

HEALING
Women
With
HOMEOPATHY

Dr Kavita Chandak



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Foreword

It is exciting to read a book dealing with homeopathy as a complementary option in gynaecology. The double empirical approach of homeopathy is not esoteric healing art, but potential healing science.

Kavita Chandak, a homeopathic doctor working in Nagpur, India, went through the trouble of breaking taboos on conventional medicine and opened up the field for a healing method that is unfortunately known to only a few medical opinion leaders. The fact that she does not do this with the fanaticism of homeopaths who are uncritically convinced of his method, but always looks for scientific approaches that lead to amazing findings, is respectable.

In conventional medicine, we have seen numerous flops of temporary university-recognized methods and paradigm shifts. Many strategies that we have used for decades promised a good approach, were logically arguable but did not produce any positive results, such as episiotomy.

Kavita Chandak, well known for her numerous national and international seminars and lectures is always looking for new approaches in medicine. Physics has long taught us that information about medication does not require the presence of a molecule. If you take the trouble to deal with the amazing building of homeopathy, it is slowly dawning why homeopathy, has so far withstood social, political and contemporary trends. Numerous own positive successes finally create the conviction that, in addition to the undeniably important advances in scientifically oriented conventional medicine,

they have a way of turning difficult situations often for the better.

Scientific knowledge is an essential prerequisite for homeopathy to maintain and improve as a healing method. However, the researcher is faced with unbelievable difficulties, even if the research would be methodologically feasible. Well-controlled studies require large budgets, which are only made available if commercial interest is in the background. Homeopaths have made many attempts to establish larger homeopathic studies and have often failed due to the lack of financial viability and the lack of interest in the pharmaceutical industry. If one or the other gynecologist reads this book under his bedclothes and then quickly clears it away from his colleagues, Dr. Chandak has achieved her goal, namely to arouse curiosity for additional chances of healing in non-established ways.

The book covers the most important and widespread gynaecologic disorders starting from menarche to menopause reflects issues from which women suffer frequently. Sterility, polycystic ovarian syndrome, constipation and urinary problems are equally described as problems with the breast. The book contains description of the materia medica of several homeopathic remedies with special emphasis on gynaecology.

Furthermore, several case reports guide the reader into the technique of successful homoeopathic prescribing.

I am sure that Dr Chandak's book will be a valuable companion for many gynecologists as well as homeopaths dealing with female disorders. I hope that it will be accepted well by the homeopathic community!

Michael Frass, MD

Professor Medicine

**Retired Specialist in Internal Medicine and Internal Intensive
Care Medicine,**

Medical University of Vienna, Austria



Foreword

The concept of homeopathy has been the target of attacks since it was put forward by Hahnemann as a brand new treatment approach.

These attacks generally originate from the poor understanding of the philosophy of homeopathy, from its poor narration, and more importantly, from the efforts to evaluate holistic homeopathy with material criteria.

The effectiveness has always been questioned because homeopathy takes a long time to learn and to gain experience. Homeopathy is effective only, among thousands of remedies, when the right remedy is found. Remedy selection, on the other hand, takes a different approach than the medicine selection of hospital medicine. The choice of homeopathic remedies is made by evaluating many factors, such as the cause of the disease, the characteristics of the current findings, modalities and the mental state of the patient in the current disease state. This complexity requires an experienced homeopath.

The worldwide spread of non-clinical homeopaths writing books based on translation and compilation rather than their own experience has shaken the image of homeopathy in public opinion.

One of the most important shortcomings in homeopathic education and practice is the difficulty in integrating materia medica knowledge with repertorization and clinical experience. There are very few homeopathic books based on clinical experience.

Dear Dr Kavita Chandak has contributed an important asset to overcome a great shortcoming and to close the gap, by putting her

own experiences in gynecological diseases on paper. This book will be one of the most helpful sources for homeopathic physicians.

