Amenorrhoea and Homoeopathy- A Case report
Rekha Juneja¹, Poonam Singh¹

¹Sriganganagar Homoeopathic Medical College Hospital & Research Institute Sri Ganganagar, Rajasthan, India

Abstract-
Amenorrhoea is absence of a woman's menstrual period while she is in her reproductive years. Amenorrhoea is a symptom and not a disease. It may be physiological and pathological. Physiological states of amenorrhoea are seen, most commonly, during pregnancy and lactation (breastfeeding). It may be associated with many more symptoms. All such symptoms together will give a disease picture to be cured. Curing a disease by means of Homoeopathy will mean to find out a Similimum for every particular individual case. There are most dependable treatment for Amenorrhoea in Homeopathic without any side effect. A case report was a 18 yrs old female suffering from Amenorrhoea, on basis on totality of symptoms & repertorisation, prescribe homeopathic medicine Pulstilla and case was improved & quality of life better.

Key word: Amenorrhoea , Homoeopathy , Diabetes, Hypertension, Ovarian cyst

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Corresponding author: Rekha Juneja and Poonam Singh, Sriganganagar Homoeopathic Medical College Hospital & Research Institute Sri Ganganagar, Rajasthan, India


Introduction-
Amenorrhea is a condition experienced by many women; it can be defined as the condition of partial or total lack of menstruation. In this condition, the normal menstrual cycles of the women just stops or is halted due to some reason. The complete of any menstrual flow in women can be attributed to many different causes. There are two types of amenorrhea: primary and secondary. When a girl reaches age 16 and has not had a period, she may have primary amenorrhea. When a woman who has been having periods misses three in a row, she is considered to have secondary amenorrhea. Many things can cause it, including low body weight, hormonal imbalances, stress, and problems with the pituitary gland.

The totality of your mental, emotional and physical symptoms reflects the whole of your
health. It is precisely this totality of symptoms that homeopathy treats. Treating you as a whole person, rather than simply treating one condition, symptom, organ, or vital system, it makes homeopathy a truly holistic system.

**Case Profile:**

**Personal Information -**
- a.) Name - A. Sharma
- b.) Age - 18 years
- c.) Sex - Female
- d.) Address - Barewal, Ludhiana
- e.) Marital status - Unmarried
- f.) Religion - Hindu

**Date – 2.3.2018**

**Presenting Complaints -**
Complaints of Absence of menstruation. Absent of axillary and pubic hair and undeveloped breast.

**History Of Present Complaints -**
Absence of menstruation. Severe cramping pain in abdomen. since 2 years.

**Personal History -**
Marital relations - Single

Past History – Anaemia with lack of appetite, history of taking iron pills.

**Family History -**
- Mother – Diabetes, Hypertension, Ovarian cyst
- Father – Diabetes
- Sister – PCOD
- Grandmother – Diabetes, Uterine fibroid
- Grandfather – Diabetes

**Menstrual History -**
Menses does not appear

**Physical Generals -**
- a) Appetite-Decreased.
- b) Thirst- Thirstless

**Mental Generals -**
Sensitive girl, weeps easily; weep when mother mother scolds her. Fear to be alone. Does not want to talk with anyone. Cannot share her feelings. Patient is emotional.

**General Physical Examination-**
- a) Body weight – 40 Kg
- b) Built – Normal
- c) Nutritional status – Poorly nourished
- d) Pallor - Present
- e) Cyanosis – Absent
- f) Clubbing – Absent
- g) Lymphadenopathy – Absent
- h) Edema – Absent
- i) Thyroid enlargement – Absent
- j) Tongue – white coated
- k) Skin – Dark
- l) Nails - Pale
- m) Pulse - 80/min
- n) Respiratory rate – 20/ minute
- o) Temperature - 98.4°F

**Systemic Examination**
- A. Cardiovascular System – NAD
- B. Gastrointestinal System – NAD
- C. Respiratory System - NAD
- D. Central Nervous System – NAD
- E. Locomotor System - NAD

**Laboratory investigation -**
- Blood – CBC

**Diagnosis-** Primary amenorrhoea
Analysis And Evaluation Of The Symptoms

Mental General
- Does not want to talk with anyone
- Fear to be alone

Physical General
- Aversion to meat
- Soft stool

Particular
- Absence of menstruation

Conversion Of The Symptom Into Rubrics
Does not want to talk with anyone – Talk, indisposed to
Fear to be alone – Fear, alone of being
Aversion to meat – Aversion, food, meat
Soft stool – soft, stool

