

Case Report: Homoeopathy and Premenstrual Syndrome

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Abstract:

Premenstrual syndrome is a group of symptoms which is physical, psychological and behavioural. The exact cause and etiology is unknown but it seems to be related to ovarian function and other endocrinal factors. The severity of symptoms varies from female to female and it depends on individuality of the female. Some female may experience such severity that may disturb their daily activities and seeking for medication so we want to know the homoeopathic approach in PREMENSTRUAL SYNDROME. A case of premenstrual syndrome of a female treated with homoeopathy is reported here. This case shows the usefulness of homoeopathic remedy Pulsatilla.

Keywords: Case report, Premenstrual syndrome, Ovarian function, Homoeopathy, Pulsatilla.

❖ PERSONAL DATA:

Name of the Patient: abc

Age / sex: 23 years, female

Religion: Hindu

Marital status: unmarried

Family size: 4

Education: BSC

Occupation: Student

Veg/ Non-veg: Veg

Socio- Economic status: middle class

Full Address: Mavdi, Rajkot

Diagnosis: pre-menstrual syndrome

❖ PRESENTING COMPLAIN

Complaints with duration	Location and extension	Sensation Character and pathology	Modalities Ailments from	concomitant
-swelling of breast-distension of abdomen and pain in abdomen-headache-pimples-indigestion -palpitation-cramping pain in abdomen-abdomen-for 5 months			<menses before	

❖ ASSOCIATED COMPLAIN

- dryness of mouth without Thirst
- thick bland coryza with pain in nose

❖ PAST HISTORY-not any specific

❖ FAMILY HISTORY

- mother=diabetes mellitus type 2
- father= hypertention

❖ GYNAECOLOGICAL/OBSTETRIC HISTORY

- menarche at the age of 14 years.
- LMP=23-8-2025
- Details of menstrual cycle=28-30 days, 3-4 days, scanty, changeable.

❖ LIFE SPACE INVESTIGATION

Patient was a very loving, adorable and obedient child, quite mild and adjustable. So she was naturally loved, and gained sympathy from others including stepmother. Her stepmother brought her up very lovingly and so her childhood was peaceful and pleasant. During wedding of her sister, got attracted to her sister's cousin brother in law. her father instead of supporting her would dominate her, scold her insult her. While narrating the incidents she was in tears and she continued the story after some consolation. Patient's relation with everyone is good. She forgives the based behaviour of others and keeps helping them. Throughout the interview she cried and wanted a lot of sympathy. She insisted on having some tonics for energy.

❖ PHYSICAL GENERALS

Thirst:2 litre/day

Desires:sweet

Aversions:not any specific

Intolerance:not any specific

Urine:6-7/0=D/N

Stool:1/0=D/N
Sleep:Normal
Dreams:not any specific
Perspiration:normal
Thermal reaction:HOT

MENTAL GENERALS

Irritability, Weeping, tearful mood

❖ **EXAMINATION**

• **PHYSICAL EXAMINATION**

○ **Vital signs:**

Pulse:75/min	R/R:22/min
B.P:130/80 mm-hg	Temperature:98F

○ **General examination:**

- height=5'4''
- weight=70kg
- built and nutrition=good
- gait=normal
- nail=pinkish
- tongue=normal
- skin=normal
- others=not any specific.

