

Homeopathic Healthcare
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Menstrual Disturbances: Going with the Flow

A wide range of menstrual disturbances are amenable to homeopathic treatment. While many of these disturbances are the result of female hormonal imbalances, homeopathic physicians usually resist the common practice of prescribing hormones to treat them. In homeopathic practice, emphasis is placed on gently treating the cause of such imbalances rather than artificially and forcefully suppressing the dysfunction with hormone therapy and risking resultant side-effects. The Law of Similars, the principle tenet of homeopathic medicine, calls for the application of a medicine which in healthy persons can provoke symptoms similar to those the patient in question experiences. Homeopathic medicines are highly dilute, "potentized" (the result of vigorous shaking) substances typically prepared from natural agents (e.g., plants, minerals, animal products); such preparation renders homeopathic remedies quite gentle and safe, yet they possess a surprising power to heal when applied correctly.

Below are a few cases from my practice which illustrate the impressive efficacy of homeopathic treatment for these disorders. Of necessity, treating these conditions is highly individualized and requires the skill of a homeopathic professional.

Case 1: Absent menstrual periods

A 25 year-old woman consulted me several years ago for late menstrual periods and infertility. She had had irregular menses since the age of seventeen, when they would appear every two months and last about 16 days. Eventually she began birth control pills to induce regular periods; however, after five years, when she stopped the pills in an attempt to become pregnant, her periods stopped altogether, with the exception of immediately following an injection of Provera (progesterone) given her every three months to induce a period. She also experienced a chronic vaginal discharge, constipation, and fatigue. This patient was a rather mild, affectionate person; she loved children and worked with them at a daycare center. She wept easily, didn't like to be alone, and was sympathetic. She suffered hot feet at night in bed and routinely put them out of the covers to cool off. She was very opinionated and outspoken, a trait which had gotten her into some trouble in the past.

This pleasant lady presented very much like the homeopathic remedy Pulsatilla, with the exception of her strongly opinionated and outspoken nature; that exception plus the fact that she suffered from amenorrhea (the absence of periods) subsequent to taking oral contraceptives suggested the remedy *Aristolochia clematitis* (birthwort) to me. After the first dose of 200C she menstruated one week later. She was subsequently prescribed two more doses of the remedy, after which her periods became established at a frequency of every 40 days. Though this result was gratifying, I felt that this patient needed further treatment to further shorten the intervals between her periods. Unfortunately, she left the country and was lost to further follow-up. Nonetheless, this case readily illustrates the significant effectiveness of homeopathy for women with late or absent menstrual periods.

Case 2: PMS and painful periods

Another case was one of a 37 year-old woman with severe menstrual cramps and premenstrual irritability. She described the pains as cramping or ripping pains felt in the uterus and low back. The pains caused her to bend double; a hot bath afforded some relief. She became extremely irritable during the pain; she was abrupt with others and impatient. During her menses she became very sensitive to odors and noise. Just prior to her period intense anger would well up, which could cause her to scream at others and be abusive. This lady was an industrious businesswoman, ambitious, and a "workaholic." She took pleasure in being productive and had little personal life. She was very chilly. Her case provided a clear picture of the remedy *Nux vomica* (poison nut). After one dose of 200C she began to note improvement. Over the next year

and a half she required two more doses. In the intervals and after her final treatment her periods were essentially painless and her premenstrual irritability relieved.

Case 3: Heavy periods

This case was that of a 35 year-old woman complaining of heavy periods. For the past few years her periods had been quite heavy and she had a mild anemia as a result. Her flow was painless and consisted of a slow, steady passage of large amounts of blood. During her periods she felt a marked bearing down sensation in her pelvis. She was a chilly person and given to insomnia, with waking around 2 to 3 am. She struck me as a rather stolid person, and she was quite conservative and proper in her behavior and beliefs. The symptoms in this case clearly called for the remedy Kali ferrocyanatum (potassium ferrocyanide), which was prescribed in the 200C potency. Subsequent to its administration her menstrual flow steadily diminished such that after about three months it was normal. Her anemia also slowly improved, as did her insomnia.

In addition to amenorrhea (absence of menses), PMS, dysmenorrhea (painful menses), and heavy menses, homeopathy can also address irregular periods and scanty periods; other female conditions can be treated as well – uterine fibroids, ovarian cysts, polyps, vaginitis, cervicitis, abnormal pap smears (earlier stages), condylomata (genital warts), and endometriosis.

Were I to recommend a hierarchy of therapies for menstrual disorders based upon their safety and efficacy, I would first suggest homeopathic medicine or other forms of energy medicine, then nutritional and botanical therapy, then hormonal therapy, preferably natural, and, lastly, conventional therapies. This sequence of treatments will afford the most relief with the least cost, both monetarily and in terms of potential toxic side-effects.

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