Absence of menstruation – Menses, absent amenorrhæ

Rubrics in Kent Repertory-

<table>
<thead>
<tr>
<th>Rubric Taken</th>
<th>Chapter</th>
<th>Page No.</th>
</tr>
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<tbody>
<tr>
<td>Talk, Indisposed To</td>
<td>Mind</td>
<td>86</td>
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<tr>
<td>Fear, Alone Of Being</td>
<td>Mind</td>
<td>43</td>
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<tr>
<td>Aversion, Food, Meat</td>
<td>Stomach</td>
<td>481</td>
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<tr>
<td>Soft Stool</td>
<td>Stool</td>
<td>642</td>
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<tr>
<td>Menses, Absent Amenorrhæ</td>
<td>Genitalia – Female</td>
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Repertorization (Kent Repertory)

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<thead>
<tr>
<th>Symptom</th>
<th>Puls.</th>
<th>Sulph</th>
<th>Ars.</th>
<th>Lyc.</th>
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<td>Talk; Indisposed To</td>
<td>3</td>
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<td>2</td>
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<td>AVERSION, Food, Meat</td>
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<td>2</td>
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<td>Soft Stool</td>
<td>2</td>
<td>3</td>
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<td>1</td>
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<tr>
<td>Menses, Absent Amenorrhæ</td>
<td>3</td>
<td>3</td>
<td>2</td>
<td>3</td>
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<tr>
<td>Total</td>
<td>13/5</td>
<td>12/4</td>
<td>11/5</td>
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Repertorial Result

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<td>Puls</td>
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<td>Sulph</td>
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<td>Ars</td>
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<td>Lyc</td>
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Analysis Of Result -

As seen in repertorial chart, Pulstilla 13/5 and Sulphur 12/4, Arsenic album 11/5 and lycopodium 11/5 are very close to each other. Pulstilla medicine prescribed because patient is sensitive, fear to be alone. As patient suffering from amenorrhea.

Final Prescription –

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<tbody>
<tr>
<td>Pulstilla</td>
<td>Nigricans 200</td>
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<tr>
<td>Dose</td>
<td>Single</td>
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<td>Mode of administration</td>
<td>Oral</td>
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<tr>
<td>Date</td>
<td>2.3.2018</td>
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Follow Up:

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<th>Date</th>
<th>Follow Up</th>
<th>Prescription</th>
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<tbody>
<tr>
<td>2.3.2018</td>
<td>As Per Repertorization</td>
<td>Puls 200/1 Dose, Sl – 2 Dram – 4 Globules/ Tds For 1 Month</td>
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<tr>
<td>3.4.2018</td>
<td>No Menses Appear</td>
<td>Sl – 2 Dram – 4 Globules/ Tds For 1 Month</td>
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<tr>
<td>5.5.2018</td>
<td>Scanty Menses Appear</td>
<td>Puls 200/1 Dose, Sl – 2 Dram – 4 Globules/ Tds For 1 Month</td>
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<tr>
<td>6.7.2018</td>
<td>No Menses Appear</td>
<td>Puls 200/1 Dose, Sl – 2 Dram – 4 Globules/ Tds For 1 Month</td>
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<td>6.8.2018</td>
<td>Scanty</td>
<td>Sl – 2 Dram – 4 Globules/ Tds For 1 Month</td>
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<tr>
<td>Date</td>
<td>Symptoms</td>
<td>Treatment</td>
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<td>7.9.2018</td>
<td>No Menses</td>
<td>Puls 200/1 Dose, SI – 2 Dram – 4 Globules/ Tds For 1 Month</td>
</tr>
<tr>
<td>6.10.2018</td>
<td>Menses Appear</td>
<td>SI – 2 Dram – 4 Globules/ Tds For 1 Month</td>
</tr>
</tbody>
</table>

**Management:** Cold drinks and ice should be avoided. Take rest. Take plenty of water. Avoid spicy food.

**Result:** Improved

**Conclusion:** This case shows that homeopathy is effective in case of Amenorrhoea, if we prescribe the medicine on the basis of totality of symptoms.

**References**


**Conflict of Interest:** None

**Source of Support:** Nil

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