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Unravelling the mental maze causing menstrual irregularities with homoeopathy!!!

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Abstract

Irregular menstruation is a current important health problem in women and is majorly influenced by Psychological and Emotional factors. So, the main purpose of this study is to evaluate the importance of the mind in causing menstrual irregularities and the efficacy of homoeopathy in treating menstrual irregularities.

Homoeopathy is a holistic system of medicine founded on the principle of "Similia Similibus Curentur" which means 'let Likes be cured by Likes'. Homoeopathy is primarily based totally on the individualization of the patient. Homoeopathy explores deep into the patient's mental and emotional state to identify the root cause of the problem.



Keywords: Mind (psychological and emotional factors), menstrual irregularities, hypothalamic-pituitary-ovarian axis, homeopathic treatment, individualization

Introduction

Menstruation is the visible manifestation of cyclic physiologic uterine bleeding due to the shedding of endometrium following the invisible interplay of hormones mainly through the hypothalamic-pituitary-ovarian axis^[2].

The human body is a complex and interconnected system that is not only disturbed by physical factors but also Psychological and emotional factors that affect the normal feedback mechanism of the menstrual cycle which is regulated by hormones through the hypothalamic-pituitary-ovarian axis.

Hormones that are responsible for the emotions in the human body such as:

- Hormones for excitement-dopamine
- Hormones for fear and anger-Adrenaline and cortisol
- Hormones for depression-A drop in oestrogen and progesterone.

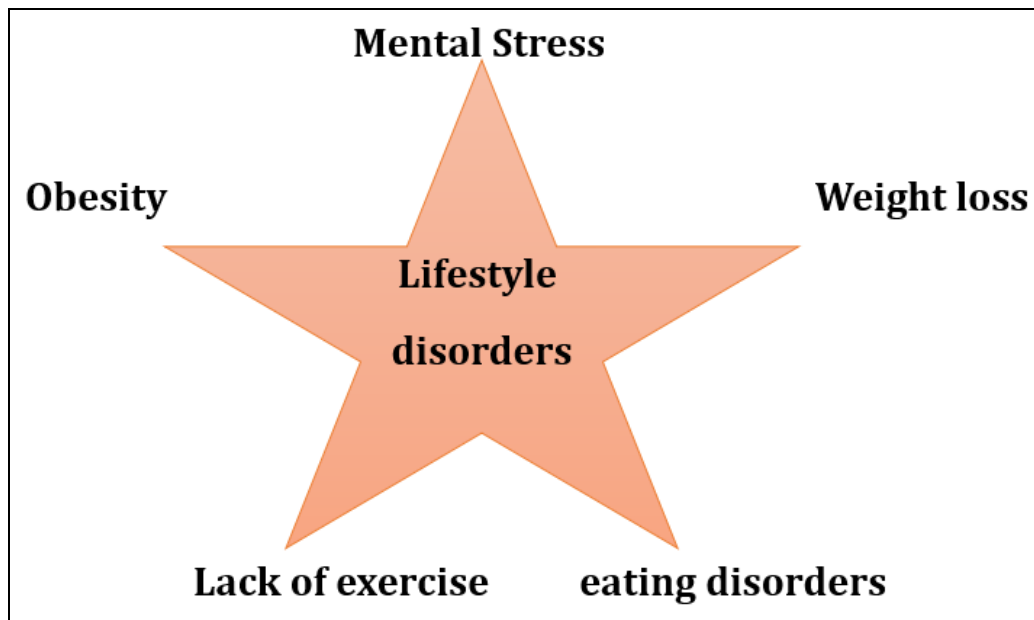
Irregular menstruation is common among females of all ages and socio-economic backgrounds, there are various types of menstrual irregularities they are: Amenorrhoea, Oligomenorrhoea, Polymenorrhoea, Menorrhagia, Metrorrhagia, and Menometrorrhagia.

Etiology

Medical Conditions that cause irregular menstruation

Endometriosis	Endometriosis occurs when endometrial tissue grows outside of the uterus. Endometriosis may cause abnormal bleeding.
Pelvic inflammatory disease (PID)	Pelvic inflammatory disease is a bacterial infection that affects the female reproductive system and this is also a cause of irregular menstruation.
Polycystic ovarian syndrome	In this Syndrome ovaries produce androgens; this hormone prevents or delays ovulation causing irregular menses.
Thyroid or Pituitary gland disorders	Hypothyroidism and hyperthyroidism cause irregular menstruation.
Uterine or Ovarian cancers	Due to uterine and ovarian cancers, there may be heavy bleeding ^[5]