Another feature of the book is the integration of homeopathic treatment with laboratory tests and showing the examples of treatment with homeopathy along with the possibilities of modern medicine.

The unique narrative style of the book, its faithfulness to the essence of classical homeopathy and its great ease of application puts Dr Kavita Chandak and her book in a very special position. We are awaiting her to share her experience on other health issues with her books and seminars.

Dr H. Gökhan Şentürk

ISTANBUL

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Acknowledgment

Thank you all who are and were beside me!

Writing a book is not an easy task but with a lot of perseverance and determination, it all worked out in the end!

First of all, a special thank you to my editor, Dr. Yashika Arora. Believe me, turning my handwritten messy notes into a systematic way was a difficult job!

I am thankful to Dr. Michael Frass and Dr. Gokhan Sentruk for sparing their valuable time to write the foreword.

''Behind every successful man; there is a woman!

Behind successful woman; there is complete family!''

My sincere thanks and regards to my parents, in-laws, family, spiritual Guru, teachers, friends, staff, and my patients for their support and trust in me.

Special thanks to my loving husband, Raj, and my son, Reeshabh, for motivating me to fight with every obstacle.

I am thankful to Mr. Manish Jain for publishing this book on this honorable platform.

I am thankful to the reviewers of publication house for their sincere effort to make this book beneficial for easy and busy practitioner.

How can I forget to thank my criticizers? Because of them I could reach here!

Preface

Woman is the best creation of God. She is blessed with the major responsibility of *Motherhood*, the divine duty to bring a new life into existence! For this, the woman needs to undergo different stages during her whole life, namely, puberty, menstruation, adolescence, marriage, conception, labor, breastfeeding, and menopause. To make these transitions easy and hassle free, Homeopathy has a lot to offer.

There might be various books written on gynaecology and homeopathy then what is different in this book? Why should you read it?

When I started my medical practice, I observed that maximum number of women from underprivileged classes are still enduring mental and physical troubles. They never consider themselves as important as other family members due to the influence of their childhood upbringing. Suppression at emotional level, manifests diseases on physical plane.

To be a woman is a matter of pride! Womanhood becomes a celebration when she possesses a healthy body and peaceful mind. Healing women term makes sense when we are obliged to make her healthy at physical and mental level. And homeopathy is approachable as it works on the fundamental law, 'Like Cures Like!'

This book is my sincere attempt towards smoothening of life events of a woman related to Gynaecology and Obstetrics, with the knowledge achieved for more than two decade's experience of my Homeopathic practice. Some light is also thrown on the management of Male Infertility as well. This book is a systematic arrangement

of the subject and its homeopathic management with traditional and modern homeopathic medicines.

All chapters include the introduction, causes, symptoms, rubrics and its homeopathic treatment. Auxillary management and clinical tips from my experience are mentioned at the end of a few chapters and cases.

Homeopathy is unique as it is the only branch of medical science which considers mental symptoms for treatment. Mental issues during and after pregnancy like mood swings, nervousness, melancholia, depression are covered along with its homeopathic management. I paid attention to the psychological part of each patient during the interview. Case studies mentioned in this book include the anamnesis (physical and mental symptoms), analysis, evaluation, rubrics, laboratory readings before and after treatment, justification of remedy, prescription and follow-ups with my way of approach in individual case.

I have admitted my failure in various cases as I believe- mistakes give the chance to learn and improve!

The book is a detailed description of female diseases, the Materia Medica of related medicines (around 300 drugs), description of a few modern remedies like Medulloseinum, HPV etc; guidance about the application of Homeopathic philosophy in clinical practice (aphorism numbers are mentioned), and use of Repertory along with **33** successful case studies (by overcoming the failure).

Clinical repertory for Gynaecology is included with the chapters.

I hope this book would prove the adverb 'Books are the best friends' true and will be able to show the correct path to the followers.

