

Glimpses of Homoeo Globe



**AHMEDABAD HOMOEOPATHIC
MEDICAL COLLEGE AND
SAINATH HOSPITAL
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EDITORIAL

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Today, ease and convenience are more important than struggle in life. As more women enter the workforce, this issue is spreading throughout our urbanised way of life in the cities. As lives evolve, this propensity is evolving. Due to the evolving urbanised environment, Premenstrual syndrome has been added to the already lengthy list of syndromes. Homoeopathy has amazing results because it focuses on the Principle of Individualization.

With this edition, I want to throw light on Role of Homoeopathic medicines in management of Premenstrual syndrome.

I want to express my gratitude to everyone who helped make this edition possible by contributing in some way.



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INTRODUCTION

PRE MENSTRUAL SYNDROME

Pre-menstrual syndrome is psychoneuroendocrine disorder. Pre-menstrual syndrome also known as Premenstrual tension (PMT) occurs 7-14 days prior to menstruation. Pre-menstrual syndrome consist of both physical and psychological

ETIOLOGY

The exact cause of Pre-menstrual syndrome is not known. It represents a syndrome which is the result of multiple factors. Following hypothesis are postulated.

- **Alteration in the level of estrogen and progesteron**

Starting from the midluteal phase either there is altered Estrogen: Progesterone ratio or diminished progesterone level.

- **Neurotransmitter factors**

Serotonin is an important neurotransmitter in the central nervous system. During the luteal phase, decreased synthesis of serotonin is observed in women suffering from Pre-menstrual syndrome.

CLINICAL FEATURES

- The syndrome may be mild, moderate and severe.
- It is more common in women aged 25 to 45 years.
- There is no relation to parity, the symptoms disappear before puberty, during pregnancy and after menopause. It may occur if women are on hormonal replacement therapy (HRT)
- Patient may complain only one symptom or full of the following symptoms during Pre-menstrual syndrome.
- The symptoms are physical, psychological and behavioural which appears at the same period.

Signs and Symptoms of Pre-menstrual syndrome which includes;

Emotional and behavioural changes such as,

- Tension or anxiety
- Depressed mood
- Crying spells
- Mood swings and irritability or anger
- Appetite changes and food cravings
- Trouble falling asleep (insomnia)
- Social withdrawal
- Poor concentration
- Change in libido

Physical changes such as,

- Joint or muscle pain
- Headache
- Fatigue
- Weight gain related to fluid retention
- Abdominal bloating
- Breast tenderness
- Acne flare-ups
- Constipation or diarrhoea
- Alcohol intolerance
- The body weight increases by 1kg and breast volume by 20% due to oedema and increase vascularity.

There are many remedies in Homoeopathy for Pre-menstrual syndrome as it works on Principle of Individualisation.

Some of Homoeopathic Remedies for Pre-menstrual Syndrome are,

1. Sepia 2. Calc. Carb 3. Nux. Vomica 4. Pulsatilla 5. Kali Carb 6. Staphysagria 7. Natrum Mur etc.

Case of Nux Vomica

A 27-year-old unmarried female having complain of severe abdominal pain which was ameliorated by bending double, along with that she had complain of nausea and vomiting, she vomits everything whatever she eats. She had marked irritability before menses. All the complains aggravated before menses and ameliorated on the 2nd day of menstruation.

Complains with Duration	Location & Extension	Sensation Character Pathology	Modalities	Concomitants (Associated Symptoms with duration)
Nausea++ Vomiting +++ (Vomits whatever she eats) since 4 days Pain in Abdomen since 5 days	Stomach Abdomen	Twisting Pain +++	< Before Menses > 2 nd day of menstruation > Bending Double	Irritability+++

