



## Pre-menstrual Syndrome and Homoeopathy

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### ABSTRACT:

Pre-menstrual syndrome was first identified as a true medical disorder by Dr Robert T Frank in 1931 in paper call hormonal causes of pre-menstrual tension. Worldwide up to 30% of women's in fertile age have moderate to severe physical discomfort or feeling emotionally disturbed during or between ovulation and menstruation. Homoeopathy treats the person as whole.

**Keywords:** Irritability, Tension, Dysphoria (Unhappiness)

### Introduction:

Pre-menstrual syndrome is defined as, "a symptom complex if cyclic irritability, depression, lethargy which appears to be caused by changes in gonadal steroid level.

PMS is a Psychouroendocrine disorder of unknown etiology often noticed just prior to menstruation with cyclic appearance of large number of syndromes during last 7-10 days of menses.

#### Etiology-

The exact cause of PMS are not fully understood. While PMS is linked to the luteal phase, measurements of sex hormone levels are within normal level.

- Oestrogen excess or progesterone deficiency in the luteal phase.
- Increased carbohydrate tolerance in the luteal phase.
- Pyridoxine deficiency.
- Increased production of Vasopressin, Aldosterone.
- Fluctuations in opiate peptide concentration affecting endorphin levels.

### Signs and symptoms:

More than 200 different symptoms have been identified, but the three most prominent are irritability, tension, dysphoria (unhappiness).

Abdominal bloating, abdominal cramps, breast tenderness or swelling, stress or anxiety, insomnia, fatigue, acne, mood swings, changes in libido.

#### Diagnosis:

There is no laboratory test or unique physical findings to verify the diagnosis of PMS.

#### Homeopathic remedies for PMS:

##### Lachesis:

Women who need this remedy are usually intense with a tremendous need for an outlet both physically and mentally. Including congestion, headache, flashing, surge of heat, intense outspoken irritability, jealousy, suspicious, intolerance of restrictive clothing around the waist or neck.

##### Pulsatilla:

Menses scanty, too late, slimy, painful, irregular, intermittent flow, with evening chillness; with intense pain and great restlessness. Pulsatilla has gentle, tearful mood; want to die, but fears it; solicitude about life and salvation; mania with amenia; aversion to meat. Weeps when talking; changeable, contradictory. Feels better in open air; always feels better in open air even though he is chilly.

##### Actaea racemosa:

Menses irregular; exhausting; delayed or suppressed by mental emotion. Sharpe, lanceinating, electric shock like pain in uterine region. Thinks she is going crazy; tries to injure herself. Illusions of a mouse running from under her chair.

##### Lilium tigrinum:

Scanty menses; but the former has irritable mood; want to die and yet knows not why; absence feeling in the head, wild looks when menses cease to flow. Longs for meat. Aimless, hurried manner.

##### Folliculinum:

All symptoms are worse from ovulation to menses. All symptoms are better after menses. Swollen and painful breast, worse with touch. Diarrhoea before menses. Mood swings, unable to tolerate noise, touch or heat.

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