— **Dr Kavita Chandak**



Editor's Preface

“A homoeopathic physician is one who adds to his knowledge of medicine a special knowledge of homoeopathic therapeutics and observes the law of Similars.” – American Institute of Homoeopathy

(Ref: Clinical Gynecology with Homoeopathic Therapeutics-James C Wood)

Homoeopathy is an art and science based upon the principles derived from the natural laws. The practice of Homoeopathy is governed by principles (laws) as propounded by Hahnemann and validated by himself and his disciples. In this process of validation of Homoeopathic principles and practice, it has been observed that Homoeopathy is having a wide scope in clinical application in all sorts of diseases. The exhaustive list of diseases and its management strategy demands updated knowledge on the part of physician for the restoration of sick to health as stated in aphorism no 1. The mission of physician and the manner of ideal cure can be achieved only if the physician clearly perceives (a) what is to be cured in diseases? i.e. knowledge of disease indication, (b) what is curative in medicines? i.e. knowledge of medicinal powers, and (c) if the physician knows how to adapt according to the clearly defined principles, so that the recovery and final cure can ensue. The physician should also have knowledge of

drug sources, its exact mode of preparation, proving, action and appropriate application in terms of selection of the similimum, dose, its repetition and the knowledge of obstacles to cure and how to remove them. This knowledge will aid in perceiving how to treat judiciously and rationally so that he can be a true practitioner of the healing art.

In the light of the above Hahnemannian concept, it is challenging to encompass all of the concepts in one book but it can be attempted through the study of therapeutics and its application on the principles of Homoeopathy. The book “Healing Women with Homoeopathy” written by Dr Kavita Chandak has integrated first six aphorisms in her work on homoeopathic therapeutics. The book covers a wide range of obstetrics and gynaecology conditions and their therapeutic management. Understanding woman and her ailments is a dynamic, complex, and diverse phenomenon. Through this endeavour the author has presented experiential knowledge gained in her two decades of professional service.

The book can be divided into 3 parts; where in the first part the author has covered most of the obstetrics and gynaecological conditions with their cause, types, symptomatology, investigations, diagnosis, Homoeopathic management and ancillary measures.

The second part covers case taking, importance of dreams, delusions, posology, rare remedies with their indications, Homoeopathic gynaecology kit and clinical tips in obstetrics and gynaecology.

The third part covers Homoeopathic management of 33 case studies. It includes a brief case taking, analysis and evaluation of symptoms, rubric conversion, the final remedial selection and follow up. Cases ranging from menstrual issues to uterine cancer managed with Ho-

homoeopathy, allows us to understand the applicability of science and its results. This is the most important part of this book and students, practitioners and teachers will benefit from these case studies.

B. Jain Publishers Pvt. Ltd. has given us access to the author's experience in a masterpiece book form which is worth appreciating. The book covers concise & working knowledge of Homoeopathic approach and in depth experiential perspective on Homoeopathic therapeutics in obstetrics and gynaecology. This book is a significant & valuable tool for the learner, teacher & practitioners in their service to humanity through Homoeopathy.

I am thankful to Mr Manish Jain, Director B.Jain Publications for his firm belief that I can do justice to this assigned task of editing. I am thankful to Dr Kavita Chandak for her dedication and perseverance in getting this work published. I am glad to pen down my views on the auspicious day of 267th birthday of Hahnemann which is celebrated worldwide as World Homoeopathy Day.

10th April 2022

267th Hahnemann Day

Latur

Maharashtra

Dr. Yogesh D. Niturkar

Associate Editor

Homoeopathic Heritage

Publisher's Note

This book is a sincere attempt by the author towards smoothening of life events of a woman related to Gynaecology and Obstetrics, with the knowledge achieved from more than two decade's experience of her Homeopathic practice.

The book covers the most important and widespread gynaecological disorders starting from menarche to menopause; reflecting issues from which women suffer frequently. Sterility, various problems during pregnancy, during and after delivery are described thoroughly. The book explains the art of case taking in relation to gynaecological/obstetric conditions along with description of several homeopathic remedies with special emphasis on gynaecology.

