

Centre for Integrative Medical Training
In Association with the Centre for Integrative Care &
The Academic Department, Royal London Hospital for Integrated Medicine



Foundation Course in Medical Homeopathy

A Blended Course in Homeopathic Medicine for Healthcare Professionals

Part 5.8

Premenstrual syndrome

Dr Katharina Dalton has defined PMS as "the appearance of symptoms in the premenstruum and their disappearance in the postmenstruum". The diagnosis is based on the cyclical nature of symptoms rather than on the symptoms themselves.

Symptoms

The most common symptoms have been categorised by Dr Guy Abraham, he and his colleagues have subdivided PMT into the following categories:

- PMT-A:** anxiety, irritability, nervous tension and mood swings
- PMT-B:** weight gain, swelling of the extremities, breast tenderness and abdominal bloating
- PMT-C:** headache, craving for sweets, increased appetite, heart pounding, fatigue and dizziness or fainting
- PMT-D:** depression, forgetfulness, crying, confusion and insomnia

Other symptoms include oily skin, acne, clumsiness and feelings of violence or even suicide in severe cases.

‘Causes’

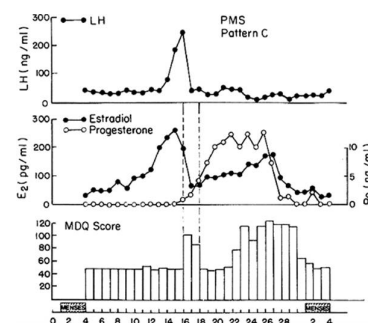
The biomedical view is that PMT is an inappropriate response to hormonal factors such as sharp cyclical changes in progesterone and oestrogen. Dietary factors are also important such as: poor nutrient intake, low magnesium levels, a high intake of stimulants and salt, and high fat consumption. A close look at the narrative descriptions from patients reveal it to be a complex mind-body-mind disturbance arising from a highly contextualised combination of environmental, hormonal, lifestyle, constitutional and mental-emotional circumstances.

Homeopathic Treatment

The clinical picture is characterised by mainly functional disturbance although physical changes in the skin and tissues may also be accentuated. By this stage you will be aware that functional disorders respond very well to homeopathic treatment, bringing relief without unpleasant side-effects.

In the section that follows you will review three remedies that you already have some familiarity with. *Sepia*, *Pulsatilla* and *Natrum muriaticum* all have a strong affinity to the female hormonal cycle and are all effective in alleviating pre-menstrual tension when they are well matched with the symptom picture.

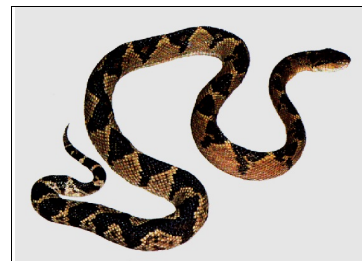
A fourth remedy, *Lachesis*, is probably new to you and the symptom picture is outlined overleaf for you.



Read the article by Dr Jeremy Swayne on Homeopathy in PMS (see supplemental materials for this unit.)

Lachesis (Bushmaster snake)

- ⌘ overactive mind, loquacious, vivid imagination, passionate
- ⌘ > discharges
- ⌘ left sided



Typology

- ⌘ vascularised, blotchy face, very blue or purple, haemorrhagic tendency

Tissue Affinity

- ⌘ nervous system, haematological system, female hormonal cycle

Mind

- ⌘ sharp tongued, witty, loquacious
- ⌘ jealous, strong-minded, haughty
- ⌘ passionate, strong sex drive

Pre-menstrual symptoms

Sudden violent outbursts, very sharp hurtful comments

Flash-point reactions - irrational and jealous
may even throw what they have in their hand at the time
Remorseful afterwards - perhaps cry

Generals

- ⌘ left-sided
- ⌘ warm-blooded

Heavy painful periods, may be prolonged with clotting
- especially towards menopause.

Sleep unsettled with dark / morbid / jealous dreams.

Dream of relatives long-dead.

Usually wake feeling terrible in the morning.

Great relief of mental and emotional symptoms when
the menstrual flow starts.

Desire: alcohol, oysters

Agg: sleep, touch, constriction (clothes around neck), delayed discharges, female cycle

Amel: open air, free discharges

Clinical Indications

- ⌘ septic conditions
- ⌘ menstrual and menopausal problems
- ⌘ thrombosis, thrombophlebitis
- ⌘ hypertension, heart disease
- ⌘ neuritis

Presentation:

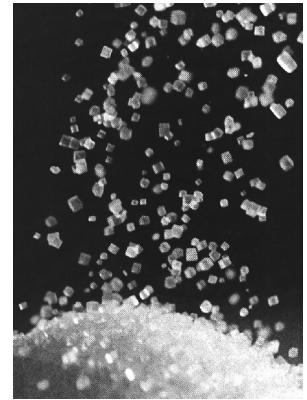


Watch this video on Lachesis by Dr Todd Rowe.

