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## REVIEW ARTICLE

### HUSTERA WOES! (DYSMENORRHOEA)

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#### Abstract

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**Key Word-** Dysmenorrhea, Repertory, Homoeopathy.

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Dysmenorrhoea is common gynecological problem reported by women and young girls in their reproductive years. It is most of the time effects our daily life, negative performance in the school and social and sports activities .Dysmenorrhea affects up to 70%-91% of adolescents who menstruate, with approximately one – third experiencing severe symptoms which impacts on their daily activities including education. So, with this article we would like to explain dysmenorrhea by using basic repertories and indication of some commonly prescribed medicine.

#### INTRODUCTION

Dysmenorrhoea - A painful Menstruation.....Since ancient time, the appearance of menses in correlation with lunar phases has inspired names for menses such as a period or the monthly time .Gynecological diseases in general

are diseases involving the female reproductive tract that are major contributors to morbidity and mortality worldwide. Menstrual disorders prevailing in adolescent girls include dysmenorrhea, amenorrhea, menorrhagia, hypomenorrhea, polymenorrhagia, oligomenorrhea and

premenstrual syndrome. Dysmenorrhea is the leading cause of gynecological morbidity in women of reproductive age regardless of age, nationality, and economic status. The effects beyond individual women to society, resulting annually in an important loss of productivity.

The onset of menstrual periods is called menarche marks an important point in life for the female adolescent, as it symbolizes the entrance into womanhood. Menstruation is the visible manifestation of cycle physiologic uterine bleeding of the due to the shedding of the endometrial that involves interplay of hormones mainly through the hypothalamic – pituitary-ovarian axis. Menstruation lasts about 4-5 days, and blood loss is estimated to be between 20 and 80 ml, with an average of 35ml. During menstruation, the majority of women experience minor pain and discomfort. But for some, the pain is so severe that it interferes with their normal activities and productivity. Dysmenorrhea is defined as cramping pain in the lower abdomen that accompanies menstruation.

**Dysmenorrhea is classified into two types:** Primary dysmenorrhea is defined as painful menstruation experienced by women with normal pelvic anatomy. It is mostly confined to adolescents with ovulatory cycles and affects more than 50% of post pubescent

women in the age group of 18-25 years with ovulatory cycles.

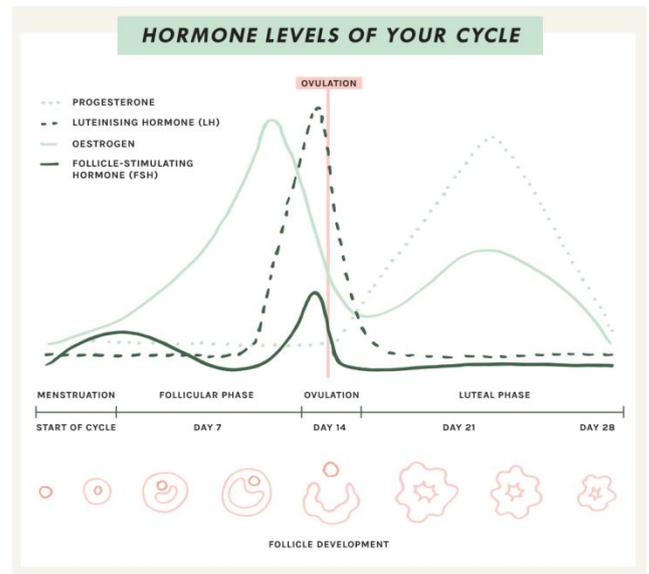


Fig 1 Hormone Levels during Cycle

## CLASSIFICATION

1. **Primary/ Idiopathic/ True Dysmenorrhoea:** The pain is of uterine origin and directly linked to menstruation but with no visible pelvic pain usually occurs on the first day (Spasmodic dysmenorrhea).<sup>3</sup> It typically occurs in the first few years after menarche and affects as many as 50% of post pubertal females.<sup>8</sup>
2. **Secondary Dysmenorrhea:** Pain which is associated with uterine / pelvic pathology<sup>3</sup>, as is seen in women with endometriosis or chronic pelvic inflammatory. It is most often observed in women aged 30-45 years.<sup>8</sup> It may continue throughout the flow / congestive, i.e. worse premenstrually and relieved during flow.<sup>9</sup>

## ETIOLOGY

Risk factors for Primary Dysmenorrhea include the following:

- Early age at menarche (<12 years)
- Nulliparity
- Heavy or prolonged menstrual flow
- Smoking
- Positive family history
- Obesity

Risk factors for Secondary Dysmenorrhea include the following:

- Excess prostaglandin production
- Hypertonic uterine contraction
- Intrauterine mass or pressure of foreign body.

