

Review Article

Teenagers Dysmenorrhea and Its Homeopathic Management

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ABSTRACT

After menarche so many teenagers face issue of dysmenorrhea, irregular menses. Dysmenorrhea is most common problem of girls. It has a significant bad impact on teenager's life like restriction in daily activity, absenteeism in school and educational loss.

Keywords: Dysmenorrhea, irregular menses, teenagers, homeopathy



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INTRODUCTION

Teen age in girl has a period which conversion from girl to women. Incidence rate is high in teenagers. The Prevalence of dysmenorrhea in teenagers was found between 16% and 93%, with severe dysmenorrhea in 2%-29%

Dysmenorrhea is a condition in which painful cramps of uterine origin during menses. This unstable period is start with the onset of menarche. Menses is a normal physiological process that start during teen age. In teenagers, dysmenorrhea neglected by the Indian female girls. Menarche is a process of growing up. Onset of menstruation varies from 9-18 years of age.

Acc to Homeopathy treat the sick individual not the disease. So many medicines which are in homeopathy that are helpful for treatment of dysmenorrhea. In many homeopathic remedies have a rubric on dysmenorrhea. So, we can be used as a primary management in dysmenorrhea.

Definition: it is painful menstruation of sufficient magnitude so as to incapacitate day to day activities.

Types of Dysmenorrhea

1. Primary
2. Secondary

Primary dysmenorrhea: it is a one of condition where is no pelvic pathology. Primary dysmenorrhea is mostly in teenager girls. It generally occurs within 2 years of menarche.

Causes of pain

In primary dysmenorrhea difficult to say how to pain start. But following reasons are often related.

Mostly seen in adolescent.

Almost always bound to ovulatory cycle

Pain is generally cured, after pregnancy or vaginal delivery.

It is related to uterine hypoxia and dysrhythmic uterine contraction.

Psychosomatic factor

It is because if tension and anxiety during teenagers; pain threshold

Abnormal anatomical and functional aspect of myometrium.

In primary dysmenorrhea observed that the uterine myometrium.

the sub endometrial myometrium and the outer myometrium are found to be difficult functionally and structurally

The sub endometrial myometrium layer is also called junctional zone.

In female with dysmenorrhea important

changes in junctional zone.

There is irregular thickness, hyperplasia of smooth muscle with less vascularity.

Hyperactivity of the uterine JZ and dysperistalsis are main tool of primary dysmenorrhea.

Imbalance in the autonomic nervous control of uterine muscle.

Hyperactivity of the sympathetic nerve



Hyper tonicity of the isthmus and internal os.



Pain relief after dilatation of cervix or after vaginal delivery by the damage of androgenic neuron

Role of prostaglandins

Prostaglandins have important role in ovulatory cycle, under the action of prostaglandins (PGF₂ Alfa, PGE₂) are synthetic production from secretory endometrium.

Production of Prostaglandin maximum during shedding of endometrium.

Prostaglandin (PGF₂ Alfa) is a strong vasoconstrictor that causes ischemia of myometrium.

Either due to increased sensitivity of myometrium or increased production of prostaglandin to the normal production of prostaglandin, there is dysrhythmic myometrium contraction.

Role of vasopressin

During menstruation production of vasopressin increased.

When vasopressin increases prostaglandin synthesis and increases myometrial contraction or activity directly.

Due to uterine hyperactivity and dysrhythmic contractions



Hypoxia and ischemia



Pain

Sign and symptom

Pain starts before few hours or just with the onset of menses.

Generally, severity of pain last for few hours or may extent to 24 hours to 48 hours.

Pain is spasmodic, cramps in lower abdomen, may refer to medial aspect of thigh

and back.

Associated symptom are nausea, vomiting, diarrhoea, headache, fatigue, and tachycardia.

There is vasomotor changes which causes pallor, occasional fainting and cold sweats.

Rarely, collapse in severe cases.

Diagnosis of dysmenorrhea

Abdominal and pelvic examination does not find any abnormal findings.

Ultrasound is very useful for detection of any pelvic abnormalities.

Research on dysmenorrhea in homoeopathy

Keerti Pathak on her case paper named “Role of constitutional homoeopathic treatment in primary dysmenorrhea: A case report” which was published in homoeopathicjournal.com, started using constitutional remedies in primary dysmenorrhea, she has observed that the constitution remedies are very useful in dysmenorrhea.

Claudia M. Witt, Rainer Lüdtkke & Stefan N. Willich on his case paper named “Homeopathic treatment of patients with dysmenorrhea: a prospective observational study with 2 years follow-up” which was published link.springer.com, they observed that the homeopathic medicine are useful in primary dysmenorrhea.

Shubhamoy Ghosh, Rai Khushboo Ravindra, Amila Modak, Shukdeb Maiti, Arunava Nath, Munmun Koley and Subhranil Saha conducted a research on efficacy of individualized homeopathic medicines in primary dysmenorrhea which was published in degruyter.com, they was observed that *Natrum mur* and *Pulsatilla* frequently prescribed medicines and better result in primary dysmenorrhea.