○ **Systemic examination**

- R.S: BLAE+
- CVS: NAD
- CNS: NAD
- GIT: NAD
- LM: NAD
- SKIN: NAD

❖ **INVESTIGATION-not any**

❖ **DATA PROCESSING**

○ **ANALYSIS AND EVALUATION OF CASE**

Mental general

- irritability
- weeping tearful mood
- sensitive, oversensitive

Physical general

-sweet desire

Physical particular

-swelling in breast

-distension of abdomen

-pain in head

-pimples on face more menses before

-indigestion

-palpitation

-cramping pain in abdomen

-muscle and joint pain

❖ **MIASMATIC DIAGNOSIS = PSORA**

❖ **TOTALITY OF SYMPTOMS**

-irritability

-weeping tearful mood

-sensitive, oversensitive

-sweet desire

-swelling in breast

-distension of abdomen

-pain in head

-pimples on face more menses before

-indigestion

-palpitation

-cramping pain in abdomen

-muscle and joint pain

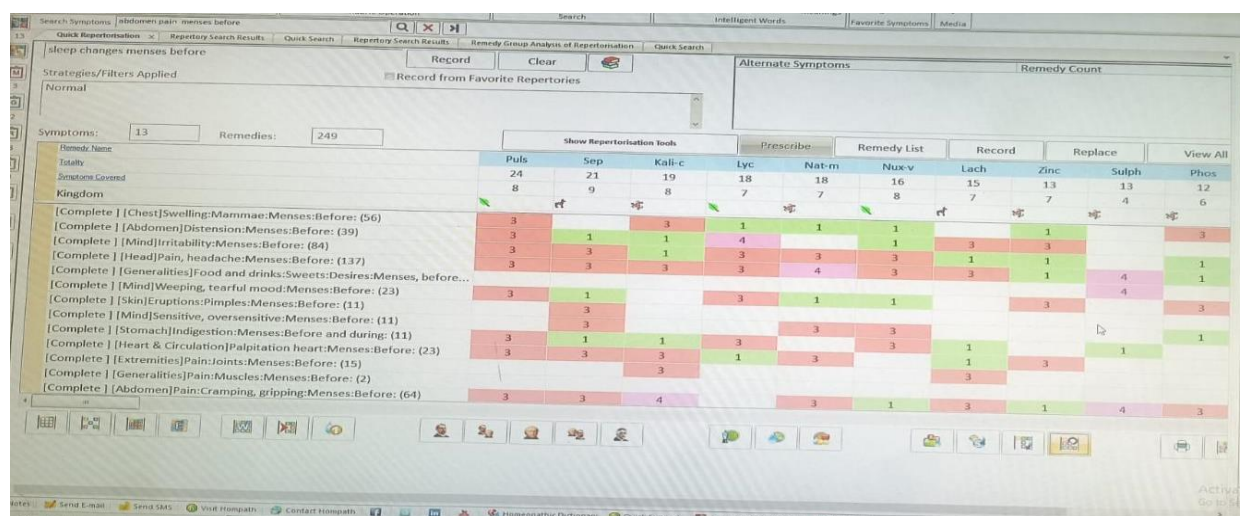
❖ **SELECTION OF MEDICINE**

❖ **REPERTORIAL APPROACH (FROM SYNTHESIS REPERTORY)**

❖ **REPERTORIAL TOTALITY**

1. [Chest] Swelling: Mammæ : Menses: Before:
2. [Abdomen] Distension: Menses: Before:
3. [Mind] Irritability: Menses: Before:
4. [Head] Pain, headache: Menses: Before:
5. [Generalities] Food and drinks: Sweets: Desires: Menses, before.
6. [Mind] Weeping, tearful mood: Menses: Before:
7. [Skin] Eruptions: Pimples: Menses: Before:
8. [Mind] Sensitive, oversensitive: Menses: Before:
9. [Stomach] Indigestion: Menses: Before and during:
10. [Heart & Circulation] Palpitation heart: Menses: Before:
11. [Extremities] Pain: Joints: Menses: Before:
12. [Generalities] Pain: Muscles: Menses: Before:

13. [Abdomen] Pain: Cramping, gripping: Menses: Before:



❖ PRESCRIPTION

- PULSATILLA 200C 1 DOSE STAT ORALLY
- SL 4 PILLS BD FOR 30 DAYS

❖ GENERAL MANAGEMENT AND AUXILLARY MEASURES

- Exercise regularly.
- eat protein rich diet.

❖ FOLLOW UP SHEET

DATE	SYMPTOMS	PRESCRIPTION
29-9-2025	LMP 21-9-2025	Sac lac BD for 1 month
29-10-2025	LMP 22-10-2025 Irritability decreased, pimples improved	PULSATILLA 200C 1 DOSE STAT ORALLY Sac lac BD for 1 month
29-11-2025	LMP 20-11-2025 Cramping pain in abdomen slightly present, breast tenderness decrease	Sac lac BD for 1 month
29-12-2025	LMP 21-12-2025 No pimples	Sac lac BD for 1 month
31-1-2026	LMP 18-1-2026, No irritability, No weeping symptoms Pimples appear, Pain head decrease	Sac lac BD for 1 month
28-2-2026	LMP 20-2-2026 No any complain	Sac lac BD for 1 month