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Dysmenorrhoea & Homoeopathy- A case report

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Abstract- Dysmenorrhoea is a term used to describe low anterior pelvic pain which occurs in association with periods. Dysmenorrhoea is a painful menstruation the pain, usually occurring just before or during the flow but it may also be present after the flow has ceased. It is a common problem affecting as many as 75% of females in the late teens and early 20's and gradually goes away.

Homoeopathic medicine acts unconditionally on any disease process, perform on condition of similarity and is capable of annihilating the disease in its whole extent. A case report was a 21 yrs old female suffering from dysmenorrhoea , on basis on totality of symptoms & repertorisation , prescribe homeopathic medicine belladonna & case was improved, quality of life better.

Key word- Dysmenorrhoea ,Homoeopathy , Spasmodic , congestive , ovarian cyst

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Introduction-

Dysmenorrhoea (Painful Menstruation) is very common problem of female during reproductive age group. It is the most common causes of pelvic pain in women. Dysmenorrhoea can be classified as: primary (spasmodic) dysmenorrhoea and secondary (congestive) dysmenorrhoea. In Primary dysmenorrhoea there is no pathology, but in secondary dysmenorrhoea Pathology is present.

Case Profile -

Name - Miss B. J.

Age - 21yrs Sex - Female

Marital Status - Unmarried

Socio-economic Status - Lower

Religion - Hindu

Present Complaints

- Painful menstruation since last three yrs.
- Acne since last two & half yrs.
- Unable to concentration while study since last two yrs.
- Throat Pain since last six yrs.

History of Present Complaints

Patient come with complaint of painful menstruation since last three yrs. Patient feels bearing down pain in lower abdomen, pain suddenly comes & goes. The character of blood is bright red mixed with dark clots & also suffered from pimples on face. Patient feels burning sensation on face. The mother

said, she feels pain in throat & the pain increased gradually leading with difficult to eat anything & feels suffocation at bed time. She is cheerful in nature becomes angry at trifles. At times, she becomes abusive during anger & also weeps with anger. She is complaining, she feels difficult in concentration while study.

Past History of Illness with Treatment

- History of tonsillitis.
- History of taking allopathic treatment for tonsillitis

Family History

- Nothing Particular

Patient as a Person (Personal History)

General Appearance

- | | | |
|----------------|---|--------|
| a) Built | - | Normal |
| b) Posture | - | Normal |
| c) Gait | - | Normal |
| d) Speech | - | Normal |
| e) Dress Sense | - | Good |
| f) Height | - | 5'2" |
| g) Weight | - | 55 kg. |

Diet

- | | | |
|-------------|---|-------------|
| a) Appetite | - | Normal |
| b) Thirst | - | Thirst less |
| c) Desires | - | Lemons |
| d) Aversion | - | NP |

Discharges

- | | | |
|------------------------|---|-----|
| a) Stool | - | NAD |
| b) Urine | - | NAD |
| c) Perspiration | - | NAD |
| d) Abnormal Discharges | - | NAD |

Thermal - Chilly

Habits & Interests - None

Addiction - None

Sleep - Sleepy but can't sleep

Mental Generals

- She becomes abusive during anger.
- She feels difficult in concentration while study.
- Anger at trifles.
- Anger-violent.
- Patient weeps with anger.

Gynaecological/Obstetrical History

Menses : LMP- 01.02.13

- Time - Too early
- Character of blood - Bright red with dark clots
- Character of pain - Sudden comes and goes

Physical Examination:

- | | | |
|------------------|---|-----------------|
| • Pulse | - | 72/min |
| • Blood Pressure | - | 110/80 mm of hg |
| • Anemia | - | Absent |
| • Eyes | - | Normal |
| • Tongue | - | Pink |

Systemic Examination:

- | | | |
|---------------------|---|-----------------------------|
| • GIT | - | NAD |
| • URINARY | - | NAD |
| • Throat-Inspection | - | Throat red, tonsil swollen. |
| • CNS | - | NAD |
| • CVS | - | NAD |
| • Respiratory | - | NAD |

Investigation - No Investigation.

