

Treating PMS With Homeopathy

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Ragini, a 30-years-old software professional came to my clinic as she was suffering from premenstrual syndrome. She told me that almost seven to ten days before menses, her days are usually full of anxiety, irritability and lethargy. She would be depressed, become overly sensitive and would feel as if her entire body was bloated. This was happening for the last four years and she started taking it seriously once her work as well as relationship with her family started getting affected.

Premenstrual syndrome, also called PMS, is a combination of a wide range of symptoms. It starts after ovulation, around two weeks before menses and abates with the commencement of the menstrual flow. Symptoms of PMS include emotional, behavioural as well as physical symptoms.

Emotional And Behavioural Symptoms

- Anxiety
- Irritability

- Mood swings
- Anger
- Crying spells
- Appetite changes (increased in some cases)
- Food cravings
- Sleep disturbances
- Poor concentration
- Restlessness

Physical Signs And Symptoms

- Headache
- Fatigue/lethargy
- Weight gain related to fluid retention
- Bloating abdomen
- Breast tenderness
- Acne flare-ups
- Nausea and vomiting
- Constipation or diarrhoea
- Backache
- Pelvic pain



How common is PMS?

Most women experience some kind of disturbance or changes before the onset of menses but if it occurs repeatedly and affects their daily life before every cycle then the diagnosis of PMS is made. Studies show that about 90 per cent of women experience some premenstrual symptoms, either emotional or physical, at some point of their reproductive life. It is stated that clinically significant PMS (which is moderate to severe in intensity and affects a woman's lifestyle) occurs in 20-30 per cent of women. It has been noted that it generally is most severe in women in their late 20's and early 40's.

What causes PMS?

The exact causes of PMS are not identified and proven. There are several factors which can contribute to the condition like:

- Hormonal fluctuations - Cyclical changes in the oestrogen and progesterone levels
- Neurotransmitter fluctuations - Serotonin, a brain chemical, could trigger PMS symptoms like depression, lethargy and sadness if insufficient in body

Lifestyle Changes

- Maintain a diary of your cycle and identify potential triggers
- Avoid consuming sugar-rich foods, processed foods, caffeine, alcohol and excess salt two weeks before periods
- Include a lot of fresh fruits, salads, whole grains and green tea in your diet
- Do regular exercise like walking, yoga or meditation which suits your daily routine
- Vitamin B and C supplements have been known to be helpful in some cases
- Get enough sleep
- Avoid smoking





Role Of Homoeopathy

The reproductive system is the most vulnerable area in women and needs to be treated gently. Seeing today's scenario of working women, imbalance of hormones has increased, giving rise to menstrual disturbances. Trying to keep a balance between work and household responsibilities is putting women under tremendous stress and this is affecting their sensitive endocrine system.

Homoeopathy is the system of medicine which addresses women's problems in a holistic way. It treats the patient as a whole taking care of her physical, mental and emotional health. In the first consultation, a detailed case history of the patient is taken which includes her physical and emotional symptoms. It is a safe, gentle, non-invasive and non-toxic treatment.

Homoeopathic medicines help stimulate the patient's own natural healing energies thus re-establishing a healthy hormonal balance, which will regulate periods and reduce uncomfortable symptoms of premenstrual syndrome (PMS). The approach towards homoeopathic treatment is

individualistic so medicines differ from patient to patient. The aim of treatment is not only to treat PMS but also to deal with the underlying cause and individual susceptibility of the patient.

There are several medicines available which are helpful in the treatment of PMS. Some of these medicines include:

- Pulsatilla
- Sepia
- Chamomilla
- Calcarea carb
- Folliculinum
- Bovista
- Lachesis
- Natrum mur etc.

For individualised treatment, a qualified homoeopath should be consulted. Along with homoeopathic treatments, a balanced lifestyle, positive attitude and some simple dietary and lifestyle measures can make a huge difference.

