

Centre for Integrative Medical Training
In Association with London Integrated Medical Health Education



Pre-membership Course in Medical Homeopathy

A Blended Course in Homeopathic Medicine for Healthcare Professionals

Unit 47

Therapeutic Pointers for Week 3

Pre-menstrual Syndrome

What to look for in the case - an outline

Dr Katharina Dalton has defined PMT 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 emotional symptoms of PMS are often understood to be an aggravation of suppressed symptoms, only surfacing occasionally, in the homoeopathic sense. On a somatic level causes can be hormonal factors such as a drop in progesterone and oestrogen.

Diet plays a role and women suffering from PMS generally seem to have a poorer nutrient intake and low magnesium levels. Foods and drinks containing caffeine often aggravate symptoms. High intake of salt often aggravates fluid retention.

Fat consumption can be a cause in PMS. Some PMS sufferers cannot efficiently metabolise the essential fatty acid, linoleic acid, which is in good quality vegetable oils.

Thus a diet high in animal fats would not be favourable for PMS sufferers. Often there is poor blood sugar control in women experiencing PMS. The contraceptive pill also interferes with blood sugar control, which can be improved by taking Vit B₆.



Rubrics from the Mind section (total of 452 referring to Symptoms before menses)

MIND - ANGER (= irascibility, fretfulness, bad temper, vexation, etc.) menses - before
 MIND - ANGUISH - menses - before
 MIND - ANXIETY - menses - before
 MIND - AWKWARD - drops things - menses, before
 MIND - CONCENTRATION - active - menses - before
 MIND - CONFUSION of mind - menses - before
 MIND - DELIRIUM - menses - before
 MIND - DESPAIR - menses - before
 MIND - DISCOURAGED - menses - before
 MIND - EXCITEMENT (= excitable) - menses - before
 MIND - FEAR (= apprehension, dread) - death, of - menses - before
 MIND - FEAR (= apprehension, dread) - menses - before
 MIND - FRIGHTENED easily - menses - before
 MIND - FRIGHTENED easily - trifles, at - menses, before
 MIND - INDIFFERENCE, apathy - menses - before
 MIND - INDUSTRIOUS, mania for work - menses; before
 MIND - IRRITABILITY - menses - before
 MIND - KILL, desire to - menses - before
 MIND - LAUGHING - menses - before
 MIND - LOATHING - life, at - menses - before
 MIND - MANIA - menses - before
 MIND - MENSES, mental symptoms - before
 MIND - MOROSE (= cross, fretful, ill humour, peevish) - menses - before
 MIND - NYMPHOMANIA - menses - before
 MIND - PROSTRATION of mind (= mental exhaustion, brain fag) - menses - before
 MIND - RESTLESSNESS - menses - before
 MIND - SADNESS (= despondency, depression, gloom, melancholy) - menses - before
 MIND - SENSITIVE (= oversensitive) - menses - before
 MIND - SENSITIVE (= oversensitive) - music, to - menses; before
 MIND - SENTIMENTAL - menses - before
 MIND - SHRIEKING (= screaming, shouting) - menses - before
 MIND - SHRIEKING (= screaming, shouting) - sleep, during - menses - before
 MIND - SIGHING - menses - before
 MIND - SPEECH - delirious - menses; before
 MIND - STARTING, startled - menses - before
 MIND - STARTING, startled - sleep - from - menses - before
 MIND - SUICIDAL disposition - menses - before
 MIND - THOUGHTS - vanishing of - menses; before
 MIND - UNCONSCIOUSNESS (= coma, stupor) - menses - before
 MIND - WEARY OF LIFE - menses - before
 MIND - WEEPING (= tearful mood) - menses - before

Some Remedies

Lachesis
Sepia
Pulsatilla
Natrum muriaticum
Calcarea carbonica
Calcarea phosphoricum
Lycopodium
Bovista
Zincum metallicum
Veratrum album

You have met most of these remedies before. Check your course materials and the Materia Medica to review the pictures of the above remedies.

Two more remedies for with characteristic SRP pre-menstrual symptoms:

Murex

irregular profuse menses
feeling of imminent prolapse, keep legs tightly crossed
< lying down
chronic endometritis

Cuprum met.

cramping pain radiating into chest
menses too late, protracted

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