive cell growth in the inner lining of the uterus due to excessive estrogen production as a result of delayed ovulation).

### DIAGNOSIS

- ✘ Based on complaints of changes to menstruation. There are 4 main variables that describe menstruation –
  - ✘ How much you bleed?
  - ✘ How many days do you bleed?
  - ✘ How often you bleed?
  - ✘ How regular are the intervals between your periods?

What you report as changes in the amount, duration, frequency, and regularity of periods is the information used by healthcare provider to make the diagnosis of abnormal uterine bleeding.

### EVALUATION OF MENSTRUAL IRREGULARITIES

Menstrual periods that -

### Gynaecological History –

E.g. – age at menarche, cycle length and regularity, pregnancies, family history, recent complaints

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a postmenopausal patient.

**Physical examination –**

- ✘ If bleeding is acute, ensure the hemodynamic stability of the patient!
- ✘ Assess the severity and source of bleeding → exclude structural abnormalities, neoplasms, and trauma.
- ✘ Swabs for microbiologic testing → rules out cervicitis due to gonorrhoea /chlamydial infection.
- ✘ Pap smear - rules out cervical carcinoma.

**Clinical Clues and Appropriate Laboratory Tests for Abnormal Uterine Bleeding**

CLINICAL CLUE	APPROPRIATE TESTS
Fatigue or weight gain	Thyroid-stimulating hormone level
Galactorrhea	Prolactin level
Cervicitis	Papanicolaou's test, Chlamydia test
Enlarged uterus	Pregnancy test, pelvic ultrasonography
Edema	Evaluation of kidney function
Nausea, fatigue, missed pills	Pregnancy test
Heavy bleeding	Coagulation profile, evaluation of endometrial carcinoma

**Initial Laboratory Testing –**

CBC	Rules out anemia
Platelet count, PT	Rules out bleeding disorders
Beta-HCG	Rules out pregnancy
Additional testing (if required)	Thyroid function tests, prolactin, iron

**Pelvic ultrasound –**

- ✘ Can be considered to rule out structural anomalies (e.g., leiomyoma, adnexal mass).
- ✘ Allows evaluation of endometrial thickness.

**Endometrial Biopsy if indicated –**

- ✘ Patient is > 45 years of age OR
- ✘ Patient is at high risk for endometrial cancer (risk factors include: age > 35 years, obesity, polycystic ovary syndrome, diabetes mellitus, tamoxifen therapy) OR
  - ✘ Has failed medical management OR
  - ✘ Endometrial thickness is ≥ 4 mm in

**HOMOEOPATHIC APPROACH**

- ✘ Homeopathy offers an extensive range of options than conventional medicine. Homeopathic treatment for Irregular Menstruation is very competent, non-invasive, safe and inexpensive. Homeopathy treats the patient as a whole and looks deeper into the problem, promotes the immune function and maintains uterine health by eliminating the causative factor. Homeopathic Constitutional treatment based on the holistic approach stimulates the natural hormonal balance without administering any harmful hormone preparations.
- ✘ **GOAL** – To improve the body's natural healing and self-repair ability to treat the underlying condition, to prevent it and to create the highest state of health and well-being.
- ✘ When a **symptom is manifested** in the body of a person, it calls her attention, willingly or not, and even sometimes it can separate her from her normal life, forcing her to abandon that in which she was busy.

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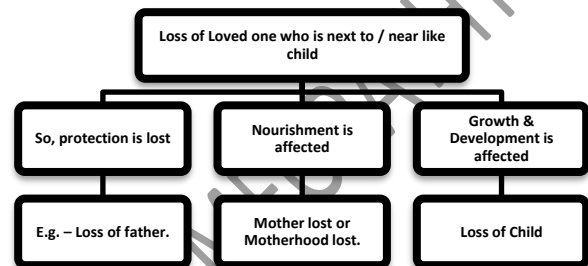
✘ The **first step toward healing** is to be willing to accept the symptom, no matter how inconvenient it may seem, to listen to it, recognize and discover it, helped by the body language, the real cause where it has come from. Before a symptom appears in the body, it is manifested in the mind as an idea, thought, fear, desire, fantasy, mood, etc.

started or because it was subsequently interrupted. Having this symptom has the sense of "avoiding reproduction".