Provisional Diagnosis & D/D:

Spasmodic Dysmenorrhoea,
Congestive Dysmenorrhoea,
Ovarian cyst.

Final Diagnosis -

Spasmodic Dysmenorrhoea

Repertorial Analysis

A) Repertorial Totality with Evaluation Of Symptoms

S. No.	Symptoms	Analysis
1.	Patient cheerful	MG
2.	Patient abusive	MG
3.	Anger alternate with weeping	MG
4.	Violent anger	MG
5.	Unable to conc. While study	MG
6.	Aversion to answering	MG
7.	Burning on face	PP
8.	Pimples on forehead	PP
9.	Inflammation of throat	PP
10.	Menses painful	PP
11.	Pain suddenly comes & goes	PP

B. Analysis With Comments

Out of Twelve highest ruling medicines. Belladonna is covering all the symptoms including thermal also. So Belladonna becomes the ultimate choice.

Final Prescription – Belladonna 1M

First Prescription - Belladonna 1M

Dose Single

Mode of administration - Oral

Date - 07.02.2013

General Management

Advice to take medicine regularly. Take hot fomentations.

bharti final NKS
This analysis contains 427 remedies and 16 symptoms.
Intensity is considered

	1	2	3	4	5	6
	bell.	sulph.	nux-v.	sep.	ars.	lach.
Sum of symptoms →	16	11	10	10	9	9
1. MIND - ABUSIVE	1	2	1	3	2	1
2. MIND - ANGER - alternating with - weeping	1	1	-	-	-	-
3. MIND - ANGER - easily	1	1	-	3	-	1
4. MIND - ANSWERING - aversion to answer	1	1	2	3	-	1
5. MIND - CONCENTRATION - difficult - studying	1	1	1	4	-	1
6. FACE - ERUPTIONS - comedones	1	2	3	-	2	2
7. FACE - ERUPTIONS - pimples - Forehead	1	1	2	-	2	1
8. FACE - HEAT - burning	1	3	1	1	1	-
9. THROAT - CHOKING - sleep, on going to	1	3	-	3	1	3
10. THROAT - INFLAMMATION - Tonsils	1	3	2	1	1	2
11. THROAT - SWALLOWING - difficult - solids	1	2	-	2	-	2
12. FEMALE GENITALIA/SEX - PAIN - Uterus - flow of blood amel	1	1	1	-	1	3
13. FEMALE GENITALIA/SEX - PAIN - Uterus - suddenly, comes and goes	1	3	-	-	-	-
14. FEMALE GENITALIA/SEX - MENSES - painful	1	3	2	2	2	2
15. FEMALE GENITALIA/SEX - MENSES - bright red	1	3	1	-	1	1
16. MIND - CHEERFUL	1	2	2	2	1	3

Treatment & Follow-Up:

Date	Follow Up	Prescription
07-02-2013	As per repertorization	Bell 1M/1 Dose, SL-2dram-4globules/TDS for 15 Days
21-02-2013	LMP 01-02-2013 Throat pain increased. All complaints are as such.	SL-2dram-4globules/TDS for 15 days
06-03-2013	LMP 28-02-2013 Dysmenorrhoea as such Pimples are reduced. Throat pain as such	SL-4dram-4globules/TDS for 1 Month

05-04-2013	LMP 27-03- 13 Pain as such. Acne better. Throat symptoms better. Mentally calm, Anger reducing. Started study with conc.	SL-4dram-4globules/TDS for 1 Month
07-05-2013	LMP 26-04-13 No change , case progress stop	Bell.1M/1 Dose, SL-4dram-4globules/TDS for 1 Month
08-06-2013	LMP 27-05-2013 All complaints are better. Pain was only for few hrs.	SL-4dram-4globules/TDS for 1 Month
07-07-2013	LMP 26-06-2013 Patient fees better. Improving all symptoms.	SL-4dram-4globules/TDS for 1 Month

Result - Improved

Conclusion - This case show that homeopathy is effective in case of dysmenorrhoea, if we prescribe the medicine on the basis of totality of symptoms. If this study carried out on big sample size then result show documentary evidence of effectiveness of homoeopathy.

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