

Homoeopathy for 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 natrum muriaticum.

Keywords: Case report, Premenstrual syndrome, ovarian function, Homoeopathy, natrum muriaticum.

❖ PERSONAL DATA:

- Name of the Patient: P5
- Age / sex: 21 years, female
- Religion: Hindu
- Marital status: unmarried
- Family size: 5
- Education: BSC
- Occupation: Student
- Veg/ Non-veg: Veg
- Socio- Economic status: middle class
- Full Address: Kalawad road, Rajkot.
- Diagnosis: Pre-menstrual syndrome

❖ PRESENTING COMPLAINT

Complaints with duration	Location and extension	Sensation Character and pathology	Modalities Ailments from	concomitant
-headache, -weakness, -palpitation, -nausea			<menses before	

-increased appetite, since 6 months				

- ❖ **ASOCIATED COMPLAIN**-not any specific
- ❖ **PAST HISTORY**- not any specific.
- ❖ **FAMILY HISTORY** -not any
- ❖ **GYNAECOLOGICAL/OBSTETRIC HISTORY**

-menarche at the age of 14 years.

-LMP=23-6-2025

-details of menstrual cycle=red bleeding with sometimes black clotting.

❖ **LIFE SPACE INVESTIGATION**-Very reserved. continually sigh during the interview but there were no tears in her eyes.She did not want to discuss herself in detail. weeping alone when.not like consolation of any type.

❖ **PHYSICAL GENERALS**

Thirst:3 litre/day

Desires: salt

Aversions: not any specific

Intolerance: not any specific

Urine:6-7/0=D/N

Stool:1/0=D/N

Sleep: sound

Dreams: not any specific

Perspiration: normal

Addictions: not any

Thermal reaction: HOT

❖ **MENTAL GENERALS**

-irritability

-sensitive

-forgetfulness

❖ **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=67kg
-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
-sensitive, oversensitive
-forgetful

Physical general

-appetite increased
-salt desire

Physical particular

-headache
-weakness
-nausea
-palpitatio

❖ **MIASMATIC DIAGNOSIS**=psora

❖ **TOTALITY OF SYMPTOMS**

-irritability
-sensitive, oversensitive
-forgetful
-appetite increased
-salt desire
-headache
-weakness

-nausea
-palpitation

❖ 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. [Heart & Circulation] Palpitation heart: Menses: Before:
6. [Mind] Forgetfulness:
7. [Stomach] appetite increased, hunger in general
8. [Stomach] Appetite: Increased, hunger in general:
9. [Generalities] Food and drinks: Salt or salty food: Desires:
10. [Stomach] Nausea: menses before



Symptoms:	Remedies:	Show Repertorial Tools									
		Nat m	Sep	Puls	Verat	Lyc	Nux y	Phos	Ign	Coce	Kali-c
Search Name		31	27	22	22	20	20	19	18	17	17
Total		9	9	8	6	8	6	8	6	7	6
Symptoms Count											
Kingdom											
[Complete] [Head] Pain, headache: Menses: Before: (137)		4	3	3	3	3	3	1	3	1	3
[Complete] [Generalities] Weakness: Menses: Before: (48)		3	1	1	3	1	3	3	3	3	4
[Complete] [Mind] Irritability: Menses: Before: (84)		3	3	3		3	3	1		2	1
[Complete] [Mind] Sensitive, oversensitive: Menses: Before: (11)		3	3			3	3	1			
[Complete] [Heart & Circulation] Palpitation heart: Menses: Before: (23)		3	3	3			3	1			
[Complete] [Mind] Forgetfulness: (648)		4	4	4	4	4	4	4	4	4	3
[Complete] [Stomach] Appetite: increased, hunger in general: (691)		4	4	4	4	4	4	4	4	3	3
[Complete] [Generalities] Food and drinks: Salt or salty food: Desires: (164)		4	3	1	4	1		4		1	
[Complete] [Stomach] Nausea: menses before: (40)		3	3	3	4	3	3	1	1	3	

❖ PRESCRIPTION

-NATRUM MURIATICUM 200 1 DOSE STAT ORALLY
- SL 4 PILLS BD FOR 30 DAYS

❖ GENERAL MANAGEMENT AND AUXILIARY MEASURES

-Exercise regularly.
-eat protein rich diet.

❖ FOLLOW UP SHEET

DATE	SYMPTOMS	PRESCRIPTION
29-7-2025	LMP 25-7-2025	Sac lac BD for 1 month
30-8-2025	LMP 20-8-2025 Irritability decreased, no changes in any other symptoms	NATRUM MURIATICUM 200 1 DOSE STAT ORALLY Sac lac BD for 1 month
26-9-2025	LMP 23-9-2025 Headache improved Mood changes improved	Sac lac BD for 1 month
28-10-2025	LMP 21-10-2025 Nauseating feeling decreases Feels energetic	Sac lac BD for 1 month
28-11-2025	LMP 25-11-2025 Irritability slightly present Mood changes improved	Sac lac BD for 1 month
31-12-2025	LMP 23-12-2025 All symptoms improved	Sac lac BD for 1 month