✘ The period is the symbol of femininity and expression of the right to have children.

### EVERY PART OF OUR BODY SYMBOLICALLY REPRESENTS A SPECIFIC AREA OF OUR LIFE.

<b>Legs</b>	Allow us to advance and go towards others, to establish a personal or social relationship.
<b>Eyes</b>	Way of seeing life, the ability to focus life and see others.
<b>Ears</b>	Our ability to hear, to listen and to maintain balance.
<b>Skin</b>	Represents the border of the self, it is the envelope that defines the border between the I and the Thou, it tells us about the contact with the other.
<b>Arms</b>	The action and the capacity to act, "rely on good arms"



### WHAT DO GENITAL SYSTEM REPRESENT?

1. Sexuality, intimate relationship with the other.
2. The relationship with the children, the ability to be a parent.

When a part of our body catches our attention, it bothers us, it is to communicate us that we have a problem with the area of life that part or that organ represents symbolically, and, therefore, we must start looking for the event it has caused our discomfort.

When we understand the message and agree to reconsider the causes that have made possible the problem and change our own erroneous mental models; that area of our body will stop calling attention, hurting, annoying us and we will come back again to the state of balance called health.

✘ Excessive irregularity or even total absence of menstruation. It may be because it never

1. Active sexual or emotional frustration conflict.
2. Absence of tenderness, attention, love.
3. Lack of moral, emotional and physical presence by man.
4. Conflict of indifference: "He does not see me, he does not love me".
5. This can be a dominant personality (male, for lack of estrogens) whose desire for control prevents the period flow naturally.
6. The period may also disappear after the loss of a beloved being or after a traumatic separation of a couple.
7. Teenager amenorrhea: "I'm afraid to grow, to show that I'm not a girl anymore".
8. "Sexuality frightens me".
9. "I oppose my mother". It is often daughters dominated by the mother.

### CASE - TAKING

✘ Enough time should be allowed for the patient to express herself and the doctor's manner should be one of interest and understanding, while guiding her with appropriate questioning. A history that is taken with sensitivity will often encourage the patient to reveal more details which may be relevant to future management.

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**General –**

- ✘ Name, age and occupation
- ✘ A brief statement of the general nature and duration of the main complaints (try to use the patient's own words rather than medical terms at this stage)

**History Of Presenting Complaints –**

- ✘ This section should focus on the presenting complaint, e.g. menstrual problems, pain, subfertility, urinary incontinence, etc.

**Menstrual History –**

- ✘ Age of menarche
- ✘ Usual duration of each period and length of cycle (usually written as mean number of days of bleeding over usual length of full cycle, e.g. 5/28)
- ✘ 1<sup>st</sup> day of the last period
- ✘ Pattern of bleeding - Regular or irregular and length of cycle
- ✘ Amount of blood loss - More or less than usual
- ✘ Number of sanitary towels or tampons used, passage of clots or flooding
- ✘ Any intermenstrual or post-coital bleeding
- ✘ Any **pain** relating to the period, its severity and timing of onset
- ✘ Any **medication** taken during the period (including over-the counter preparations).

**Pelvic Pain –**

- ✘ Site of pain, its nature and severity
- ✘ Anything that aggravates or relieves the pain – specifically enquire about relationship to menstrual cycle and intercourse
- ✘ Does the pain radiate anywhere or is it associated with bowel or bladder function (menstrual pain often radiates through to

the sacral area of the back and down the thighs).