<p>Past History : Nothing Specific</p> <p>Past History :</p> <p>1) Physical General Appetite : 3-4 Meal/day Thirst : 2-2.5 lit/day Urine : 5-6 time/day Stool : Once/day, Satisfactory Perspiration : Moderate Sleep : Sound Dreams : Not Specific Thermal : Chilly Patient</p> <p>2) Obstetric & Gynaecological History Menarche : 14 Years LMP : 6-11-2022</p>	<p>Cycle length & Regularity : 3-4/28-30 days, Regular Number of pad changed/day : 2 pads/day Colour : Dark Red, No Clots, No Staining</p> <p>Physical Examination :</p> <p>1) General Examination : NAD 2) Systemic Examination : NAD</p> <p>Family History : Mother : Healthy Father : DM</p>
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<p>Analysis & Evolution of the Case :</p> <p>1. Mental Generals : Irritability+++</p> <p>3. General Modality : All presenting complains < Before Menses, > 2nd day of menstruation</p>	<p>2. Physical Generals</p> <p>Twisting pain in Abdomen++ Nausea++ Vomiting+++ Vomits everything she eats</p>
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Totality of symptoms :

1. Irritability
2. Twisting pain in Abdomen
3. Nausea
4. Vomiting
5. Vomits everything she eats

Remedy	Calc	Lyc	Nux-v	Puls	Sep	Caul	Caust	Cham	Nat-m	Verat	Kreos	Ars	Ip	Kali-c	Crot-h
Totally	7	7	7	7	6	5	5	5	5	5	4	4	4	4	3
Symptoms Covered	4	4	4	3	3	3	3	3	3	3	3	2	2	2	2
[Kent] [Mind]Irritability (see Anger):Menses:Before:	1	2	2	0	2	0	2	2	2	0	1	0	0	1	0
[Kent] [Genitalia female]Pain:Uterus (see abdomen,pain):Menses:Before:	3	2	2	3	3	3	2	2	1	0	0	0	0	3	0
[Kent] [Abdomen]Pain:Twisting:	1	1	0	0	0	0	1	0	0	3	0	1	0	0	0
[Kent] [Stomach]Vomiting:Menses:Before:	2	0	2	2	0	1	0	1	0	1	2	0	0	0	0
[Kent] [Stomach]Vomiting:Everything:	0	0	0	0	0	0	0	0	0	0	0	3	2	0	2
[Kent] [Stomach]Nausea:Menses:Before:	0	2	1	2	1	1	0	0	2	1	1	0	2	0	1

Prescription : Reportorial Totality as well as Materia medica verifies Nux Vomica and hence prescribed the same. Nux Vomica 200 C single dose, Sac Lac BD for 1 month.

Follow up : (4/12/22): Pain decreased, Nausea+, Vomiting+
Nux Vomica 200 C single dose, Sac Lac BD for 1 month.

Follow up : (5/1/23): No complains
Sac Lac BD for 1 month.

Result : After taking homoeopathic medicine, intensity of few symptoms decreased and few disappeared. That shows there is effective role of individualistic approach of homoeopathic system in cases of PMS

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Case of Sepia

A 25-year-old unmarried female having complains of marked irritability, anger, anxiety about future. She was also having back pain over flank region and complain of watery leucorrhoea. All the complains aggravated before menses and ameliorated once menses appears.

Complains with Duration	Location & Extension	Sensation Character Pathology	Modalities	Concomitants (Associated Symptoms with duration)
Appetite Diminished++ since 6 days	Stomach	Appetite Diminished	< Before Menses > After Menses	Irritability+++ Anger+++ Anxiety about future+++
Backache++ since 7 days	Back Flank region	Pain	< Before Menses > After Menses	
Leucorrhoea since 5 days	Female genital track	Watery	<Before Menses > After Menses	

<p>Past History: PCOD treated with homoeopathy</p> <p>Personal History:</p> <p>1) Physical Generals</p> <p>Appetite : Diminished</p> <p>Thirst : Thirst less, 1-1.5 lit/day (keep reminder for that)</p> <p>Urine : 4-5 times/day.</p> <p>Stool : Once/day, Satisfactory</p> <p>Perspiration : Scanty</p> <p>Sleep : Sound</p> <p>Dreams : Not specific</p> <p>Thermal : Hot Patient</p> <p>Physical Examination :</p> <p>1) General Examination :</p> <p>General appearance : Lean thin, narrow pelvis</p> <p>Height : 164cm</p> <p>2) Systemic Examination : NAD</p>	<p>Family History:</p> <p>Mother : Migraine</p> <p>Father : Healthy</p> <p>2) Obstetric & Gynaecological history</p> <p>Menarche : 13 years</p> <p>LMP : 24/12/2022</p> <p>Cycle length & Regularity : 3/30–35days, Regular</p> <p>Number of pad changed/day : 3 pads/day</p> <p>Colour : Bright red, no clots, no staining</p> <p>Leucorrhoea : Watery before menses</p> <p>Weight : 52kg</p> <p>Blood pressure : 120/80mm/hg</p> <p>Pulse : 76/min</p>
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<p>Analysis & Evolution of the case:</p> <p>1.Mental Generals</p> <p>Irritability+++</p> <p>Anger on small things+++</p> <p>Anxiety about future+++</p> <p>3.General Modality</p> <p>All presenting complains <Before menses, > after menses</p>	<p>2.Physical Generals</p> <p>Appetite diminished ++</p> <p>Thirst less</p> <p>Backache flank region++</p> <p>Watery Leucorrhoea++</p>
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Totality of symptoms :