### Effects Of Primary Dysmenorrhea -

Menstruation is still considered a taboo in India where the status of women is affects questionable dysmenorrhea affects 16 percent to 91 percent of women of reproductive age, with severe discomfort affecting 2 percent to 29 percent of those surveyed. Some study reveals that 76.1 of women consider dysmenorrhea to be a part of the normal menstrual cycle. Psychological problem such as sadness, stress, common causes of primary dysmenorrhea in young women is mental stress.

### Effects Of Secondary Dysmenorrhea -

Pain which is associated with

uterine/pelvic pathology<sup>9</sup>, as seen in women with endometriosis or chronic pelvic inflammatory .Secondary dysmenorrhea can be caused by endometriosis. It causes internal bleeding, infection, and pelvic pain. Menstrual cramps, with common causes such as heavy flow, passing clots, uterine fibroids, wind and constipation.

## NUTRITION

- Maintaining a healthy nutritious diet containing dairy products and fibrous food has been postulated to positively act against primary dysmenorrhea symptoms.
- Salt and animals fat restriction have also been proposed as effective for this condition.
- Skipping breakfast is linked with primary dysmenorrhea, while overall low calorie intake has been found to be a risk factor for this condition.
- Warm beverage and food were found to be preferred by women suffering from primary dysmenorrhea in order to alleviate their symptoms. A wide variety of herbs has been suggested to improve symptoms in patients suffering from primary dysmenorrhea. Cinnamon, fennel, chamomile and aloe vera are only a few of the herbal regimens that are proposed to treat the severity of symptoms by their anti-

inflammatory and anti-spasmodic properties.

# Eating For Your Cycle: A Guide

FOODS TO SUPPORT EACH PHASE OF YOUR MENSTRUAL CYCLE

MENSTRUAL PHASE ("Winter" 3-7 Days)	FOLLICULAR PHASE ("Spring" 7-10 Days)	OVULATORY PHASE ("Summer" 2-4 days)	LUTEAL PHASE ("Fall" 10-14 days)
 <p><b>VEGGIES:</b> Kale, beets, mushrooms, sea veggies (dulse, kombu, kelp, seaweed), collard + hearty greens, sweet potato, root veggies</p>	<p><b>VEGGIES:</b> Artichokes, broccoli, broccoli sprouts, carrots, lettuces (boston, bibb, romaine), green peas, string beans, zucchini, rhubarb, parsley</p>	<p><b>VEGGIES:</b> Brussels sprouts, red bell pepper, eggplant, spinach, tomato, swiss chard, asparagus, escarole, dandelion, scallion, chive</p>	<p><b>VEGGIES:</b> Cabbage, cauliflower, celery, cucumber, collard greens, mustard greens, onion, parsnip, pumpkin, radish, squash, potato, sweet potato</p>
 <p><b>FRUITS:</b> Dark colored berries (cranberry, blackberry, blueberry), concord grapes, watermelon</p>	<p><b>FRUITS:</b> Avocado, citrus (lemon, lime, grapefruit, orange), pomegranate, plum, cherry</p>	<p><b>FRUITS:</b> Coconut, fig, strawberry, raspberry, apricot, cantaloupe, guava, persimmon</p>	<p><b>FRUITS:</b> Apple, date, raisin, peach, pear</p>
 <p><b>GRAINS:</b> Buckwheat, wild rice</p>	<p><b>GRAINS:</b> Oats, barley, rye, wheat</p>	<p><b>GRAINS:</b> Quinoa, amaranth</p>	<p><b>GRAINS:</b> Brown rice, millet</p>
 <p><b>NUTS + SEEDS:</b> Pumpkin, flax, chestnuts, peanuts</p>	<p><b>NUTS + SEEDS:</b> Pumpkin, flax, brazil nuts, cashews</p>	<p><b>NUTS + SEEDS:</b> Pumpkin, flax, pistachio, pecan, almond</p>	<p><b>NUTS + SEEDS:</b> Sunflower, sesame, pine nut, walnut</p>
 <p><b>PROTEIN:</b> Kidney beans, adzuki beans, duck, pork, shellfish, sardines, grass-fed red meat + liver</p>	<p><b>PROTEIN:</b> Lentils, split peas, black eyed peas, eggs, poultry, trout, shellfish</p>	<p><b>PROTEIN:</b> Lentils, wild-caught salmon, eggs, tuna, shrimp, lamb</p>	<p><b>PROTEIN:</b> Chickpea, navy bean, turkey, wild-caught salmon, cod, halibut, flounder, grass-fed beef</p>
 <p><b>HERBS:</b> red raspberry leaf, nettle leaf, turmeric</p>	<p><b>HERBS:</b> nettle, holy basil</p>	<p><b>HERBS:</b> dandelion root, burdock root, turmeric</p>	<p><b>HERBS:</b> burdock root, dandelion root, red raspberry leaf, ginger</p>
 <p><b>EXTRAS:</b> miso, himalayan sea salt, tamari/ liquid aminos, trace minerals</p>	<p><b>EXTRAS:</b> nut butter, olives, pickled veggies, sauerkraut, kimchi, vinegar</p>	<p><b>EXTRAS:</b> dark chocolate, maca, kimchi, sauerkraut, pickled veggies</p>	<p><b>EXTRAS:</b> dark chocolate, peppermint tea, spirulina, garlic</p>