Lifestyle disorders causing irregular menstruation



The role of mind on menstruation

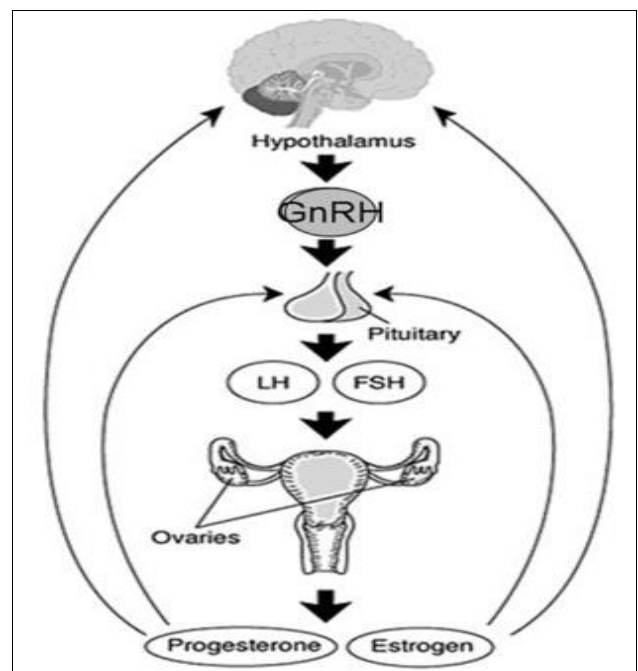
The mind plays a key role in maintaining normal body functions.

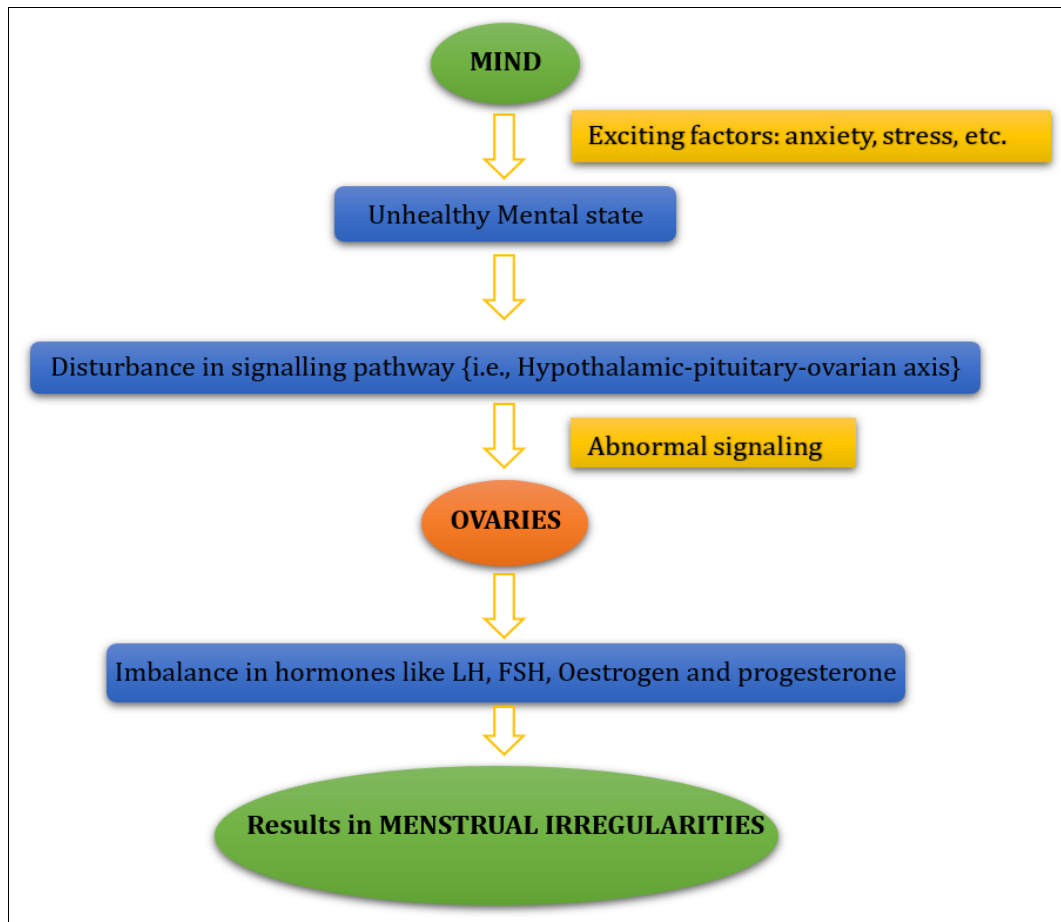
The Human mind deals with mental functions such as Thinking, Reasoning, Planning, and Decision-making, possessing the property of consciousness and producing emotional responses to stimuli ^[1].

