

## Review Article

### Dysmenorrhoea and It's Homeopathic Management

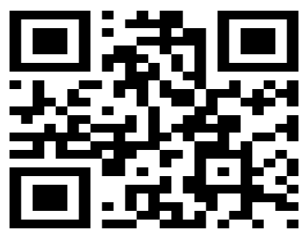
Sapana Purushottam Mangam\* and Vashali Lakhotia

Guru Mishri Homoeopathic Medical College & PG Institute, Shelgaon, Jalna

#### ABSTRACT

Dysmenorrhea is a most common gynecological disorder. In Dysmenorrhea cramps and pain in the pelvis or lower abdomen during menstruation. Dysmenorrhea can be classified as primary and secondary dysmenorrhea depends on the presence or absence of any underlying cause. Primary dysmenorrhea is associated with low quality of life and frequently found in young women. Primary dysmenorrhea is caused by hypersecretion of prostaglandins and an increased uterine contractility. The Underlying causes of secondary dysmenorrhea includes endometriosis, uterine fibroid and adenomyosis, but mostly it is represented in primary form of disease. The diagnosis is based on the clinical history, physical examination and ultrasonography. Ultrasonography is very useful to exclude causes of secondary dysmenorrhea such as endometriosis, uterine fibroids and adenomyosis.

**Keywords:** Menstrual cramp, pain, homoeopathy, management



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#### Address for Correspondence:

**Dr. Sapana Purushottam Mangam**

Guru Mishri Homoeopathic Medical College & PG Institute, Shelgaon, Jalna (MS) India

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#### INTRODUCTION

Dysmenorrhoea is defined as painful menstruation.<sup>1</sup> It represents the most common cause of menstrual disorder. Dysmenorrhea can be classified as primary and secondary dysmenorrhea depends on the presence or absence of any underlying cause.<sup>2</sup> Dysmenorrhoea is associated with psychological, emotional, functional health causing anxiety and depression impact<sup>2</sup>. The estimated prevalence of dysmenorrhea is high ranging from 20% to 90 % of reproductive age group of women are more affected<sup>3</sup>.

#### Etiology

**Primary dysmenorrhea** – The mechanism of Menstrual pain in primary dysmenorrhea is difficult to establish. following are the risk factors of primary dysmenorrhea

Mostly confined to adolescents

Almost confined to ovulatory cycle

Psychosomatic factors of tension and anxiety during adolescence.

Earlier age at menarche

Family history of dysmenorrhea

Disruption of social networks.

**Secondary dysmenorrhea**-Secondary dysmenorrhoea is a clinical condition where uterine pain can be due to an underlying disease, or structural abnormality either within or outside the uterus. Most common underlying causes are endometriosis, endometrial polyp, pelvic inflammatory disease, fibroids and use of contraceptive device.

**Prevalence**-The prevalence of dysmenorrhoea in women of reproductive age is highest ranging between 20 to 90 %.<sup>3</sup> Severe pain is observed in 2 to 29%.<sup>4</sup> 80% adolescent women is affected by dysmenorrhea.

**Mechanism**-The identified cause of primary dysmenorrhea is the contractions of the muscles of the uterus. Mechanism of primary dysmenorrhoea is due to hypersecretion of the prostaglandins from the uterine inner lining.<sup>2</sup> Prostaglandin F2alpha

(PGF-2a) and Prostaglandin PGF 2 increases the uterine tone, and also causes contraction of uterus. Also, Vasopressin increases the uterine contractility of uterus.

**Clinical features** - The main symptoms of dysmenorrhoea are spasmodic pain and confined to lower abdomen, it may radiate to the back and medial aspect of thighs.<sup>1</sup> The pain begins a few hours before or just with the onset of menstruation. <sup>1</sup>Associated symptoms with menstrual pain include systematic discomfort like nausea, vomiting, diarrhoea, headache, fatigue, and tachycardia. Vasomotor changes causing pallor, cold sweat, occasional fainting.<sup>1</sup>

**Diagnosis** – A medical history of menstrual cycle, adequate physical examination and ultrasonography is important to establish the diagnosis. <sup>2</sup>History of onset, duration of pain, location and characteristic symptoms is associated with nausea diarrhoea, headache, fatigue, vomiting could be helpful to establish a diagnosis. ultrasound is very helpful for detection of any pelvic abnormalities.<sup>1</sup>

#### **General management-**

Avoidance of stress and strain

Intake of nutritious diet

Mild regular physical exercise and

Adequate rest and proper personal hygiene are necessary adjuvants

#### **Homeopathic management**

The selection of medicine is based on individualization and symptom similarity i.e., cause sensation and modalities etc.