BY: LAUREN CHAMBERS @SOFRESHNSOGREEEEEN

Fig 2 Eating For Your Cycle



Fig 3 Yoga For Dymenorrhoea

### PSYCHOLOGICAL ASPECTS

The experience of recurrent menstrual pain increases the risk of mental disorders and especially stress, anxiety

and depression, but also alcohol abuse and somatic symptoms disorders. The tendency of negative thoughts, emotional distress, as well as with the consequent decreased

functionality.

## MIASMATIC APPROACH

### 1. What is the character of the pain.

#### Psora

- Dysmenorrhea at puberty, pain-sharp but never colicky.
- Cutting pain in the one side of abdomen and sometimes into thigh.

#### Syphilis

- Menses are characterized by bone pain and lumbago.
- A burning sensation of womb is a characteristic of syphilis.

#### Sycosis

- Menstrual pains are spasmodic, extremely sharp, and colicky.
- Colic with menses.
- Spasmodic pains such as colic, cause the person to double up by the severity of the contraction but feverish symptoms will be unlikely.

### 2. The pain: aggravation or amelioration

#### Psora

- Aggravation from cold.
- Amelioration is from warmth in general and from natural discharges such as menstruation.

#### Syphilis

- Amelioration is from any abnormal discharge such as leucorrhoea.

#### Sycosis

- Aggravation from rest, a rainy or humid atmosphere and changes in weather.
- Amelioration is from unnatural discharges e.g. leucorrhoea. By return of suppressed normal discharge e.g. menses

### 3. Character of the flow

#### Psora

- Watery, very foetid blood.
- Usually flows are bland.
- Menstrual clots are small, brown in colour.

#### Syphilis

- Acrid and offensive, corrodes the part where ever it touches.

#### Sycosis

- Acrid, excoriating and biting flow, offensive, clotted, stringy, large, dark, even black .
- Burning the pudendum.

### 4. Any kind of smell in the flow

#### Psora

- Very foetid.

#### Syphilis

- Metallic odour.

#### Sycosis

- Fish- brine odour .

### 5. General quantity of the flow

#### Psora

- Scanty, watery, protracted, intermittent.

## Syphilis

- Profuse

## Sycosis

- Abundant and painful.

