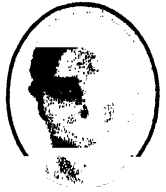




Dysmenorrhoea - A Common Acute Condition

ABSTRACT: *As per the concept of evolution of disease phenomenon in Homoeopathy, the Homoeopath understands the exact nature of the disease (the holistic approach) taking into consideration the role played by PNE axis. Hence Homoeopathy proves to be a better mode of therapeutics in managing dysmenorrhoea.*



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DYSMENORRHOEA

It is the most common acute condition faced in clinical practice. The incidence is very high in young girls and females in their early twenties. (5-10%)

At least 50% females experience some or the other discomfort in relation to menstruation but painful menstruation not only disturbs the female emotionally but also incapacitates her in her daily activities. Day by day in this era of stressful life the incidence is increasing tremendously. In today's modern world of development where there is a cut-throat competition between males and females to achieve results in a limited period of time, it takes a large toll on the female economy and psyche to get incapacitated with this problem. Being an extremely acute ailment, though it does not require hospitalization yet it requires utmost care and attention to understand the psychodynamic aspect of its etiopathogenesis. Hence this problem has to be managed by a physician very tactfully.

By definition, Dysmennorhoea is painful menstruation which can be classified as

- a) Pain of uterine origin (Primary, Spasmodic, Intrinsic, Essential, Functional).
- b) Pain arising in organs or tissues other than uterus and associated with menstruation (Congestive Dysmennorhoea) (Jeffcoate)

A detail history taking and an accurate clinical

examination will help to differentiate between the above two types and select an appropriate management.

CLINICAL PRESENTATION

Depending upon location of pain the dysmennorhoea can be experienced as a typical midline bilateral pain or pain in lower abdomen or back but it can be unilaterally seen in conditions like one horn in malformed uterus, endometriosis with unilateral distribution or a small fibroid at uterotubal junction.

During the attack, the female looks pale, drawn with sweating, nausea or vomiting. May have diarrhoea, rectal and bladder tenesmus (autonomic nervous system disturbances).

Pain ideally does not arise until 2-4 years after menarche, reaches maximum upto 18-24 years and then gradually decreases. It hardly begins after 25 years and rarely persists beyond 30th year.

The factors which play a crucial role in ETIOPATHOGENICITY of dysmennorhoea are as follows:

- a) Faulty outlook towards the problem which disturbs the female not only physically but renders her emotionally unstable reducing her pain threshold thus resulting in exaggeration of minor discomfort, an excuse to avoid something disliked. Dysmenorrhoea is commonly seen in daughters of over anxious mother. Faulty sexual concepts can exaggerate the



- problem.
- b) Faulty environment at home and work place can result into nervous tensions, anxieties and fear. Unsatisfied sexual urge may add fuel to the fire.
 - c) General ill health, debilitating diseases, acute illnesses may also precipitate dysmenorrhoea.

Understanding these basic concepts, understanding etiopathogenecity and the clinical presentation of different types of dysmenorrhoea will definitely help us to decide the steps to management.

As per Dr Hahnemann's instructions the totality of symptoms will direct us towards selection of the simillimum corresponding to the acute state which should be followed up by the constitutional treatment since the basic etiopathogenecity of dysmenorrhoea is nothing but the disturbance in the delicate PNE axis of the individual constitution.

The **ACUTE REMEDIES** which can be thought of for management of dysmenorrhoea are:

SENECIO: Functional Dysmenorrhoea, scanty discharge in anemic girls.

CHAMOMILLA: Pains very severe, resembling those of labor; pressure from the small of the back forwards and downwards; colic, with sensitiveness to the touch; discharge of a dark color and clotted; especially suited to highly sensitive, nervous and irritable patients troubled with biliousness.

SECALE: Expulsive forcing-pains, followed by lumps of dark discharge; cutting pains in the bladder or bowel; pale face; cold sweat; flagging pulse; or the agonizing forcing-pains may occur without any discharge.

PULSATILLA: Scanty menses, attended with cutting pains in the region of the womb, abdomen, back and loins, with loss of appetite, chilliness, vertigo. The pains move from one part to another. This remedy is specially suited to young women of light hair and complexion and mild disposition.

