



## **Effective Homeopathic Treatment of Adolescent Primary Dysmenorrhea Using Calcarea Carbonica: A Case Report**

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### **PRELIMINARY DATA**

Age : 14 yrs

Sex : Female

Occupation : student

Date 14/05/2019

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### **CHIEF COMPLAINT :**

Patient presented with complaints of painful menses since 8 months. She feels Tearing pain<sup>+3</sup> in lower abdomen during menses. Pain is felt for 3 days after menses start. Pain < standing, exertion, > lying down. She cannot do any movement and hence remains absent in school. She becomes very distressed and anxious<sup>+2</sup> due to pain.

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### **ON EXAMINATION-**

#### **A) GENERAL-**

- Height : 145 cm
- Weight : 65 kg
- Tongue : Moist, Clean
- Build and nourishment : Stout, flabby
- Pallor : No
- Odema : No
- Cyanosis : No
- Icterus : No
- Clubbing : No
- Lymph nodes : Normal
- Speech : Normal
- Skin : Normal
- Hair/Nails : Normal
- **VITALS**
  - Temperature – 97 F
  - Pulse – 70 / bpm
  - Respiration – 16 / min
  - Blood pressure – 110/70 mmHg
  - Spo2 – 98

#### **B) SYSTEMIC EXAMINATION –**

CNS – Conscious well oriented

CVS – S1S2 Normal

RS – AEBE

P/A – Abdominal examination revealed nothing.

GYNAECOLOGICAL EXAMINATION – Not advised

**PAST HISTORY:** No any other major illness in past

**FAMILY HISTORY:** - Mother – had similar complaints of dysmenorrhea during adolescent

**MENSTRUAL HISTORY :**

Menarche	12 years
LMP	06/05/2019
FREQUENCY	28-30 DAYS,CYCLIC
FLOW	Normal
Duration	3-4 days
CLOTS	No
Color	Red
ODOUR	Non offensive
Staining	Non staining
Quantity of blood flow	2 sanitary napkin/day
Complaints before during or after menses	Before menses – nothing During menses– chief complaint

#### PHYSICAL GENERALS: -

- Diet - mixed
- Desire - not specific
- Aversion – not specific
- Thirst – 8-9 glasses per day
- Stool – Once every 2 days, unsatisfactory
- Urine – 4 to 5 times a day , clear urine
- Perspiration- Cold and clammy perspiration with sour smell
- Sleep – 6-7 Hours/day
- Dreams – nothing specific
- Thermally - Chilly patient

**INVESTIGATIONS** – Advised

**DIGNOSIS: Primary Dysmenorrhoea**

**WaLIDD Scale score:**

Working ability	Location	Intensity (As per Wong-Baker scale)	Days of Pain
<b>2</b> (Almost always affected)	<b>1</b> (1 site – hypo-gastric region)	<b>3</b> (Hurts a lot)	<b>1</b> (3 days of pain)

**TOTAL SCORE – 7**

**Life space Enquiry:** - Patient stays with parents and two siblings. She always desires company whenever and wherever she goes. She had witnessed a death of a neighbour due to an accident, and because of which she has become more sensitive. Cannot tolerate Violence and sad stories<sup>+3</sup> in any form, she becomes frightened whenever she experiences such things. On observation she was timid while talking. Most of the history was given by her mother.

**ANALYSIS & EVALUATION OF SYMPTOMS :****Mental Generals :**

Cannot tolerate Violence and sad stories +3	Characteristic Mental Emotion symptom
Desire for Company+2	Characteristic Mental Behaviour symptom
Anguish During Menses+2	Characteristic Mental Emotion symptom

**Physical generals :**

Clammy Perspiration+2	Characteristic Physical General symptom
Sour Perspiration+2	Characteristic Physical General symptom

**Particulars :**

Location	Sensation	Modality	Concomitant
Female reproductive system	Tearing Pain+3	<standing, exertion  > lying down	Anguish+2

Analysis – Characteristic Complete Physical Particular symptom

**Evaluation Of Symptoms –**

1. Cannot tolerate Violence and sad stories +3
2. Desire for Company +2
3. Anguish During Menses +2
4. Clammy Perspiration +2
5. Sour Perspiration +2
6. Chilly patient
7. Tearing Pain in Uterus During Menses +3

**REPERTORIAL TOTALITY :**

1. Horrible things ,sad stories affect her profoundly
2. Company: Desire for
3. Anguish, Menses: During
4. Perspiration , clammy
5. Perspiration Odour: sour:
6. Pain: Tearing: Uterus: Menses: During

**NON-REPERTORIAL TOTALITY:**

1. Flabby Appearance
2. Chilly
3. Tendency for constipation

**REPERTORISATION :**

Symptoms: 6 Remedies: 135   Applied Filter						
Remedy Name	Calc	Ars	Lyc	Merc	Nux-v	Phos
<b>Totality / Symptom Covered</b>	<b>10 / 6</b>	<b>10 / 4</b>	<b>10 / 4</b>	<b>9 / 5</b>	<b>8 / 4</b>	<b>7 / 3</b>
[Kent ] [Mind]Horrible things,sad stories,affect her profoundly: (10)	3				2	
[Kent ] [Mind]Company:Desire for: (58)	2	3	3	1	2	3
[Kent ] [Mind]Anguish:Menses:During: (10)	1			1		1
[Kent ] [Perspiration]Clammy: (66)	2	3	3	3	2	3
[Kent ] [Perspiration]Odour:Sour: (48)	1	3	3	3	2	
[Kent ] [Genitalia female]Pain:Tearing:Uterus:Menses:During:...	1	1	1	1		

**FINAL REMEDY :**

Calcarea Carbonica 200 C

Single dose

SL TDS 1Month

**FOLLOW UP :**

DATE	COMPLAINTS	PRESCRIPTION
11/06/2019	LMP : 04/06/2019 Tearing pain during menses – better by 20 % Mental – Anguish menses during still present Other physical generals – Stools SQ Rest urine, sleep, appetite Normal	SL TDS 1Month
16/07/2019	LMP:06/07/2019 Working ability improved Tearing pain during menses – better by 30 % Mentals – Anguish menses during better Other physical generals – Stools once in a day but stool is hard, has to strain alot Rest urine, sleep, appetite Normal	Sac lac 200 one dose SL 200 TDS 1Month
13/08/2019	LMP:05/08/2019 Working ability improved Tearing pain during menses – SQ Mentals – Anguish menses during SQ Other physical generals – Stools once in a day but stool is hard, has to strain a lot, Rest urine, sleep, appetite Normal	Calcarea carb 200 1 dose SL TDS 1Month

17/09/21	LMP:06/09/2019 Working ability improved Tearing pain during menses – better 40 % Mentals – Anguish menses during better Other physical generals – Stools once in a day, satisfactory rest urine, sleep, appetite Normal	SL TDS 1Month
18/09/2019	LMP:05/10/2019 Working ability improved Tearing pain during menses – better 60 % Mentals – Anguish menses during better Other physical generals – Stools once in a day, satisfactory rest urine, sleep, appetite Normal	SL TDS 1 month

Working ability	Location	Intensity	Days of Pain
<b>0</b> (None affected)	<b>1</b> (1 site)	<b>1</b> (Hurts a little bit)	<b>1</b> (1 days of pain)
WaLIDD Scale score before: 7			
WaLIDD Scale score: 3			