## REPERTORIAL APPROACH

### Kent repertory:

GENITALIA- FEMALE-  
MENSES- painful, dysmenorrhoea: *acon.*,  
*am-c.*, *ars.*, *Bell.*, *berb.*, *bor.*, **Cact.**, *calc.*,  
**Calc-p.**, *caul.*, *caust.*, **Cham.**, *cic.*, **Cimic.**,  
*cocc.*, *coff.*, *coloc.*, *con.*, *croc.*, *cycl.*, *dios.*,  
*dulc.*, *gel.*, *graph.*, *helon.*, *ign.*, *kali-*  
*ar.*, **Kali-c.**, *kali-i.*, *kali-p.*, *kali-s.*, *lac-c.*,  
*lach.*, *lap-a.*, *lil-t.*, *lyc.*, *med.*, *meli.*, *merc.*,  
*merl.*, *nat-c.*, *nux-v.*, *phos.*, *plat.*, **Psor.**,  
*puls.*, *rhus-t.*, *sabin.*, *sec.*, *senec.*, *sep.*,  
*sulph.*, *tub.*, *verat.*, *xan.* <sup>(12)</sup>

### Clarke repertory:

#### Dysmenia, or Dysmenorrhoea.:

*Aco.*, *Aga.*, *Alet.*, *Ana.*, *Atp.*,  
*Aran.*, *Art.v.*, *Asr.*, *Asc.s.*, *Ber.*, *Brac.*,  
*Bro.*, *Cast.*, *Caul.*, *Cer.o.*, *Cham.*, *Ch.s.*,  
*Chl. h.*, *Coll.*, *Col.*, *Cro.*, *Crt. h.*, *Cur.*,  
*Dio.*, *Gel.*, *Gna.*, *Gos.*, *Gph.*, *Gui.*, *Haem.*,  
*Hdm.*, *Hlon.*, *Hyo.*, *Ign.*, *Inu.*, *Iris.*, *Jab.*,  
*Jn. c.*, *K. ca.*, *K. fc.*, *K. n.*, *Klm.*, *Lc. c.*, *Lc.*  
*f.*, *Lp. s.*, *Lau.*, *Lo. i.*, *Lyc.*, *Mac.*, *Mag. m.*,  
*Mag. p.*, *Mag. s.*, *Man.*, *Med.*, *Mli.*, *Mrl.*,  
*Mil.*, *Mit.*, *Mom.*, *Mur.*, *Naj.*, *Na. c.*, *Nic.*,  
*Nx. m.*, *Opi.*, *Pet.*, *Phyt.*, *Plat.*, *Pb.*, *Pod.*,  
*Plg.*, *Pop. c.*, *Pul.*, *Rap.*, *Rhs.*, *Sbl.*, *Sbi.*,  
*Sang.*, *Sap.*, *Sars.*, *Se. a.*, *Sep.*, *Sul.*, *Syph.*,  
*Tan.*, *Trn.*, *Ter.*, *Ther.*, *Thu.*, *Thyr.*, *Tur.*,

*Ust.*, *Ver.*, *Ve. v.*, *Vb. o.*, *Vb. p.*, *Wye.*,  
*Xan.* <sup>(11)</sup>

### Boericke's repertory:

**DYSMENORRHOEA, Remedies  
in general** (766): *Apiol.*, *Bell.*, *Borx.*,  
*Cact.*, *Caul.*, *Cham.*, *Cimic.*, *Cocc.*, *Coff.*,  
*Coloc.*, *Gels.*, *Gnaph.*, *Guaj.*, *Ham.*, *Kali-*  
*perm.*, *Macrot.*, *Mag-c.*, *Mag-p.*, *Puls.*,  
*Sec.*, *Senec.*, *Verat.*, *Vib.*, *Xan.*, *Zinc.* <sup>(10)</sup>

### Murphy repertory:

**DYSMENORRHOEA, painful  
menses** (765): *AM-C.*, *BELL.*, *CACT.*,  
*CACL-P.*, *CHAM.*, *CIMIC.*, *COCC.*,  
*COLOC.*, *CYCL.*, *ERIG.*, *IGN.*, *KALI-C.*,  
*MAG-P.*, *MILL.*, *NUX-V.*, *PSOR.*,  
*PULS.*, *SABIN.*, *SEP.*, *SULPH.*, *UST.*,  
*VERAT-V.*, *VIB.*, *XAN.* <sup>(13)</sup>