Poonam Singh, Namita Chatterjee and Pranesh Kumar Singh conducted study on “role of homoeopathy in primary dysmenorrhoea” which was published in researchgate.net, they was used medicine like *Actea Recinosa*, *Belladonna*, *Colocynth*, *Chamomila M*, *Gelsimium Semi*, *Kali Carb*, *Mag. Phos*, *Pulsatilla*, *Sepia*, and reduction in symptom of dysmenorrhea.

Therefore, lack of research on dysmenorrhea in homeopathy and we should look upon that

matter.

Dysmenorrhea and its primary management with homoeopathy

Homoeopathy is a scientific symptomatic treatment. Homeopathic medicine act on dynamic level. Homeopathy based on “LIKE CURE LIKES” and so, we can give primary treatment of dysmenorrhea with homoeopathic medicine. Most of cases we need acute remedy followed by constitutional remedy. Remedy will be selected by using proper case taking, tracing the characteristic symptom, severity of pain, site of pain, and referring pain of dysmenorrhea. Some remedies which are given below.

Belladonna

Sensation as if all the viscera would protrude at genitals, Pain in sacrum.

Menses increased; too early, too profuse bright red, bleeding hot, pain from hip to hip. Congestive dysmenorrhoea in especially girls, or when associated with local pelvic inflammation; throbbing headache; rush of blood to the head; full bounding pulse; painfully distended, abdomen hot, and sensitive to the touch or jarring.

Great pressing downward in the genitals, as if they would protrude through the vulva.

Cimicifuga-

Pain in ovarian region; Pain immediately before menses, shoots upward and down anterior surface of thighs.

Menses dark, profuse, offensive coagulated, with nervousness, backache, always irregular.

Ovarian neuralgia.

Pain beyond pelvis, from hip to hip.

After-pains, with very sensitiveness and pain intolerance.

Cyclamen-

Menses black, profuse, clotted, too early, membranous, with labour-like pains from back to pubes.

Flow less when moving almost.

Menstrual irregularities with blindness and megrim, or fiery spots before eyes.

Kali C

Menses, too late, pale and scanty, early, profuse, with soreness about genitals; pains from back pass down through gluteal muscles, with cutting in abdomen.

Pain through left labium, extending through abdomen to chest.

Delayed menses in young girls, with chest symptoms or ascites. Difficult, first menses.

Mag Phos-

Menstrual colic.

Membranous dysmenorrhea.

Menses too early, dark, stringy. Swelling of external parts.

Ovarian neuralgia

Pulsatilla

Amenorrhea, nervous debility,

Suppressed menses from wet feet, tardy menses.

Too late, scanty, dark, thick, changeable, clotted, intermittent. Chilliness, nausea, downward pressure, painful, flow intermits.

Leucorrhœa acrid, burning, creamy. Pain in back; tired feeling. Diarrhœa during or after menses.

Veratrum Viride.

The congestive variety, menstrual colic; intense cerebral congestion; strangury before the menses; convulsions.

Viburnum Opulus.

This is promising remedies for dysmenorrhœa;

It relieves all cases of the congestive or neuralgic type, and sometimes membranous and obstructive also, but its action seems to be exhausted in about three months.

Before the menses, severe breaking -down, drawing in the anterior muscles of the thighs; heavy aching in the sacral region over the pubes; occasional sharp, shooting pains in the ovaries; pains make her so nervous she cannot sit still; excruciating, cramping, colicky pains in the lower abdomen and through the womb; pains begin in the back and go around, ending in cramps in the uterus.

During the menses, nausea; cramping pain and great nervous restlessness; the flow ceases for several hours, then returns in clots; the flow scanty, thin, light - coloured, with sensation of lightness of the head; faint when trying to sit up.