Furthermore, several case studies given will guide the readers into the technique of successful homeopathic prescribing.

This project could not have been completed without the support and guidance of our editorial team at B.Jain.

A special thanks to Dr Yogesh D. Niturkar for reviewing the book & sharing his expertise to make the book more valuable.

We hope this book will be one of the most helpful sources for a homeopath. Suggestions are always welcome.

Manish Jain

Director, B. Jain Publishers (P) Ltd.

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About the Author

“Well-behaved women make history when they do the unexpected, when they create and preserve records and when later generations care.”

— *Laurel Thatcher Ulrich*

Dr Kavita chandak is a gold medalist scholar in Homeopathy. She is an author, speaker, trainer, teacher and promoter of Homeopathy.

She is attached with P.D. Jain Homeopathic Medical College as Professor of Repertory and a Guide for P.G. students. She is an International faculty, invited by 20+ countries to deliver seminars about homeopathic contribution in Psychiatric disorders, Autism, woman disorders and Cancer.

Honoured by holding two golden book world records for treating kidney disorder and a case mucormycosis. She is an advisory board member at Turkiyeklinikleri Journal of Istanbul.

She is scientific committee member at Duzce University, Turkey and at LMHI 2022. She is running an NGO, Padmaja welfare foundation, which is dedicated to the field of Health and rehabilitation.* She is an excellent speaker and a social activist: received many national-international awards for her generous socio medical contribution towards society. She is recipient of ‘**Excellence in Homeopathy award 2022**’ given by Hpathy.com to 66 renowned homeopaths throughout the World. Won the INSC research award for her paper

on Autism. Authored many medical books on gynaecology and psychiatry(ref.www.drkavitachandak.com). Organised 800 free medicine distribution camps till now. To spread awareness, she writes health articles, delivers sessions on TV and Radio about Health. She is a board member of Afghanistan Homeopathic association. She is providing her services through her web clinic in 20+ countries. Her speciality area is **Behavioural Psychiatric disorders like Autism and ADHD.**

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Introduction

WHAT YOU MUST KNOW ABOUT A WOMAN AND HER DISORDERS?

“You educate a man; you educate a man. You educate a woman; you educate a generation.” — Brigham Youngss

“Woman is a delicate creature with strong emotions who has been created by the Almighty God to shoulder responsibility for educating society and moving towards perfection. God has constructed woman as a symbol of His own beauty and to give solace to her partner and her family.”

God has distributed his responsibilities to each of them, and has blessed the woman by giving the major responsibility of Motherhood—the divine duty to bring a new life in existence!

For this, the woman has to undergo many stages of life.

In this book, light is thrown on Gynecological and Obstetric disorders at physical and mental level, along with their homeopathic solutions. It is a combination of author's of clinical experience and various remedies from different materia medica books written by great homeopathic *stalwarts* for smoothening the journey of womanhood.

Surgery is a great branch of medical science but cannot be a solution every time. A patient always desires medical aid instead of surgery. In a few conditions, Homeopathy alone proves to be the best option.



1

Puberty-Conditions and Homeopathic Management

The establishment of menstruation indicate attainment of puberty in a female and is the epoch at which she fully enters into general development and growth, which terminates in her being capable of bearing a child. The mind, as well as the body, acquire rapid growth, when the mental capacity increases, the imagination becomes more vivid, and the nervous system exhibits a heightened sensibility.

MENSTRUATION AND GENERAL HEALTH

Menstruation represents monthly exudation of fluid from the womb, the average quantity ranges from 180ml to 200ml during each period. The duration of a menstrual period varies in different persons, commonly present for 4-5 days. As a general thing, during gestation and lactation, these monthly periods ceases. It is well known that menstrual blood does not coagulate like normal blood; and the discharge is so profuse that a portion of its coagulating constituent, the fibrin, escapes without mixing with acid secretion, resulting in clot formation. In addition, the acidic

vaginal mucus possesses solvent power; hence, the coagulated part of the menstrual secretion can pass along the vaginal canal, and it is prevented from becoming a mass of dead and putrid matter.

