



Premenstrual Syndrome (PMS) and Homoeopathy

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Abstract:-

Pre-menstrual syndrome also known as Pre-menstrual Tension. It is a Psychoneuroendocrine disorder of unknown etiology, often noticed just prior to menstruation. Cyclic appearance of a large group of symptoms during the last 7-10 days of the menstrual cycle. It is not related to any organic pathology but symptoms are severe enough to disturb the life style of the women and may requires medical help. PMS is more common in women aged 30-45 year. In conventional therapy, no such treatment that can decrease intensity and decrease the recurrence. There are only Hormonal therapy, tranquilizers or antidepressant drugs which is used for suppressed ovulation and relieves the anxiety, mood swings etc. In Homoeopathy we treat the patient as whole. Homoeopathic Medicine can correct the hormonal imbalance, improves overall health and provide lasting relief to the patient. Homoeopathic Medicine can reduces the intensity of complaints, shorten the duration of PMS and also helps in improving mood swings.

Key words:- premenstrual syndrome (PMS), mood swings, Homoeopathy

Introduction:-

Pre-menstrual syndrome also known as Pre-menstrual Tension. It is a Psychoneuroendocrine disorder of unknown etiology, often noticed just prior to menstruation. Cyclic appearance of a large group of symptoms during the last 7-10 days of the menstrual cycle. PMS is more common in women aged 30-45 year. The Prevalence rate of PMS in India is 14.3 % to 74.4%. American College of Obstetricians and Gynecologists (ACOG) give the criteria to diagnosis the PMS.

The criteria are following:

- Not related to any organic lesion.
- Regularly occurs during luteal phase of each ovulatory menstrual cycle.
- Symptoms must be severe enough to disturb the life style of the woman or she requires medical help.
- Symptom-free period during rest of the cycle.

When these symptoms disrupt daily functioning they are grouped under the name Pre-menstrual Dysphoric Disorder (PMDD).

Pathophysiology:-

The exact cause is unknown but many hypotheses are postulated to understand the condition.

- Alteration in the level of estrogen and progesterone starting from the midluteal phase. Either altered estrogen : progesterone ration or diminished progesterone level.
- Neuroendocrine factors like Serotonin (during the luteal phase, decrease synthesis of serotonin is observed in women that is responsible for mood related symptom complex), Endorphins (symptom complex is thought to be due to the withdrawal of endorphins from CNS during the luteal phase)
- Psychological and psychosocial factors may be involved to produce behavioral changes.
- Variety of factors have been mentioned to explain the symptom complex of PMS like thyrotrophin releasing hormone, prolactin, renin, aldosterone etc.

Clinical features:-***Emotional and behavioral signs and symptoms-***

- Tension or anxiety
- Depressed mood
- Mood swings and irritability or anger
- Trouble falling asleep (insomnia)
- Social withdrawal
- Poor concentration
- Change in libido
- Crying spells
- Restlessness
- Forgetfulness
- Increased or decreased appetite

Physical signs and symptoms-

- Joint or muscle pain
- Headache
- Fatigue
- Weight gain related to fluid retention
- Abdominal bloating
- Breast tenderness
- Acne flare-ups
- Constipation or diarrhea

There are no abnormal pelvic findings excepting features of pelvic congestion.

Management:-***General management:-***

- Assurance, yoga, stress management
- Diet manipulation
- Avoidance of salt, caffeine and alcohol specially in second half of cycle
- Regular exercise

Conventional therapy:-

- Tranquilizers or antidepressant drugs
- Diuretics in the second half of the cycle
- Anxiolytic agents
- Selective serotonin reuptake inhibitors
- Oral contraceptive pills to suppress ovulation
- GnRH analogues

Homoeopathic Management:-

In conventional therapy no such treatment that can decrease intensity and decrease the recurrency. There are only Hormonal therapy, tranquilizers or antidepressant drugs which is used for suppressed ovulation and relieves the anxiety, mood swings etc. In Homoeopathy we treat the patient as whole. Homoeopathic Medicine can correct the hormonal imbalance, improves overall health and provide lasting relief to the patient. Homoeopathic Medicine can reduce the intensity of complaints, shorten the duration of PMS and also helps in improving mood swings. There are many homoeopathic medicines like Sepia, Pulsatilla, Lachesis, Conium, Natrum Muriaticum that can reduce intensity and frequency of symptom complex and improve overall health to the patient.