BELLADONNA: Suspected inflammation or congestion of the womb, with severe pain, bearing-down, throbbing etc, especially in plethoric women. There is also great surging of blood to the head with con-

fusion of sight, redness of face. The discharges may be profuse.

CIMICIFUGA: Nervous and rheumatic patients, with severe headache, aching of the limbs, dark and coagulated discharge, pain under the left breast, depression of spirits, etc.

HAMAMELIS: Dysmenorrhoea from ovarian irritation and pain in the groins. Leucorrhoea, irregular menses, extreme pain and soreness, smarting-pain on passing water and frequent urging.

SABINA: Pain chiefly at the beginning of the period, ceasing after the discharge is established. Pain extends from sacrum to symphysis pubis with partly clotted partly fluid blood. Congestive dysmenorrhoea.

COCCULUS-IND: Severe menstrual colic; spasms or cramps in the abdomen, with flatulence, nausea, dizziness and faintness in young girls and in book-worms habituated to night watching.

GEISEMIUM: Neuralgic and spasmodic dysmenorrhoea in nervous girls with drowsiness.

NUX-VOMICA: Bladder and rectal tenesmus; frequent desire to urinate; pains in the back, as if it were dislocated; paroxysms of pressing and drawing pain; indigestion, etc. *Nux-v* is well suited to women of vigorous constitution and irritable temperament.

COFFEA: Exquisite sensitiveness to pain, extreme nervousness restlessness sleeplessness with too long lasting and too profuse menstruation.

SECALE-COE: Congestive dysmenorrhoea with meno-metrorrhagia in debilitated worn out females. Pains with icy coldness of extremity but refuses covering.

VIBERNUM-OPULUS: Spasmodic dysmenorrhoea. Severe, crampy colicky pain radiating to thighs with scanty pitch dark menses.

MAG-PHOS: Homocopathic anti-spasmodic. Colicky pain better by bending double, hot fomentation. Electric shock like pains aggravated night.

COLOCYNTH: Colicky pain. Ailments from suppressed anger. Better by pressure and bending double.

XANTHOXYLLUM: Spasmodic, membranous dysmen-



orrhoea with sharp, shooting pains radiating to all parts of the body with desire to take deep breaths.

BORAX: Membranous dysmennorrhoea with nausea and pain in small of back.

CAULOPHYLLUM: Spasmodic dysmennorrhoea. Pains flying to other parts of the body.

GUAIAACUM: Irregular menses with ovaritis. Dysmennorrhoea with irritable bladder.

AMM-CARB: Colicky pain with profuse clotted black menses with fatigue yawning and chilliness ac-

companied by diarrhea at commencement of menses.

There are several other remedies that can be added. The frequency of repetition will depend upon intensity and clinical presentation.

Thus Homoeopathy can surely and definitely bring back the lost vitality and vigor of these suffering women and acute prescribing will put them back into action immediately and be able to face not only day-to-day activities but the challenges ahead in life at work as well as on the home front.

Nursery Rhyme on Acute Prescribing

Food poisoning symptoms with thirst in sips
Giving *Ars-alb* is the right tip(1)

Nausea and Vomiting with tongue clean
Giving *Ipecac* will not be a sin(2)

Disproportionate pulse and temperature
Pyrogen will clear such type of nature(3)

Angel when well but devil when sick
Belladonna has the power to do the trick (4)

Watery and acrid nasal discharge with bland lachrymation

Will land you undoubted in the *Allium-cepa* nation (5)

Fever with great fear of death and anxiety of mind
Will only get you to the *Aconite* kind (6)

Agg, from motion and better from rest

Think of *Bryonia* as others are almost waste (7)
Agg, from rest and better by motion

Rhus-tox will nearly always be the consolation (8)

Clean cut injury with a sharp knife
Staph will make happy you and your wife (9)

Offensive diarrhoea with gagging and rectal prolapse

Podophyllum will give you the solace (10)

Hopefully this short poetry encourages a good prescribing
But as in cricket they say with a good timing..

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English is not my Mother Tongue Jokes

Infosys, Bangalore: An employee applied for leave as follows:

Since I have to go to my village to sell my land along with my wife, please sanction me one-week leave.