Dysmenorrhea rubrics in homeopathic repertory

Robin murphy repertory

Female – dysmenorrhea

Female – dysmenorrhea- anger from
 Female – dysmenorrhea- atonic
 Female – dysmenorrhea- beginning at
 Female – dysmenorrhea- belching
 Female – dysmenorrhea-bending back-amel
 Female – dysmenorrhea-double must
 Female – dysmenorrhea- blood black
 Female – dysmenorrhea-blotches all over body
 Female – dysmenorrhea- chill with
 Female – dysmenorrhea-clots, discharge of amel
 Female – dysmenorrhea- cold after becoming
 Female – dysmenorrhea- coldness with
 Female – dysmenorrhea- colic after
 Female – dysmenorrhea- congestive
 Female – dysmenorrhea- constipation with
 Female – dysmenorrhea- convulsive, spasmodic, neuralgic
 Female – dysmenorrhea-convulsion with
 Female – dysmenorrhea- dinner or supper after
 Female – dysmenorrhea- emotion from
 Female – dysmenorrhea- end of menses
 Female – dysmenorrhea- excitement from
 Female – dysmenorrhea- extending down thighs
 Female – dysmenorrhea- fainting with
 Female – dysmenorrhea- fear or fright from
 Female – dysmenorrhea- feet, pressing against support, amel
 Female – dysmenorrhea- feet wet from getting
 Female – dysmenorrhea- fever with
 Female – dysmenorrhea- few drop of blood
 Female – dysmenorrhea- first day
 Female – dysmenorrhea- flatulence with
 Female – dysmenorrhea- flexing legs amel
 Female – dysmenorrhea- flow agg more the flow, the more the pain
 Female – dysmenorrhea- flow agg-absence of pain, flows only in the
 Female – dysmenorrhea- flow agg- more the flow, more the pain
 Female – dysmenorrhea- flow agg- smaller the flow, greater the pain
 Female – dysmenorrhea- flow amel
 Female – dysmenorrhea- fright from
 Female – dysmenorrhea- frightful
 Female – dysmenorrhea- girls in –
 Female – dysmenorrhea- girls in – first period seems
 Female – dysmenorrhea- girls in – irregular period
 Female – dysmenorrhea- girls in – young girls in
 Female – dysmenorrhea- haemorrhoidal
 Female – dysmenorrhea- horrible pain, crying and screaming
 Female – dysmenorrhea- infantilism
 Female – dysmenorrhea- irregular
 Female – dysmenorrhea- jerk with
 Female – dysmenorrhea- living in a damp house
 Female – dysmenorrhea- lying amel
 Female – dysmenorrhea- lying amel- back on, with legs stretched
 Female – dysmenorrhea- lying amel- back on, with legs stretched- hard pillow
 Female – dysmenorrhea- membranous-after delivery
 Female – dysmenorrhea- menopausal period
 Female – dysmenorrhea- menopausal period
 Female – dysmenorrhea- menopausal period-before
 Female – dysmenorrhea- nausea and vomiting with
 Female – dysmenorrhea-ovaries irritation with
 Female – dysmenorrhea- pallor and cold perspiration
 Female – dysmenorrhea- perspiration from checked
 Female – dysmenorrhea- perspiration cold
 Female – dysmenorrhea- position, no relief in any
 Female – dysmenorrhea- premature in
 Female – dysmenorrhea-puberty at
 Female – dysmenorrhea- rheumatic
 Female – dysmenorrhea- screams
 Female – dysmenorrhea- spasmodic
 Female – dysmenorrhea-spasmodic- uterine congestion
 Female – dysmenorrhea-strangury with
 Female – dysmenorrhea-swear cold
 Female – dysmenorrhea- thigh, down
 Female – dysmenorrhea- urination with
 Female – dysmenorrhea-waking on
 Female – dysmenorrhea-walking agg
 Female – dysmenorrhea-warmth amel
 Female – dysmenorrhea-washing amel
 Female – dysmenorrhea-wet after getting
Kent repertory Female genitalia-menses-painful dysmenorrhea

Female genitalia-menses-painful-
 dysmenorrhea-wet feet getting from Female
 genitalia-menses-painful- dysmenorrhea-
 flow only on absence of
 Female genitalia-menses-painful-
 dysmenorrhea-flow only after the
 Female genitalia-menses-pain-menses before
 Female genitalia-pain- ovaries-menses-
 before
 Female genitalia- pain- ovaries-menses-
 during
 Female genitalia- pain- ovaries-menses-
 during amel
 Female genitalia- pain- ovaries-menses- after
 Female genitalia- pain- uterus-menses
 Female genitalia- pain- uterus-menses-before
 Female genitalia- pain- uterus-menses- at
 beginning
 Female genitalia- pain- uterus-menses-during
 Female genitalia- pain- uterus-menses-amel
 Female genitalia- pain- uterus-menses- cry
 out, compels her to
 Female genitalia- pain- uterus-menses-during
 suppressed
 Female genitalia- pain- vagina-menses
 Female genitalia – pain - vagina-menses-
 before
 Female genitalia – pain - vagina-menses-
 during
 Female genitalia – pain - aching, vagina-
 menses
 Female genitalia- pain- aching, vagina-
 menses-before
 Female genitalia – pain - aching, vagina-
 menses-during
 Female genitalia – pain - bearing down-
 menses
 Female genitalia - pain- bearing down-
 menses-before
 Female genitalia - pain- bearing down-
 menses-during
 Female genitalia – pain - bearing down,
 uterus and regions of-menses
 Female genitalia – pain - bearing down,
 uterus and regions of-menses- before
 Female genitalia – pain - bearing down,
 uterus and regions of-menses- during
 Female genitalia – pain - bearing down,
 uterus and regions of-menses-after
 Female genitalia – pain - biting-menses-
 during
 Female genitalia- pain- boring ovaries left-

menses
 Female genitalia- pain- boring ovaries left-
 menses-during
 Female genitalia- pain- boring ovaries left-
 menses-amel
 Female genitalia- pain- boring ovaries left-
 menses- during amel

CONCLUSION

Homeopathic constitutional medicine can help in the management in teenagers dysmenorrhea. Homeopathic medicine can help in regulating the hormonal balance and psychological disturbances. Thus, homoeopathic medicine is effective in the management of teenager's dysmenorrhea.

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