**Vaginal Discharge –**

- ✘ **Amount, colour, odour, presence of blood**
- ✘ **Relationship to the menstrual cycle**
- ✘ Any history of sexually transmitted diseases (**STDs**) or recent tests
- ✘ Any **vaginal dryness** (post-menopausal) Cervical screening
- ✘ **Date of last smear** and any previous abnormalities.

**Sexual and contraceptive history –**

- ✘ The type of contraception used and any problems with it
- ✘ Establish whether the patient is sexually active and whether there are any difficulties or pain during intercourse.

**Previous Gynecological history –**

- ✘ Any gynaecological procedures carried out

**Previous obstetric history –**

- ✘ Number of children with ages and birth weights.
- ✘ Any abnormalities with pregnancy, labour or the puerperium
  - ✘ Number of miscarriages and gestation at which they occurred
  - ✘ Any terminations of pregnancy with record of gestational age and any complications.

**Previous Medical history –**

- ✘ Any serious illnesses or operations with dates
- ✘ Family history.

**Enquiry about other systems –**

- ✘ Appetite, weight loss, weight gain
- ✘ Bowel function
- ✘ Bladder function.

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### Social history –

- ✘ Sensitive enquiry should be made about the woman's social situation including details of her occupation, who she lives with, her housing and whether or not she's in a stable relationship.
- ✘ A history regarding smoking and alcohol intake should also be obtained.
- ✘ Any pertinent family or other relevant social problems should be briefly discussed.

## HOMOEOPATHIC THERAPEUTICS

### 1. 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.
- ✘ Diarrhoea occurring around the time of the menstrual period strongly indicates this remedy.

### 2. CIMICIFUGA RACEMOSA

- ✘ This remedy is intended for irregular and painful menses, with shooting pains that go down the hips and thighs, or cramps similar to labour-pains that are felt in the pelvic area.
- ✘ Women become restless, fearful, & depressed before a menstrual period.
- ✘ These women are strong, talkative, depressed, they try to injure themselves, and have dreams of impending evil, with fear of riding in a closed carriage.

### 3. PULSATILLA

- ✘ Pulsatilla is one of the first remedies thought of, in affection, peculiar to women.

- ✘ It's essentially feminine disposition of gentleness timidity, mildness, docility – "excellent thing in woman" – is most characteristic of the drug; even tearfulness, another feminine attribute, strongly points to Pulsatilla.
- ✘ Then, we have fickleness, indecision & changeableness, which are certainly characteristic of Pulsatilla.
- ✘ Dark menses which are delayed and accompanied with this severe menstrual colic and the characteristic temperament will be the indications.
- ✘ The menses of Pulsatilla, besides being scanty, are quite apt to appear too late.

### 3. CAULOPHYLLUM

- ✘ This is a valuable remedy in treating irregular periods, difficulty becoming pregnant or slow childbirth due to weak muscle tone of the uterus.
- ✘ The patient feels menstrual discomfort with heavy bleeding & drawing pains in the pelvic region, thighs, and legs.
- ✘ These patients complain of habitual abortion due to uterine debility.

### 4. LACHESIS

- ✘ This remedy is suggested to women who are passionate, with a tremendous need for an outlet, both physically and mentally.
- ✘ The menstrual flow is irregular, heavy and brings relief of tension.
- ✘ These patients are very outspoken with strong feelings of suspicion or jealousy.
- ✘ They have an intolerance of restrictive clothing around the waist or neck.

### 5. LYCOPODIUM

- ✘ This is an outstanding remedy for delayed menses that follows a heavy flow lasting more days.

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- ✘ These patients have a ravenous appetite with a strong craving for sweets.
- ✘ They complain of abdominal bloating and flatulence, and always have a worried look with lack of confidence, though they may be bossy with their family.

## 6. MUREX PURPUREA

- ✘ This remedy works amazingly in Irregular Menstruation with large clots and feeling of protrusion.
- ✘ These patients feel very weak, are very conscious of a womb, and feel as if something is pressing on a sore spot in the pelvis.
- ✘ This sore feeling is worse on sitting, hence the patient always sits with legs tightly crossed.
- ✘ Least contact of parts causes violent sexual excitement in these women.

