

## GYNÆCOLOGICAL DRUGS

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### 1. LATE ONSET OF MENSES

*Natrum mur.* Late developers mentally as well as physically; "young for their age", immature outlook. Greasy skin, reserved, fond of salt. Tend to be rather *over weight*.

*Pulsatilla* Weepy, changeable type, Sometimes placid, sometimes irritable. Irritability is more noticeable in teenagers than in young children. More than usually difficult adolescents.

### 2. DYSMENORRHOEA

*Tub. bov.* Severe pain, usually heavy flow, membranous type. Pain precedes flow, mainly L. sided. Usually severe premenstrual mental tension—extra tired and irritable, and often have a couple of sleepless nights immediately preceding the flow.

*Mag. phos.* Predominant symptom—lower abdominal colic. Pain precedes flow. Mainly R. sided. > heat and pressure. Accompanied by abdominal flatulence. In "*Phos. type*": Dark, tall, slender, nervous, highly strung, worried about themselves.

*Calc. phos.* Pain mainly in back. Flow heavy and bright. Useful especially in younger patients. *Calc. phos. type*: Fair, thin, easily tired, tend to get study headaches. Tend to turn ankles, or have some sort of foot trouble. Tend to have long thin feet (a useful confirmatory point).

*Cocculus* Crippling dysmenorrhœa in which the constitutional disturbance predominates: Giddiness, faintness, and vomiting. Occipital headache. Accompanied by chilliness and numbness of limbs. Flow profuse, dark. May result from overwork.

*Viburnum opulus* Membranous dysmenorrhœa with severe cramp before flow—sometimes for several days before. Rather violent throbbing headache < movement, < stooping. Lies quite still.

Flow often scanty for first 2 or 3 days, then increases. As it increases, cramps disappear, but backache comes on.

> pressure, lying down.

*Cimicifuga*  
*Lachesis*

As last, but pains spread down into thighs.

Especially older patients.

L. sided. Pain relieved once flow starts.

Wakes with pain.

Very dark, almost black flow.

Usually some jealousy present somewhere.

Note: (a) Psychological factors leading to tension.

(b) Lack of exercise.

### 3. MENORRHAGIA

Constitutional symptoms are paramount for prescribing purposes.

*Calc. carb.*

All ages.

Flow very heavy, not much clotted.

< exertion.

Type: Heavily built, pale, flabby, sweats, chilly feet.

"Worrying mind with a lethargic body".

*Belladonna*

Bright red flow and bright red patient.

Clots usually present.

Throbbing in pelvis and head. Often high blood pressure.

Abdomen sensitive.

(Low potencies best).

*Ferrum met.*

Heavy periods. Some nausea. Throbbing headache.

Type: Anæmic, overweight.

Have a very bright colour (of *Bell.*).

Intolerant of iron.

Sensitive to changes of atmosphere. Dislike stuffy atmosphere, but also dislike cold.

*Phosphorus*

Period *prolonged*, though not so heavy as in above remedies.

Hates blood, frightened of it and about it, worried about themselves, generally upset.

Type: Tall, thin, dark or reddish hair. Sometimes freckled.

Chilly, aggravated ++ by wind, hate it and upset by it mentally and physically.

*Pulsatilla*

Late onset of menses may be followed by irregularity in timing, quantity and pain.

*Sabina*

Bright red flow, clots.

Tends to be hot and throw off clothes.

Useful where constitutional remedies fail.

First choice in threatened abortion (use 10M).

*Sulphur*

Heavy usually.

Troublesome irritation with period, especially towards end.  
< heat, light, washing. Often burning.

*Millefolium* } Hæmorrhage in general. Bright red, difficult to stop.  
*Ipecac.* } *Ipecac.* always has nausea, which distinguishes.

## 4. FIBROIDS

Respond best when they tend to regress anyway.

*Calc. carb.* } Prescribe on constitutional symptoms.  
*Calc. phos.* }

*Calc. fluor.* Very hard fibroids.

*Phosphorus* Polypoid type, maybe with a cervical polyp.

Tend to produce intermittent intermenstrual bleeding.

(Beware of carcinoma in these cases.)

*Sulphur* Prescribe on constitutional symptoms.

*Fraxinus* Softens fibroids.

Bearing down sensations. Patient should be *Sepia* but isn't.

## 5. MENOPAUSE

*Lachesis* Jealousy, possessiveness, some mental disturbance of this type.

*Sepia* Weary indifference. Can't be bothered. Everything is a nuisance.

With both: Almost always severe headaches just before a period appears.

## 6. STERILITY

*Tub. bov.* On general constitutional indications.

*Natrum mur.* Previous use of chemical contraceptives can be a cause, especially the quinine type—*Nat. mur.*

*Sepia* Indifference, especially to intercourse—*Sepia*.

## 7. PRURITIS

Menopausal or post-menopausal.

Usually complementary to mental anxiety and strain.

Very difficult to treat.

N.B. exclude: *Monilia*, *Trichomonas*, leucorrhœa, diabetes.

*Ars. alb.* May be > warm bathing.

Burning.

Worries.

*Pulsatilla* > cold bathing.

*Sulphur* < any bathing. Burning.

*Radium brom.* Extreme soreness and tenderness of skin.

"Long to scratch but it's so sore they daren't."

—*The Brit. Homœo. Jourl.*, April, '61