MENARCHE

Menarche is defined as the first menstrual bleeding occurring in female. From both social and medical perspectives, it is considered as the central event of female puberty as it signals the possibility of fertility. The normal age at which menarche occurs is 12-14 years.

Abnormalities During Menarche

The first menstruation may sometimes occur prematurely, from a severe fall, violent jumping, any mental emotion, etc. In such cases, there may be a considerable discharge, and in extreme instances, may amount to absolute flooding, lasting for several days.

Role of Homeopathy

For example, a few doses of *Aconitum napellus* is helpful if menarche results from mental emotions, or *Arnica montana*, if menarche is occasioned by a fall or any external injury.

Few years back, a 11 years girl visited me for extremely painful bleeding from uterus which occurred from a blow of volleyball on her abdomen. Her friend brought her to my clinic from the adjacent ground. I observed that it was menstrual blood. She was scared, saying it happened for the first time and was pretty sure that It's because injury. For her satisfaction, I suggested ultrasound abdomen, which did not display any internal bleeding. I gave *Arnica montana* as her first menses appeared due to injury and else I observed bruises on the site of injury.

Menstruation

Constitutional delicacy, carelessness, or improper treatment, may render this period extremely dangerous in the propagation of new forms of the disease, or in the development of any latent disorder, which has existed from birth. Hence, the first appearance of the menses should be considered with extreme care.

Delay of the First Menstruation

When all the external signs of womanhood have appeared, and menstruation does not occur, but there are so many indications that nature is seeking to establish this important function, this total absence of menses even after the age of 16 years is known as primary amenorrhea, while when menses disappears in reproductive age due to any cause, it is known as secondary amenorrhea.

Causes

1. Occasionally, there may defective formation of the vagina or the uterine organs since birth.
2. Any mechanical obstruction may prevent the passage of the menses.

The above causes can only be relieved by examination and surgical means. If no such cause exists, the delay is due to wanting of development at the time of puberty, and may be benefited, giving relief to the concomitant symptoms as well, employing the following homeopathic remedies:

Bryonia alba

Bleeding from the nose and spitting of blood instead of the menstrual discharge, with hard, dry cough, stitches in the chest, and constipation.

Cimicifuga racemosa

Ovarian activity decreased; extreme nervousness, hysteria, heavy headache, restlessness, sleeplessness, chorea, etc.; pain under the left breast, and in the left side generally; rheumatic pains, etc.

Nux vomica

Congestive morning headache, constipation, frequent acute indigestion, spasms, etc. This remedy is well-suited patients with dark complexion, energetic, vehement, and irritable disposition, who take too little outdoor exercise. Amenorrhea from sedentary lifestyle.

Phosphorus

For delicate constitutions, with sensitive lungs, and a predisposition to disease of those organs. Sometimes, in such cases, instead of the menstrual discharge, expectoration of blood in small quantities occurs, with cough, and pains in the region of the chest.

Veratrum album

Cold hands and feet; hysteric and fainting fits; nausea, vomiting, and tendency to diarrhea. Lack of vital heat causes amenorrhea.

Auxiliary Management

It is very important to keep the feet warm and dry. The sedentary habits should be corrected, and exercise must be done out-of-doors, particularly in the morning. Walking, running, carefully selected diet consisting of easily digestible animal and vegetable food. High seasoning, and spices, use of tea and coffee, and all stimulating drinks, should be avoided.

AMENORRHEA AND GENERAL ILL HEALTH

It is most important to recognize the connection of cause and effect,

between general deranged health and the absence of menstruation. The function of menstruation, like the other functions of the body, is best performed when the system is in harmony.

The exhibition of stimulants will not hasten the menstrual function, even in cases of debility, unless attention is being paid to the restoration of the general health of the patient.

