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Amenorrhoea and Homoeopathy- A Case report
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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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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

- c) Desire - Fruits
- d) Aversion - Meat
- e) Stool- Soft stool at night
- f) Urine- Nothing abnormal detected
- g) Sleep- Normal
- h) Thermal Reaction - Hot

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 amenorrhae

Rubrics in Kent Repertory-

Rubric Taken	Chapter	Page No.
Talk, Indisposed To	Mind	86
Fear, Alone Of Being	Mind	43
Aversion, Food, Meat	Stomach	481
Soft Stool	Stool	642
Menses, Absent Amenorrhoea	Genitalia – Female	724

Repertorization (Kent Repertory)

Symptom	Puls.	Sulph.	Ars.	Lyc.
Talk; Indisposed To	3	3	2	2
Fear; Alone, Of Being	2		3	3
AVERSION, Food, Meat	3	3	2	2
Soft Stool	2	3	2	1
Menses, Absent Amenorrhoea	3	3	2	3
Total	13/5	12/4	11/5	11/5

Repertorial Result

Puls. – 13/5

Sulp – 12/4

Ars – 11/5

Lyc – 11/5

Analysis Of Result -

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

Final Prescription –

Pulsilla Nigricans 200

Dose – Single

Mode of administration – Oral

Date – 2.3.2018

Follow Up:

Date	Follow Up	Prescription
2.3.2018	As Per Repertorization	Puls 200/1 Dose, SI – 2 Dram – 4 Globules/ Tds For 1 Month
3.4.2018	No Menses Appear	SI – 2 Dram – 4 Globules/ Tds For 1 Month
5.5.2018	Scanty Menses Appear	Puls 200/1 Dose, SI – 2 Dram – 4 Globules/ Tds For 1 Month
6.7.2018	No Menses Appear	Puls 200/1 Dose, SI – 2 Dram – 4 Globules/ Tds For 1 Month
6.8.2018	Scanty Menses	SI – 2 Dram – 4 Globules/ Tds For 1 Month

7.9.2018	No Menses	Puls 200/1 Dose, Sl – 2 Dram – 4 Globules/ Tds For 1 Month
6.10.2018	Menses Appear	Sl – 2 Dram – 4 Globules/ Tds For 1 Month

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

Result - Improved

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

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