- **Pulsatilla** – retarded or delayed menses in young girls at the age of puberty, accompanied with cramp-colic, chilliness, nausea, vomiting, trembling of the feet, and complains of various kinds. Before menses, weeping mood, sadness and melancholy. Pale face. Semilateral headache. Vertigo with eructations. Sour or mucous vomiting. Gastralgia. Heaviness and pains in the abdomen as from stone. Spasmodic colic. Thick, white leucorrhoea when lying down. Menses too late, too scanty and of too short duration. Too early and too profuse menstruation in women of extremely mild, gentle and yielding dispositions, easily excited to tears, weeps at everything.
- **Natrum Muriaticum** – menses too late, too scanty and of too short duration. There may be menses too early and too profuse. Before menstruation, tendency to faint. Terrible sadness. Great anxiety. Attacks of melancholy. Irrascible mood. Headache. Heaviness of the eyes. Palpitation of the heart. Qualmishness, with sweetish taste rising to the mouth, especially in the morning. Sore burning in the vagina.
- **Conium Maculatum** – too early and too feeble, or too late and too scanty menses. Before menses, hysterical symptoms are excited, great anxiety about every trifle. Weeping mood. Great restlessness, sleep disturbed by anxious dreams. Vertigo when lying down. The breasts swell, become hard and painful. General bruised feeling with an inclination to weep. Pain in the breast. Tired feeling in the limbs. Dry heat in the body, without thirst. The urine intermits in its flow.
- **Lachesis** – before menses, great desire for open air. Vertigo, with headache, nosebleed, sudden attacks of cardialgia, oppression or spasms of the chest and eructation. Diarrhea with violent straining. Pressing gastralgias. Cutting abdominal pains. Nervous distress. Leucorrhoea three days before menses. Pain in the back at the commencement of menstruation, with abdominal cramps and throbbing headache. Labor-like pain in the left ovarian region.
- **Sepia** – before menses, sadness and weeping. Violent colic with fainting, goose-flesh over the whole body with shuddering. Painful sense of emptiness in the stomach. Spasms of the stomach. Incarceration of flatus. Foul odor and taste in the mouth. Pressure on the abdomen. Burning, excoriation, and smarting about the vulva. Soreness about the perinaeum and swelling of the vulva. Sensation of distention of the genitals, as if the vagina were dilated or enlarged. Leucorrhoea with soreness of pudendum.

Apart from the above medicines, other medicines also use for treatment of Premenstrual Syndrome (PMS) like-

- Arnica Montana, Carbo animalis, China, Cyclamen, Hepar sulph, kreosotum, lycopodium, Nux Vomica, Zincum metallicum for distention of abdomen and gastric related complaints before menses.
- Aconitum Napellus, Carbo vegetalis, Kalium Bichromatum, Nux vomica, Sulphur, Stannum metallicum, Zincum metallicum for anxiety before menses.
- Aconitum Napellus, Ammonium Carbonicum, Calcarea Carbonica, Causticum, Kali Carb, Ustilago for backache before menses.
- Alumina, Ammonium Carbonicum, Belladonna, Causticum, Chamomilla, Colocynth, Phosphorus, for colic before menses.
- Alumina, Ammonium Carbonicum, Bryonia alba, Nux vomica, Silicea, Sulphur for constipation before menses.
- Ammonium Carbonicum, Bovista, Silicea for diarrhoea before menses.
- Aconitum Napellus, Borax, Bovista, Gelsemium, Platina, Sulphur for headache before menses.
- Chamomilla, Kreosotum, Nux vomica for irritability before menses
- Alumina, Calcarea Carbonica, Carbo vegetalis, Cocculus Indicus, Phosphorus, Pulsatilla for leucorrhoea before menses.
- Calcarea Carbonica, Spongia, Cyclamen, Helonias for breast related complaints before menses.
- Aconitum Napellus, Antimonium Crudum, Belladonna, Chamomilla, Lycopodium, Phosphorus, Zincum metallicum for mood swings before menses.
- Alumina, Apis mel, Cantharis, Kalium Carbonicum, Nux Vomica Sarsaparilla, Sulphur for urinary complaints before menses.

The above mentioned homoeopathic medicines can reduce intensity and frequency of symptom complex and improve overall health to the patient.

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