The Brain is involved in perceiving and evaluating situations that give rise to emotions. If a situation results in an emotional state, The brain controls the Somatic and autonomic nervous system. Several structures in the brain are directly involved in regulating and coordinating the activity patterns characteristic of stronger emotions, especially Fear, anger, and Pleasure. The parts of the brain such as the hypothalamus and limbic system play an important role in regulating and coordinating the human body and according to the changes in Emotions ^[6].

Disturbance in normal mental state, whether it be caused by negative emotions like depression, anxiety, stress, sadness, anger, or jealousy, or positive emotions like overexcitement, overjoy, and over-surprise may cause an imbalance in the signaling pathway of the menstrual cycle, specifically the hypothalamic-pituitary-ovarian axis, which leads to menstrual irregularities.

Hypothalamic-pituitary-ovarian axis





Clinical Features

- Heavy bleeding or Spotting
- Abdominal pain
- Headache
- Acne
- Hair loss
- Hot flushes
- Excessive Facial Hair Growth
- Anaemia
- Mineral Deficiency
- Obesity
- Mood swing
- Breast tenderness

Investigations to be advised

- Complete blood picture.
- Erythrocyte sedimentation rate.
- Thyroid profile.
- Hormonal Essay {LH, FSH, Oestrogen, Progesterone, Testosterone, Androgens}.
- Endometrial biopsy to rule out any cancerous conditions.
- Imaging Tests: CT-SCAN, MRI, PELVIC Ultrasound.

Complications

- **Mineral deficiency:** Due to the heavy period, there is a loss of minerals like Iron, calcium, Zinc, and Magnesium.
- **Infertility:** Another reason behind irregular menstruation can be anovulation. The body does not release the ovum.
- **Osteoporosis:** There is not enough production of Oestrogen hormone which plays an important role in

strengthening the bone.

- **Cardiovascular disease:** Due to lack of oestrogen hormone leads to cardiovascular diseases
- **Endometrial hyperplasia:** In this condition, the endometrial lining of the uterus usually thickens which may lead to endometrial cancer ^[4].

How does homeopathy act towards stress-induced irregular menstruation?

The fundamental rule of homeopathy is individualization. Dr. Christian Friedrich Samuel Hahnemann was the first physician who considered individualization very important to treating the sick. No two people with the same disease are treated similarly (i.e., they aren't prescribed the same remedy) because their symptoms and constitution differ. In homeopathy, we cure the sick, not the disease. So, the remedy prescribed is based on the totality of symptoms, which involve the patient's mental state, physical state, and emotional state-not just their current issue but their past medical history, lifestyle, temperament, likes and dislikes, and overall health. We try to find the root cause by which the onset of the disease begins.

How cure takes place in homeopathy

Dr. Christian Friedrich Samuel Hahnemann explained the cure process the aphorisms § 28, §29, §148. A stronger dynamic vital force or life principle is altered by a dynamic morbid agent causing natural disease and this natural disease is seized through the administration of a medicinal potency selected exactly according to symptom similarity by a somewhat stronger, similar artificial disease manifestation. By this the weaker nature dynamic disease - manifestation ceases and disappears. Now, the vital force or life principle

is occupational only with the stronger artificial disease - manifestation. Now this artificial disease's manifestation has soon spent its force and leaves the patient free from disease, Cured. The dynamic (i.e., vital force) thus freed, can now continue to carry life on in health ^[7].

Psycho-somatic diseases

Dr. Samuel Hahnemann explained mental diseases in § 210 - § 230, Mainly Psycho-Somatic were explained in § 225.

Emotional causes, such as continued anxiety, worry, vexation, wrongs, and the frequent occurrence of great fright. This kind of emotional disease in the duration of time destroys the corporeal health often to a great degree ^[7].

Treatment of psycho-somatic diseases

This is explained in § 226 and § 227 by Dr. Samuel Hahnemann.

In this condition, the patient should be given psychical remedies such as a display of confidence, friendly exhortation, sensible advice, and often by disguised, deception and with appropriate diet and regimen.

In this type of disease, the fundamental cause is always psora, So the patient is administered anti-psoric remedies so that the sick can rapidly change into a healthy state ^[7].