With these views, the author has prescribed *Pulsatilla nigricans*, *Ferrum metallicum*, *Phosphorus*, *Cimicifuga racemosa*, etc., not as mere emmenagogues, but rather as efficient and well-trying agents for aiding to remove that defect, in the health, or general functional inactivity of the body, i.e. the real cause of the evil.

The experience of all homoeopathic physicians has proven that ***the first effect of our treatment in cases of delayed menstruation is the improvement of the general health and spirits of the patient***, and amenorrhoea at length disappears as evidence that the cure is complete.

Caution

Any defect in menstruation due to the pills deserves the strongest reprehension. Such practice is fraught with life-long danger to the system and is therefore emphatically to be condemned. It must be distinctly understood that unless it is abandoned, the patient will definitely face an ultimate increase in suffering like tumors and cancers!

Side Effects of Postponing Periods with Medicines

Headache, dizziness, nausea, weight gain, fluid retention, bloating, hair loss or excessive growth of hair, depressed mood, insomnia or sleepiness, disturbances in liver function; discomfort in the breasts; decreased or increased sex drive; Rashes and itching, etc. are the side effects of taking pills for delaying periods. They create

changes in bleeding patterns during the period cycle; i.e. irregular or stopped bleeding.

One of the dangerous side effects of taking oral hormonal contraceptives includes the growth of blood clots in the leg and other parts of the body; which may dislodge and travel to other important organs of the body like the brain resulting in blocking the blood vessel there.

Causes

1. Acute Suppression of the menses may arise from:

- Cold caught by wet feet during the time of menstruating;
- From a bodily or mental shock received,
- From mental distress, of the depressing passions;
- From fever,
- Or any serious disease setting in at that time.

2. Chronic suppression

Chronic suppression may arise as an acute attack, or from gradual supervention of delicate health due to disease of the ovaries, uterus, or other parts. The periods may become irregular, and the quantity gradually diminishes until it ceases entirely.

Homeopathic Management of Amenorrhoea as per Specific Cause

1. ***Sudden suppression of flow*** - *Pulsatilla nigricans*, *Cimicifuga racemosa*, or *Dulcamara* may be required if suppression is the result of damp weather, with a concomitant eruption over the skin.
2. ***Suppression from fright*** - *Aconitum napellus*, *Opium*, or *Veratrum album*.

3. **From mental emotions** - *Chamomilla* or *Colocynthis* (anger); *Ignatia amara* or *Hyoscyamus niger* (grief); *Coffea cruda* or *Opium* (excessive joy).
4. **Chronic cases** - *Conium maculatum*, *Senecio aureus*, *Sepia*.
5. **Hormonal imbalance** - If amenorrhea is the result of hormonal imbalance [due to PCOD or thyroid disturbances], the role of Sarcodes come into play. The useful remedies include Pituitrinum and Thyroidinum.
6. **If Menses are suppressed either by anti-cancerous drugs or antibiotics**, the remedy will be *Polygonum Hydro Piperovives* (Clinical Materia Medica by Dr. John Henry Clarke)
7. **If Amenorrhea is due to High Steroid doses**, the useful remedies include corticosteroids and corticotrophin.

OLIGOMENORRHEA

Oligomenorrhea is common in adolescent girls and perimenopausal women due to fluctuating hormone levels. Oligomenorrhea can also occur in women who have diabetes or thyroid problems. Eating disorders, such as anorexia nervosa and bulimia, can also cause this condition.

Symptoms

- Menstrual periods at intervals of more than 35 days.
- Unusually light menstrual flow.
- Irregular menstrual periods with unpredictable flow.
- Difficulty conceiving.

Homeopathic Management

Rubrics

Female Genitalia/Sex – Menses - scanty

Female Genitalia/Sex – Menses – scanty – early, and too

Female Genitalia/Sex – Menses – short, too

Female Genitalia/Sex – Menses – short, too – one hour

Female Genitalia/Sex – Menses – short, too – few hours

Remedies

Ammonium carbonicum

Bright red menses, short duration, tendency of epistaxis soon after washing face in morning.