- | | | |
|--------------------------|------------------------------|------------------------------|
| 1. Irritability | 4. complains < before menses | 7. Back pain on flank region |
| 2. Anger on small things | 5. Appetite diminished | 8. Watery Leucorrhoea |
| 3. Anxiety about future | 6. Thirst less | |

Remedy	Puls	Sep	Nux-v	Nat-m	Lach	Calc	Cocc	Sulph
Totality	18	18	17	15	13	12	12	12
Symptoms Covered	5	4						
[Complete] [Mind]Irritability:Menses:Before:	3	3	3	3	1	1	2	0
[Complete] [Mind]Anger:Menses:Before:	0	3	0	0	1	0	0	0
[Complete] [Mind]Anxiety:Menses:Before:	3	0	3	3	0	1	3	3
[Complete] [Stomach]Appetite:Diminished:Menses:Before:	0	0	0	0	0	0	0	0
[Complete] [Stomach]Thirstlessness:	4	4	4	3	4	2	3	4
[Complete] [Back]Pain:Menses:Before:	4	4	3	3	3	4	1	2
[Complete] [Female Genitalia]Leucorrhea:Menses:Before:	4	4	4	3	4	4	3	3

Prescription : Reportorial Totality as well as Materia medica verifies Sepia and hence prescribed the same. Sepia 30 C single dose, Sac Lac BD for 1 month.

Follow up : (22/1/2023) Irritability++, anger++, anxiety++ Again Sepia 30 C single dose, Sac lac BD for 1 month prescribed.

Follow up : (26/2/2023): Irritability+, anger+, anxiety. Pt is gradually improving so SL single dose, Sac lac BD for 1 month prescribed.

Result : After taking homoeopathic medicine, intensity of few symptoms decreased and few disappeared. That shows there is effective role of individualistic approach of homoeopathic system in cases of PMS.

Dr. Rutanshi Bhavsar
(MD Part – 1)

ACADEMIC AND CULTURAL ACTIVITIES



Prarambh 2.0 White Coat Ceremony Of 1st BHMS Students



Meditation Workshop by Heartfulness Center



Ram Navami Celebration at Ahmedabad Campus



Dhoom 2023 Procession Team



2ND BHMS



1ST BHMS



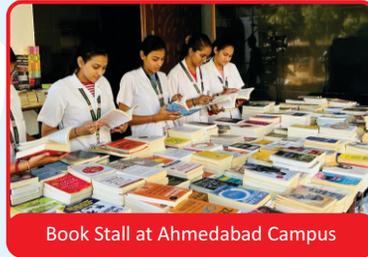
Teachers attending CBDC Training Program of 1st BHMS



Homoeopathic Camp at Purusottam Dham Ashram, Ghuma on Occasion of Purnima



Teachers Awarded by PU for their Long Years of Service on Women's Day



Book Stall at Ahmedabad Campus



Celebration of Holi Festival



"MERRAKI 1.0", Celebration of national youth day



2nd Runner Up In Cultural Events at Dhoom



Tribute to Dr. R.C. Shah sir " Grand master of physiology " #postermakingcompetition



Homoeopathic Camp to Serving Dakor Padyatris



PRAGYA (Skill Lab) Visit at Parul University



Foundation Course of 1st BHMS



Students Shortlisted for STSH-2022



Students Receiving STSH Scholarships -2021



Celebration and Competition on Occasion of Women's Day



Ghuma PHC Visit of 1st BHMS Students

Note : Homoeopathic camps are arranged in different areas on daily basis.

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