<https://youtu.be/ZvDVzgoBvgA>

Natrum muriaticum

- hypersensitive, closed, isolated, defensive, resentful
- ailments from grief, disappointment in relationships, dwell on past events, silent grief
- influenced by sea climate, < sun,
- craves/hates salt, Impaired assimilation;



Typology

- thin despite good appetite, especially around the neck. pale, easily tired.
- skin sallow / oily. Dry cracked lips, (+/- crack middle lower lip) mapped tongue.

Tissue Affinity (in reality all tissues to a greater or lesser extent)

- mucous membranes: dryness; skin: increased sebum, CNS: hypersensitivity

Mind

- great sensitivity with fear of rejection
- desires solitude, dwells on past events, grief
- very responsible
- cry < consolation

Premenstrual Symptoms

Taciturn and withdrawn
 Tetchy, irritable or sarcastic
 Weepy when alone and averse to company
 Liable to dwell on unpleasant past events
 Jumpy with noise and want quiet
 Headachy - mainly left sided, especially mornings
 Some puffy fluid retention before menstruation

Generals

- warm but can be chilly
- discharges like egg white
- dryness
- desire / aversion to salt

Agg: sun, heat, 9-11 am

Amel: open air, fasting

Clinical Indications

- fluid retention, dehydration
- eczema, recurring herpes
- depression related to grief, disappointment

Pulsatilla (Anemone, Windflower)

- ❖ changeability
- ❖ mild, yielding
- ❖ bland creamy discharges



Typology

- ❖ tendency to obesity
- ❖ In the Caucasian race often (but not exclusively) fair skinned, blonde with blue eyes

Tissue Affinity

- ❖ mucous membranes (digestive, respiratory, genital mucosa)
- ❖ venous system
- ❖ genital organs

Mind

- ❖ affectionate, mild, emotional
- ❖ forsaken feeling
- ❖ > consolation
- ❖ changeability of moods

Premenstrual Symptoms

Weepy, clingy
 Need reassurance that they are loved
 Swollen tender breasts
 Changeable, capricious and indecisive
 Prone to sudden needs, maybe with some binge eating
 Menstruation can be scanty, irregular and painful
 Abdominal heaviness, like a stone
 Loss of libido and premenstrually sex may be painful

Generals

- ❖ profuse, bland, thick discharges
- ❖ changing symptoms
- ❖ craving for fresh air even though chilly

Desire: cheese, cold food

Agg: rich food, warmth, suppression, pregnancy, puberty, menses

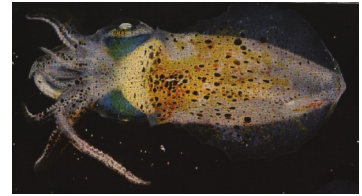
Amel: cold fresh open air, weeping

Clinical Indications

- | | |
|-----------------------------|------------------|
| ❖ mumps | ❖ varicose veins |
| ❖ coryza | ❖ chilblains |
| ❖ catarrhal bronchitis | |
| ❖ purulent otitis, glue ear | |
| ❖ menstrual disorders | |

Sepia officinalis (Cuttle fish)

- ♥ Stasis on all levels - indifference, isolation, loss of libido
- ♥ Engerised by physical activity especially dancing
- ♥ Female hormonal cycle



Typology

- ♥ Thin, lax-fibred, sallow complexion with brownish spots in the face.

Mind - including premenstrual

- ♥ indifference to everything, dullness, Sudden feelings of hatred for loved ones
- ♥ incommunicative desire to be alone, < consolation
- ♥ loss of libido
- ♥ fault-finding, irritable particularly before menses

Generals

- ♥ > physical exertion chilly,
- ♥ < stuffy rooms,
- ♥ bearing down sensation, dragging down menstrual pains as if everything will fall out

Desire: vinegar, pickles

Averse: fats, rich food

Agg: cold air, stuffy rooms, menses, pregnancy

Amel: violent motion, sitting with legs crossed

Clinical Indication

- ♥ constipation
- ♥ haemorrhoids
- ♥ uterine prolapse
- ♥ menstrual disorders, PMT
- ♥ never well since pregnancy or birth control pill
- ♥ depression