## 7. SECALE CORNUTUM

- ✘ This is a useful remedy for Irregular menses in thin, shrivelled skinned women.
- ✘ Their whole body is pervaded by a sense of great heat and they have burning pains in the uterus.
- ✘ Menses is irregular, dark and at times, there is continuous oozing of watery blood until the next period.
- ✘ Their pregnancy concludes in a threatened abortion in the 3<sup>rd</sup> month.

## 8. SEPIA

- ✘ This remedy is best suited to women who feel weary and dragged-out, and are indifferent to their own family members.
- ✘ She feels taken for granted and overworked, becomes irritable and sarcastic if demands are made.
- ✘ Menses is delayed with a feeling that the pelvic floor is weak, or as if the uterus is sagging.

## 9. CALCAREA PHOSPHORICA

- ✘ Too early and excessive especially in young women and girls.
- ✘ Delayed, scanty and protracted.

## 10. NATRUM MURIATICUM

- ✘ Irregular periods in women who are anaemic, sad and resentful.
- ✘ 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.

## 11. CALCAREA CARBONICA

- ✘ Fatigue, anxiety, & 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 & 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.

## 12. 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 diarrhoea are often seen.
- ✘ Periods may start too early and go on too long. The woman feels worse at night, from

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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.

### 13. 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.

### 14. 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.

### 15. 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 excitement aggravate the symptoms, & fresh air will often bring relief.

### 16. NUX VOMICA

- ❖ 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.

### PAINFUL & HEAVY PERIODS

1. **Apis** - Painful menses with severe ovarian pains and abdominal tenderness.
2. **Belladonna** - Intense bearing down pains that come and go suddenly, worse from jarring movement and drafts.
3. **Bryonia** - Pains much worse for movement, must lie still & hold abdomen.
4. **China** - Fatigue & exhaustion are marked accompanying symptoms.
5. **Ipecac** - Bright red blood accompanied by weakness, nausea & vomiting.
6. **Mag phos** - Cramping, labour-like pains in spasms. Heat & pressure relieve. This remedy works well dissolved in warm water and sipped.
7. **Phosphorus** - Fatigue and exhaustion are marked accompanying symptoms.

### MOTHER TINCTURES

1. **Janosia Ashoka Q** -
  - ❖ Act as uterine tonic.
  - ❖ Delayed and irregular menses; menstrual colic; amenorrhoea, pain in ovaries before flow; menorrhagia, irritable bladder; leucorrhoea.

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## 2. Senecio Aureus Q –

- ✘ Lack of reaction in Genito-urinary sphere. Passive congestion, with irritation, profuse catarrhs, debilitating or vicarious discharges.
- ✘ Nervous, pale, weak, & sleepless women. Whining & irritable. Self-centered.
- ✘ Menses retarded, suppressed. Functional amenorrhoea of young girls with backache.
- ✘ Before menses, inflammatory conditions of throat, chest, & bladder. After menstruation commences, these improve. Anaemic, dysmenorrhoea with urinary disturbances. Premature & too profuse menses (Calc; Erig).

## 3. Abroma Augusta Q –

- ✘ Excellent remedy for amenorrhoea, dysmenorrhoea and diabetes.
- ✘ It is indicated in irregular catamenia where there is tendency to appear before proper time and lasts for a short or for a long period.

## 4. Abroma radix Q –

- ✘ It causes the menses to appear and gives the tone and strength to the uterus.
- ✘ It may be compared to Pulsatilla and Viburnum opulus in this context. Mentally such patients are ill tempered and are easily angered.

## 5. Achyranthes aspera Q –

- ✘ The drug is astringent, diuretic and alternative.

- ✘ It is applied in menorrhagia, diarrhoea and dysentery.

