

# PMS

## PRE-MENSTRUAL SYNDROME (PMS) IN TEENAGE GIRLS



Using homeopathic preparations to treat gynecological disorders contributes many advantages to teenage patients in particular. This cross section of patients troubled by PMS is in a crucial age group when it is important to treat with gentle therapies that do not interfere with the body's metabolism and hormone profile. Moreover, homeopathics offer a way to treat offshoot complaints of the menstrual cycle, such as headaches.

Since the menstrual cycle is a vast subject, encompassing many problematic symptoms, and for the purpose of space, this article will concentrate on certain aspects of menstrual problems in teenage girls. With this in mind, the target areas to treat with homeopathic complexes discussed here are:

1. Physical pain as a direct consequence of menstruation: **cramps**
2. Physical pain as a secondary consequence of menstruation: **headache**
3. **Mood:** alteration before and after menses
4. Secondary conditions caused by menstruation: **anemia**



In conventional medicine, cramps are vanquished by pain medicine. These either work on the pain centers of the brain or on the prostaglandins. In holistic medicine, the objective is to treat the change in the organ that is causing the pain and to select the remedy that will intervene in the mechanism, in this case: **cramping**.

SPASCUPREEL is the remedy of choice for menstrual cramping as it works on the cramp mechanism but also relaxes the organs involved, such as the uterus.

SPASCUPREEL is convenient as it need not be given before menstruation or as a set protocol, it can be prescribed on an as-needed basis whenever cramps occur, at the rate of 1 tablet 3-5 times daily.

Bryonia Injeel or Bryaconeel are also useful in spasms associated with menstruation. Furthermore, Bryonia, which is the featured ingredient of BRYACONEEL, acts on the visceral structures, thereby fulfilling our criterion of relaxing the organ itself. Together, SPASCUPREEL and BRYACONEEL make a good team to attenuate menstrual cramps. SPASCUPREEL targets striated muscles and mediates reflex muscular spasticity, which contributes musculoskeletal pain during and after menstruation and in osteoporosis.

BRYACONEEL targets smooth muscle and can defuse spasms of organs such as the liver and spleen, as well as soothe inflamed mucous membranes; all of which are pertinent to menstrual discomforts.

SPASCUPREEL and BRYACONEEL are an optimal combination for the pain of menstrual cramps. Given alternately, they relieve symptoms while repairing the organ or tissue. For patients that have intense cramping and pain in the uterine area as well as radiating pain in the hips and back, 1 tablet of each alternately can be useful; up to 4 tablets of each daily.

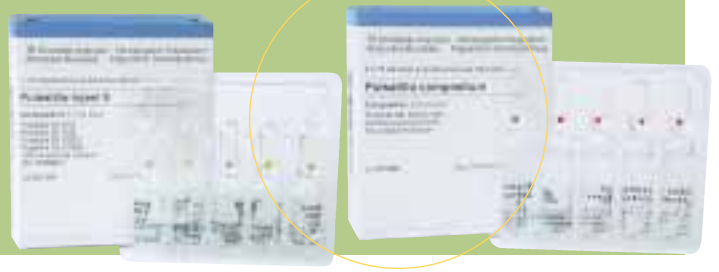
**MOOD:** Although parents and practitioners alike agree that moodiness in teenagers is normal, fluctuations induced by menstruation can be terribly disruptive to the teenage girl, particularly during the school year.

PULSATILLA is the remedy of choice. Pulsatilla is renowned for affecting both psychic and somatic symptoms. When several dilutions are contained in one preparation as in the Injeel for example, Pulsatilla is efficacious in the most extreme cases of menstrual moodiness. Moreover, because Pulsatilla has an anti-inflammatory effect on mucous membranes, it helps reduce the onset of other associated symptoms like sensitive gums and teeth that often occur around the menstrual cycle, as well as otitis externa, dry eye, constipation, nausea and appetite fluctuations.

To control the difficult symptoms and moods of the menstrual cycle, a protocol with Pulsatilla is recommended rather than random intake on an as-needed basis as with SPASCUPREEL and BRYACONEEL. To help menstrual difficulties in both physical symptoms and mood swings, the following protocol is recommended, especially when the mood swings overshadow the physical symptoms:

**PULSATILLA-INJEEL  
or PULSATILLA COMP.:**

1 vial 3x/week STARTING ONE WEEK BEFORE MENSTRUATION, CONTINUE FOR ONE WEEK AFTER BLEEDING CEASES.



## ANTIHOMOTOXIC SOLUTIONS for the secondary consequences of MENSTRUATION in TEENAGE GIRLS



**ANEMIA:** Anemia is a genuine threat for teenage girls. Often menstruation in these formative years is heavy, but more importantly, diet is usually poor. Teenagers are notorious for eating junk food. Conscious of their image, teenage girls often do not eat enough, leading to anemia. Ferrum metallicum in a dilution complex is the preparation of choice for anemia and associated menstrual problems such as headache, clots, and arthrosis.

This is where homeopathy has advantages above conventional medicine. Supplemental iron can be problematic. It is easily oxidized and very small amounts are needed in therapy. Homeopathic preparations solve this problem, specifically antihomotoxic preparations that combine several dilutions in one remedy contribute the right formulation for mediating menstrual anemia.

For tendency to hemorrhage during copious menses with headaches and fatigue from anemia or poor oxygen metabolism by red blood cells, varicose veins and heavy legs during menstruation, depressed mood and nonspecific arthrosis experienced during menses:

**FERRUM-HOMACCORD:**

1 vial 2x/week starting the 4th day of menstruation and for 2-3 weeks. This can be repeated for 2-3 consecutive months during the menstrual cycle.

**PULSATILLA-Injeel or Comp. can be added to this protocol orally at the following rate:**

Pulsatilla-Injeel/Comp.: 1 vial 2x/week + Ferrum-Homaccord: 1 vial 2x/week for 2 weeks.



**YPSILOHEEL** is a homeopathic combination for general symptoms of PMS. It is better suited for younger women with emotional discord due to PMS. It is a mild preparation and should be considered as a maintenance formula rather than a therapeutic protocol.