Some remedy of dysmenorrhoea given here -

#### **Belladonna**

Belladonna is the most commonly used medicine for dysmenorrhoea. Belladonna has the most violent dysmenorrhoea. There is cutting type of pain in sacrum extends from hip to hip, menses are very offensive and hot, pain come and go suddenly. Pain worse on lying on down. breast feels hard, heavy and red.

Pain from uterine congestion. There is great soreness, heaviness sensation with sensitiveness in the uterus. can't lie down must sit up.

Menstrual discharge is bright red blood, or a

bad smell with fetid clots. violent pain in the small of the back and bearing-down sensation.

Disposition to irritable, easily frightened. restlessness, desire to escape. Nervous anxiety. Disposition to dance, to laugh, to sing.<sup>7</sup>

**Magnesia Phosphorica** – Mag phos remedy especially acts on membranous dysmenorrhoea. Magnesia phos. is a best remedy for spasmodic conditions and neuralgias. The pains are violent.

Cramping pain is the most characteristic type of pain of mag phos remedy. The pains are-shooting like lightning, or boring.

The pains were shifting. Better by rest, warmth, by pressure. Aggravation at night, by touch. The parts were tender to pressure and numb. Pains sometimes tense in paroxysms. Anxiety, depressed vitality<sup>9</sup>.

**Colocynthis** - The strongest characteristic of remedy is an agonising pain in the abdomen causing the patient to bend over double. Relief is obtained by motion such as turning, twisting.<sup>10</sup>

There is neuralgic, tearing pain better by motion, pressure and heat. Aggravation by rest. Great weakness and restlessness with pain, these pains are often due to anger with indignation.<sup>11</sup>

**Cimicifuga** – Cimicifuga has a wide action upon the uterus and ovaries. There is electric shock like pain shoots upward and down anterior surface of thighs. Pain immediately before menses. Ovarian neuralgia, great sensitiveness and intolerance to pain.

The patient is chilly and easily affected by cold, sensitive to cold and damp weather. There is more the flow greater the pain is a peculiar symptoms of remedy. There is extreme jerking and cramping of the limbs and sleeplessness are during the menstrual flow. Soreness, bruised feeling all over the body during menstruation.<sup>12</sup>

It is suited to the climacteric period and to nervous persons. Uterine pain better by motion, open air, aggravation by touch, at night.<sup>13</sup>

**Pulsatilla** – It is a female Remedy, especially for mild, gentle, yielding

disposition, sad, crying easily, better in open air. Thirstless, chilly. Great sensitiveness with changeable. Menses too late, scanty, thick, dark clotted, changeable. Pain in back. diarrhoea during or after menses.

Drawing, pressive pain extending towards uterus. worse warm in bed, towards evening.<sup>14</sup>

Cutting, flitting changing pains. Pains urging to stool. There is a sensation of dragging down, a sense of great weakness, commonly in the menstrual disturbances or uterine disorders.<sup>15</sup>

**Sepia** - Sepia is a one of the most important remedy of the uterine disorder. Bearing down sensation are of great intensity, pelvic organs relaxed. Menses too late and scanty, irregular, sharp clutching pains.<sup>5</sup>

Sepia is suited to tall, slim women with narrow pelvis and lax fibers and muscles.

Has a hysterical diathesis. Irritability from slightest cause, easily offended, Excitable, obstinate.<sup>16</sup>

The bearing down pain aggravation by standing or walking. The bearing down extends into thighs. There is a constant sense of as if everything would escape through vulva.<sup>17</sup>

**Nux vomica** – Dysmenorrhoea with pain in sacrum and constant desire to stool. Menses to early, irregular, lasts too long, black blood. it is suited to persons are very irritable and sensitive to all impressions. Cannot bear light, loud noise odour etc.

Aversion to open air<sup>18</sup>

Has violent pain with cramp in the uterus extending over the body. better by heat, pressure, hot water bottle and aggravation by open air, cold.

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