

Case Study: Efficacy of Homoeopathic Medicine in Case of 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 *Sepia*.

Keywords: Case report, Premenstrual syndrome, ovarian function, Homoeopathy, *Sepia*.

❖ **PERSONAL DATA:**

- Name of the Patient: P2
- Age / sex: 22 years, female
- Religion: Hindu
- Marital status: unmarried
- Family size: 4
- Education: MSC BED
- 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
-Headache, weakness, distension of abdomen, palpitation, pain in abdomen, acne on face. Increased appetite. -since 7 months			<menses before	

❖ **ASOCIATED COMPLAIN**-not any specific

❖ **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=24-9-2025

-deatails of menstrual cycle=28-30 days, 3-4 days, scanty, changeable.

❖ LIFE SPACE INVESTIGATION

The patient has 3 siblings, had been a very quarrelsome personality, very secretive and miser with her things, she would never give her things to her siblings. She has no contacts with her siblings as she has fought with them regarding the property. The patient has been always very angry personality, very indifferent to everyone. She had very less friends as she used to mostly end up quarrelling with them. She had temper tantrums, she used get offended very easily and nobody would realise what was in her mind. She has changeable moods and will end up crying if she is telling you anything. Before her periods she is in a bad mood-irritable, gloomy is depressed with everything going on around her. She is very stilled with her emotions.

❖ PHYSICAL GENERALS

Thirst:3 litre/day

Desires: Pickles

Aversions: not any specific

Intolerance: not any specific

Urine: 6-7/0=D/N

Stool: 1/0=D/N

Sleep: sound sleep

Dreams: not any specific

Perspiration: normal

Addictions: not any

Thermal reaction: CHILLY

❖ **MENTAL GENERALS**

-irritability

-sensitive

-hopeless

-restlessness

-hopelessness

❖ **EXAMINATION**

• **PHYSICAL EXAMINATION**

○ **Vital signs:**

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

○ **General examination:**

-height=5'5''

-weight=65kg

-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

❖ **DIAGNOSTIC CHARACTERISTICS OF PREMENSTRUAL SYNDROME (According to ACOG PMS Diagnostic criteria):**

-breast tenderness

-distension of abdomen

-headache

-irritability

❖ **INVESTIGATION-not any**

❖ **DATA PROCESSING**

○ **ANALYSIS AND EVALUATION OF CASE**

Mental general

- irritability
- sensitive
- hopeless
- restlessness
- hopelessness

Physical general

- pickles desire

Physical particular

- Headache
- weakness
- distension of abdomen
- palpitation
- pain in abdomen
- acne on face.
- Increased appeti

❖ **MIASMATIC DIAGNOSIS=PSORA**

❖ **TOTALITY OF SYMPTOMS**

- irritability
- sensitive
- hopeless
- restlessness
- hopelessness
- Headache
- weakness
- distension of abdomen
- palpitation
- pain in abdomen
- acne on face.
- Increased appetite.

❖ **SELECTION OF MEDICINE-REPERTORIAL APPROACH (FROM SYNTHESIS REPERTORY)**

❖ **REPERTORIAL TOTALITY**

- 1.[Head] Pain, headache: Menses: Before:
- 2.[Generalities] Weakness: Menses: Before:
- 3.[Mind] Irritability: Menses: Before:

- 4.[Mind] Sensitive, oversensitive: Menses: Before:
- 5.[Mirilli's Themes] Hopeless:
- 6.[Abdomen] Distension: Menses: Before:
- 7.[Heart & Circulation] Palpitation heart: Menses: Before:
- 8.[Abdomen] Pain: Menses: Before:
- 9.[Face] Eruptions: Acne: Menses: Before:
- 10.[Mind] Restlessness, nervousness: Menses: Before:
- 11.[Mind] Forgetfulness:
- 12.[Stomach] Appetite: Increased, hunger in general:

Symptoms: 12	Remedies: 930	Show Repertorisation Tools									
Remedy Name		Sep	Nat-m	Puls	Lyc	Kali-c	Lach	Nux-v	Ign	Sulph	Phos
Totally		34	32	30	29	28	27	27	24	24	21
Symptoms Covered		12	9	10	11	10	9	9	8	7	9
Kingdom		♂	♀	♂	♂	♂	♂	♂	♂	♂	♂
[Complete] [Head]Pain, headache:Menses:Before: (137)		3	4	3	3	3	3	3	3	4	1
[Complete] [Generalities]Weakness:Menses:Before: (48)		1	3	1	1	4			3	1	3
[Complete] [Mind]Irritability:Menses:Before: (84)		3	3	3	3	1	1	3			1
[Complete] [Mind]Sensitive, oversensitive:Menses:Before: (11)		3	3					3			1
[Complete] [Mirilli's Themes]Hopeless: (151)		4	4	4	3	3	4	3	3	3	3
[Complete] [Abdomen]Distension:Menses:Before: (39)		1		3	4	1	3	1			
[Complete] [Heart & Circulation]Palpitation heart:Menses:Before: (23)		3	3	3	1	3	1		3		
[Complete] [Abdomen]Pain:Menses:Before: (190)		4	4	4	4	4	4	3	3	4	3
[Complete] [Face]Eruptions:Acne:Menses:Before: (14)		3			1						
[Complete] [Mind]Restlessness, nervousness:Menses:Before: (40)		1		1	1	3	3	3	1	4	1
[Complete] [Mind]Forgetfulness: (648)		4	4	4	4	3	4	4	4	4	4
[Complete] [Stomach]Appetite:Increased, hunger in general: (691)		4	4	4	4	3	4	4	4	4	4

❖ PRESCRIPTION

- SEPIA 200 1 DOSE STAT ORALLY
- SL 4 PILLS BD FOR 30 DAYSM

❖ GENERAL MANAGEMENT AND AUXILLARY MEASURES

- Exercise regularly.
- eat protein rich diet.

❖ FOLLOW UP SHEET

DATE	SYMPTOMS	PRESCRIPTION
30-10-2025	LMP 24-10-2025 Abdominal bloating decrease	Saclac BD for 1 month
1-12-2025	LMP 23-11-2025 Irritability decreased ,pimples improved,No changes in any other complain	SEPIA 200 ONE DOSE STAT ORALLY Saclac BD for 1 month
31-12-2025	LMP 2-12-2025	Saclac BD for 1 month

	Cramping pain in abdomen slightly present, No any new pimple appear	
3-2-2026	LMP 23-1-2026 Headache decrease No irritability	Saclac BD for 1 month
3-3-2026	LMP 22-2-2026 Energy improve No any complains	Saclac BD for 1 month
24-3-2026	LMP 23-3-2026 No any complains	Saclac BD for 1 month