## 6. Blumea odorata Q –

- ✘ It was found efficacious in bleeding piles, bloody dysentery, bloody leucorrhoea and miscarriage, associated with copious bleeding in other haemorrhages.

## 7. Cynodon dactylon Q –

- ✘ It has been found to be an excellent remedy in haematemesis, epistaxis, haemoptysis, menorrhagia, leucorrhoea, dysentery, bleeding due to cuts and wounds, scabs, retention or suppression of urine and catarrhal ophthalmia. [↓](#)

## 8. Fraxinus Americana Q –

- ✘ It as a uterine tonic in all heavy states of the uterus with prolapse, bearing-down, and relaxed ligaments. "the medicinal pessary."

## 9. Aletris Farinosa Q –

- ✘ Premature profuse menses with labour-like pains.
- ✘ Amenorrhoea or delayed menses from atony; weariness of mind and body; abdomen distended, bearing-down.
- ✘ Menses too soon with colic, light-coloured.
- ✘ Menorrhagia, profuse, black with coagula; fulness and weight.
- ✘ Leucorrhoea, white stringy.
- ✘ Prolapsus.
- ✘ Sterility.

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- ✘ Habitual tendency to abort; sensation of weight in uterine region; tendency to prolapse.
- ✘ Myalgic pains like "false pains."
- ✘ < - Before menses: cough.

### 10. Xanthoxylum fraxineum Q–

- ✘ Menses too early and painful.
- ✘ Ovarian neuralgia, with pain in loins and lower abdomen; worse, left side, extending down the thigh, along Genito- crural nerves.
- ✘ Neuralgic dysmenorrhoea, with neuralgic headaches; pain in back and down legs.
- ✘ Menses thick, almost black. Neurasthenic patients who are thin, emaciated; poor assimilation with insomnia and occipital headache

### 11. Viburnum Prunifolium Q –

- ✘ Uterine sedative.
- ✘ Uterine irritability and hyperaesthesia; uterine colic; threatened abortion; dysmenorrhea, with cramp-like pelvic pain, and scanty flow; severe lumbar and bearing-down pelvic pain; painful contraction of the pelvic tissues.

### 12. Ficus religiosa Q –

- ✘ Menorrhagia, metrorrhagia bright red; bearing down pains in lower abdomen.

### 13. Carica papaya Q –

- ✘ Uterine disorders. It aids menstrual discharge. It helps uterine contraction

### 14. Ocimum sanctum Q –

- ✘ Menses irregular. Leucorrhoea and uterine complications are avoided if used after delivery.

### 15. Menispermum cocculus Q –

- ✘ Patient become extremely weak due to excessive bleeding.
- ✘ Blood continuously oozes out of the uterus. < - from or during movement. Colour of blood is bright red mixed with clots, copious bleeding. Pain in the lower abdomen, excessive haemorrhage after delivery worse movement.

### SELF-CARE MEASURES FOR IRREGULAR MENSES

- ✘ Relax and ease stress.
- ✘ Yoga and meditation.
- ✘ Avoid exhausting physical exercise.
- ✘ Eliminate any eating disorders.
- ✘ Eat a balanced diet with lots of fresh fruits and vegetables.
- ✘ Reduce your intake of salt and caffeine.
- ✘ Home remedies

Maintaining a healthy lifestyle can help reduce the risk of some of the causes of irregular periods.

### CONCLUSION

During females whole life menstrual cycle is one of the crucial physiological events and earliest sign of reproductive health. But its irregularities are considered as most ignored complaints. Menstrual irregularities are very common among the adolescents. In the above described review we discussed about homoeopathic approach and the role of homoeopathic medicine in menstrual irregularities. Allopathic medicines are not much effective in treating these types of complaints and have adverse remote effects too. Here Homoeopathic materia medica has so many medicines and have many proven symptoms regarding the different menstrual irregularities.

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