Common mind rubrics from kent repertory related to irregular menstruation

- [Kent], Mind, Anxiety, menses, before
- [Kent], Mind, Absent-Minded, menses, during
- [Kent], Mind, Company, aversion, menses, during
- [Kent], Mind, Despair, before
- [Kent], Mind, Discontented, menses, during
- [Kent], Mind, Excitement, during
- [Kent], Mind, Fear, menses, before
- [Kent], Mind, Sadness, menses, before
- [Kent], Mind, Irritability, menses, before
- [Kent], Mind, Irritability, menses, during
- [Kent], Mind, Insanity, menses, with profuse
- [Kent], Mind, Insanity, menses, with suppressed
- [Kent], Mind, Weeping, menses, before
- [Kent], Genitalia-Female, menses, anger bring on flow
- [Kent], Genitalia-Female, menses, copious, mania with
- [Kent], Genitalia-Female, menses, copious, excitement, after
- [Kent], Genitalia-Female, menses, grief, brings on
- [Kent], Genitalia-Female, menses, anger from
- [Kent], Genitalia-Female, menses, suppressed, emotions from
- [Kent], Genitalia-Female, menses, suppressed, suppressed, love, from disappointed ^[8].

Common remedies preferred

Aconite

- **Mind:** The patient fears death greatly, but he also knows when he will pass away and feels it will happen soon. She even has anxiety about crossing streets, the crowd, and the future. She can't stop moving, and the loud music depresses her.
- **Female:** Menses too profuse, with a nose bleed, too protracted, late. Frenzy on the appearance of menses. Suppressed from fright, cold in plethoric women. Ovaries are congested and painful, with sharp shooting pains in the womb.

Calcarea carbonica

- **Mind:** The patient is afraid of losing his or her reason, misfortune, and contagious illnesses. She is forgetful, confused, and depressed, and she suffers from anxiety and palpitations. She dislikes work and exercise.
- **Female:** Before menses, she will be having headaches, colic, and chilliness. Cutting pain in the uterus during menses; Menses too early, too profuse, too long with vertigo, toothache, and least excitement cause their return.

Ignatia amara

- **Mind:** She will be having Changeable moods, Introspective, Melancholic, sad, tearful, not communicative, sighing, and sobbing, grief, disappointment
- **Female:** Menses black, too early, too profuse/scanty. During menses great languor, suppression from grief.

Lycopodium clavatum

- **Mind:** Melancholy, she is afraid to be alone, little things annoy her, extremely sensitive, and averse to undertaking new things. She is Headstrong and Haughty when she is sick, loss of self-confidence, constant fear of breaking down under stress, Apprehensive and confused thoughts. Cannot bear to see anything new.
- **Female:** Menses too late, last too long, too profuse, right ovarian pain.

Natrium muriaticum

- **Mind:** She has ill effects of grief, fright, anger, etc. depression, consolation aggravates, irritability, gets into a passion about trifles, wants to be alone to cry, and tears with laughter.
- **Female:** She will be having irregular menses and usually profuse; Bearing down pain, aggravated in the morning, suppressed menses, hot during menses.

Pulsatilla

- **Mind:** She weeps easily, is timid, indecisive, fearful in the evening of being alone, dark, and ghosts. Likes sympathy, easily discouraged, morbid dread of the opposite sex, religious melancholy, giving to extremes of pleasure and pain, highly emotional.
- **Female:** Amenorrhoea, suppressed menses from wet feet, tardy menses, too late, scanty, thick, dark, clotted, changeable, intermittent, chilliness, nausea, downward pressure, painful, flow intermits, pain in the back, tired feeling, diarrhea during/ after menses.

Phosphorus

- **Mind:** Great lowness of spirits, easily vexed, fearfulness as if something were creeping out of every corner, Clairvoyant state; loss of memory, dread of death when alone, insanity, restless, hypersensitive, indifferent.
- **Female:** Menses too early and scanty not profuse, but lasts too long, weeps before menses, Amenorrhoea with vicarious menstruation.

Sepia officinalis

- **Mind:** Indifferent to those loved best, averse to occupation, to family, irritable, easily offended, dreads

to be alone, very sad, weeps when telling symptoms, miserly, indolent.

- **Female:** Menses too late, and scanty, irregular, early and profuse, sharp clutching pains.

Silicia

- **Mind:** Yeilding, faint-hearted, anxious, nervous and excitable, sensitive to all impressions, fixed ideas, thinks only of pins, fears them, searches and counts them.
- **Female:** Discharge of blood between menstrual periods. Increased menses with paroxysms of icy coldness over the complete body.

Sulphur

- **Mind:** Sulphur subjects are nearly always irritable, depressed, very selfish, have no regard for others, have religious melancholy, averse to business, burn all the time, are too lazy to arouse themselves, difficulty thinking.
- **Female:** Menses too late, short, scanty, and difficult; thick, black acrid, making parts sore, preceded by headache / suddenly stopped ^[3].

Conclusion

Nowadays, menstrual irregularities are a common health illness in the women age group 15 to 40 years due to hormonal changes which are caused by changes in lifestyle and psychological factors that substantially contribute to menstrual irregularities. Homoeopathy plays a crucial part in treating menstrual irregularities by considering psychological factors and symptom similarities.

Conflict of Interest

Not available

Financial Support

Not available

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