

PREMENSTRUAL SYNDROME (PMS) in terms of Homoeopathy

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Definition

- ❑ Variable clusters of symptoms that regularly occur prior to each menstrual episode
- ❑ More correctly called 'ovarian cycle syndrome' since symptoms depend on ovulation
- ❑ Also called 'menstrual molimina'
- ❑ Etiology is unknown

Symptoms

- ❑ Occurs 7 -10 days before menses

GENERALS - MENSES - before - agg.- abies-c. alum. alum-p. Am-c. am-m. arg-n. arist-cl. asaf. asar. Aster. Aur-m-n. Bamb-a. Bar-c. bar-i. bar-m. bar-s. bell. berb. Bit-ar. borx. BOV. brom. bry. CALC. CALC-P. calc-sil. canth. carb-an. Carb-v. carbn-s. carc. caul. Caust. cham. chin. cemic. cina cocc. coff. Coloc. Con. croc. CUPR. cypra-eg. dig. dream-p. dulc. elaps ferr. ferr-i. foll. gels. germ-met. granit-m. graph. hep. Hyos. ign. iod. ip. Kali-c. kali-chl. kali-m. kali-n. Kreos. lac-h. LACH. Lil-t. luna LYC. Mag-c. mag-f. mag-m. mag-s. Mang. Merc. mez. mosch. mur-ac. nat-c. NAT-M. Nat-p. Nit-ac. nux-m. nux-v. ol-an. petr. Ph-ac. Phos. pin-con. Plat. pneu. psor. PULS. rhus-t. rob. ruta sabad. sars. Sec. SEP. sil. spig. spong. stann. staph. sul-ac. SULPH. thuj. tub-m. tub-sp. valer. VERAT. Vib. vip-a. ZINC. zinc-p.

- ❑ Relieved by onset of menses

GENERALS - MENSES - during - beginning of menses - amel.- anthraci. aster. cer-ox. Cycl. cypra-eg. eupi. glycyr-g. haliae-lc. hydrog. LACH. Mag-p. plb. sal-fr. Senec. Zinc.

- ❑ 7 day symptom-free interval must be present in first half of cycle

GENERALS - MENSES - after - amel.- aran. arist-cl. calc. cemic. kreos. lycps-v. pitu-a. thyr. Zinc-p.

- ❑ Physiologic and emotional symptoms

• Irritability

MIND - IRRITABILITY - menses – before- anthraci. arge-pl. Aur-m-n. Aur-s. bamb-a. berb. bros-gau. calc. carc. carneg-g. Caust. Cham. choc. cocc. cycl. des-ac. eupi. falco-pe. FOLL. gink-b. hep. irid-met. kali-c. kali-p. kreos. lac-e. lac-h. lach. lil-t. loxo-recl. luna Lyc. mag-m. moni. morg-g. Nat-m. Nux-v. ozone pic-ac. ptel. Puls. sacch. sacch-a. Sep. suis-pan. sulph. thyr.

• Anxiety

MIND - ANXIETY - menses – before- acon. am-c. aur-m-n. calc. carb-an. carb-v. carbn-s. Cocc. con. foll. Graph. Ign. kali-bi. kola m-arct. mag-m. manc. mang. merc. Nat-m. Nit-ac. Nux-v. ph-ac. puls. Stann. Sulph. zinc.

• Depression

MIND - SADNESS - menses – before- acon. am-c. amp. aur. Aur-m-n. Aur-s. bamb-a. bell. berb. brom. Calc. carc. carl. Caust. Cemic. cocc. Con. cycl. cygn-be. des-ac. dream-p. ferr. ferr-p. foll. ger-i. gink-b. hell. helon. Ign. iris lac-c. lac-d. LACH. Lyc. manc. mim-p. Murx. musca-d. nat-c. NAT-M. neon Nit-ac. phos. plat. psor. ptel. PULS. rhus-g. sabal sacch. Sep. STANN. stram. tub. Verat. vesp. vip-a. xan.

• Sleep disturbance

SLEEP - SLEEPLESSNESS - menses - before - agg.- agar. carc. cycl. dendr-pol. goss. kreos. petr-ra. senec. tub.

• Appetite change

STOMACH - APPETITE – changeable- alum. am-m. Anac. Ars. bar-s. berb. carc. chir-fl. cemic. CINA coc-c. cocc. coloc. Cur. cycl. falco-pe. fl-ac. gels. gran. grat. ham. iod. lach. Mag-m. meph. merc. nat-m. Nit-ac. op. phos. podo. positr. syph.

- Libido change

MALE AND FEMALE GENITALIA/SEX - SEXUAL desire - complaints of- agn. bar-c. calc. **CANTH.** chin. Con. graph. Lil-t. **LYC.** Nux-v. ph-ac. **PHOS.** pic-ac. plat. sel. Staph. stram. sulph.

- Fatigue

GENERALS - WEARINESS - menses - before - agg.- alum. amp. **Bell.** carb-an. gink-b. **Nat-m.**

- Suicidal ideation

MIND - SUICIDAL disposition - menses – before iris **Lach.**

- Fluid retention

GENERALS - DROPSY - general; in- anag. **Apoc.** asc-c. **Blatta-a.** **Cain.** calad. calc-ar. cortiso. cyna. elat. gali. juni-c. kali-act. kali-c. lac-h. mom-b. nat-m. nit-s-d. onis. puls. solid. spartin-s. **Uran-n.**

- Weight gain, bloating

GENERALS - OBESITY - women; in- am-c. calc-ar. cer-ox.

Treatment

Psychological support

Diet

- Decreased sodium, fluids, carbohydrates
- Increased protein
- Avoidance of caffeine and alcohol

Medications

- Regular exercise
- Homoeopathic remedies in decreasing order of frequency of indication in PMS-

- | | | |
|------------------|---------------------|----------------------|
| 1. Pulsatilla | 12. Conium mac | 23. Alumina |
| 2. Sepia | 13. Nux vom | 24. Hyoscyamus |
| 3. Calcarea carb | 14. Graphites | 25. Ammonium carb |
| 4. Lachesis | 15. Kreosote | 26. Cocculus indicus |
| 5. Natrum mur | 16. Nitric acid | 27. Mag mur |
| 6. Kali carb | 17. Veratrum album | 28. Thuja |
| 7. Sulphur | 18. Belladonna | 29. Causticum |
| 8. Zincum met | 19. Ignatia amara | 30. Clac phos |
| 9. Lycopodium | 20. Silicea | 31. Cup met |
| 10. Mag carb | 21. Nux moschata | 32. Platina |
| 11. Phosphorus | 22. Viburnum opulus | |

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