### Phatak repertory:

**MENSES – Painful,  
dysmenorrhoea**(263): *Bell*; *Cact*; *Calc*;  
*Calc-p*; *Caul*; *CHAM.*, *Cimi*; *Cocl*; *Con*;  
*Cup*; *Dios*; *Grap*; *Kali-c*; *Lyc*; *Med*; *Nux-*  
*m*; *Plat*; *PUL*; *Psor*; *Sep*; *SUL*; *Tub*; *Ver-a*;  
*VIB*; *Xanth*; *Zin-val.* <sup>(14)</sup>

### Synthesis repertory:

Female genitalia/ sex- Menses-  
painful: ( pain; Pain- uterus – menses –  
during – agg.) (1132): *Am-*  
*c.*, *Bell.*, *Cact.*, *Calc-*  
*p.*, *Cham.*, *Cimic.*, *Cocc.*, *Erig.*, *Kali-c.*,  
*Mag-p.*, *Mill.*, *Psor.*, *Ust.*, *Verat-*  
*v.*, *Vib.*, *Xan.* <sup>(15)</sup>

## Homoeopathic Therapeutics

1. **Belladonna**- Menses bright red, too early, too profuse. Menses and lochia very offensive and hot. Cutting pain from hip to hip. Ovarian pain with appearance of menses. Flow of blood between periods. Dragging around loins. Badly smelling hemorrhages, hot gushes of blood. Diminished lochia.<sup>16</sup>
2. **Chamomilla** – Dysmenorrhoea from anger or emotions. Membranous dysmenorrhea, especially at puberty. Profuse discharge of clotted, dark blood with labor like pains. Menstrual cramps with a lot of pain and irritability. Patient intolerant of pain. Yellow, acrid leucorrhea.<sup>16,17</sup>
3. **Cimicifuga racemosa** – Menses profuse, dark, coagulated, offensive with backache, nervousness, irregular in time and amount, more flow, more pain menses suppressed from menses. Hysterical or epileptic spasms at the time of menses. Great debility between menses. Pain across the pelvis, from hip to hip. After- pains with great sensitiveness and intolerance to pain. Infra-mammary pains, worse left side. Pain in the ovarian region ; shoots upward and down the anterior surface of thighs. Pain immediately before menses.<sup>16,17</sup>
4. **Kalium Carbonicum** – Menses early, profuse, or too late pale and scanty, with soreness around the genitals; pain from the back passes down, through the gluteal muscles, with cutting in the abdomen. Pain through the left labium, extending through the abdomen to the chest. Difficult first menses. Complaints after parturition. Uterine hemorrhage; constant oozing after copious flow, with violent backache (dysmenorrhea), relieved by sitting and pressure.<sup>16</sup>
5. **Cocculus Indicus** – Dysmenorrhoea, with profuse dark menses. Menses too early, clotted, with spasmodic colic. Painful pressing in the uterine region, followed by hemorrhoids. Purulent, gushing leucorrhea between menses; very weakening. Can scarcely speak. So weak during menstruation, she is scarcely able to stand.<sup>16,17</sup>
6. **Magnesia Phosphorica** – Menstrual colic, pain precedes flow, membranous dysmenorrhea. Menses too early, dark, stringy. Swelling of external parts. Ovarian neuralgia. Vaginismus.< on right side, > by external application of heat.<sup>16</sup>
7. **Caulophyllum** - Dysmenorrhea normal discharge but it is given as a palliative during the menses, it should be administered every two or four hours and in the latter, twice daily.
8. **Viburnum Opulus** – Sudden pain in the region of uterus before

menstruation and much backache during menses, offensive in odor, with crampy pains, cramps extend down the thighs. Bearing down pains before menses. Ovarian region feels heavy and congested (ovaritis) aching in sacrum and pubes, with pain in anterior muscles of thighs; spasmodic and membranous dysmenorrhea. Leucorrhoea excoriating. Smarting and itching of genitals. Faints on attempting to sit up.<sup>16,17</sup>

## CONCLUSION

Dysmenorrhea a debilitating illness of women, disabling her in her daily routine is frequently reported in clinical settings. In modern medicine it is dealt symptomatically giving a kind of palliative relief in complaints. But homoeopathy considers a female in all her perspectives, taking their constitution in consideration and prescribing them potentised medicines taking the combined approach of Organon of Medicine, philosophy together with repertory and materia medica give permanent and everlasting solution to their huster woes.

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