Euphrasia officinalis

Scanty menses in a woman suffering from allergic condition of eyes.

Natrium muriaticum

Scanty menses with hammering headache especially in school girls.

Psorinum

Scanty menses in a woman having tendency of frequent skin eruptions.

IRREGULAR MENSES

Sometimes, the period comes on two or three times consecutively, and then may become absent for one or more months; or it may occur, at one time, too early, and at another, too late. These irregularities usually depend on the defective constitution or circumstances connected with the patient's habits, sedentary occupations, etc.

Sometimes, irregular periods can be caused by some medicines, exercising too much, having a very low or high body weight, or not eating enough calories. Hormone imbalances can also cause

irregular periods. For example, thyroid hormone levels that are too low or too high can cause problems with periods.

Homeopathic Management

Ferrum met.

Menses profuse, last too long; pale, watery. Flow pale, watery, debilitating with fiery-red face. Discharge of long pieces from uterus. Hemorrhagic diathesis; blood coagulates easily.

Hamamelis

Metrorrhagia, occurring midway between menstrual periods. Uterine hemorrhage, flow steady and slow; blood dark colored with no uterine pain.

Millefolium

Irregular menstruation in young girls. Uterine hemorrhage after great exertion.

Murex

Menses irregular, at the approach sadness, very abundant for several days and with great pain. Interval of periods 10 days.

Ustilago

Metrorrhagia after miscarriage. Menses too scanty with ovarian irritation, too profuse and too long.

VICARIOUS MENSTRUATION

Sometimes, during absent or scanty menstruation, there is spitting or even vomiting of blood, bleeding from the nose, leucorrhoea, or some other periodical discharge, which seems to be substituted for the normal menses, and hence is termed as vicarious.

Homoeopathic Management

Bryonia alba

Spitting of blood with stitches in the chest, painful cough, etc.

Hamamelis virginiana and Senecio aureus

When other medicines failed, use them in the form of mother tincture.

Ipecacuanha

Vomiting of blood, with much nausea.

Pulsatilla nigricans

Frequent hemorrhage from nose and ears; hot, dry skin; pain in the breast.

MENORRHAGIA: TOO PROFUSE, FREQUENT OR LONG-LASTING MENSTRUATION

The quantity of discharge should, however, never be such as to cause debility. A deep-rooted and dangerous notion prevails due to which women suppose that, even if the discharge may be excessive, if it occurs regularly, it is in perfect accordance with the economy of nature. If a medical man directs a parent's attention to the debility and ill health following too-copious flow habitually, he frequently receives the answer, "**She is always so**".

The quantity of menstrual discharge varies according to the constitution, temperament, habits of life, and climate.

The woman cannot maintain her usual activities as she suffers from so much blood loss and cramps, when this otherwise healthy discharge becomes morbidly increased, recurs too often or lasts too long,

“Oh Doctor, I am afraid of menses!”

“It’s very painful! And profuse!”

If the patient possesses dread for her periods because of heavy menstrual bleeding, selection of one or more of the following remedies may become necessary: *Secale cornutum*, *Sabina*, *Crocus sativus*, *Ipecacuanha*, *Pulsatilla nigricans*, *Cimicifuga racemosa*, *Calcarea phosphorica*, *Phosphorus*, *China officinalis*, *Sulphur*, *Belladonna*, *Aconitum napellus*, etc.

Causes

1. **Hormonal imbalance-** In a normal menstrual cycle, a balance between the hormones estrogen and progesterone regulates the building up of the uterine lining (endometrium), which sheds during menstruation. If hormonal imbalance occurs, the endometrium develops in excess and eventually sheds as heavy menstrual bleeding. A number of conditions can cause hormone imbalances, including polycystic ovary syndrome (PCOS), obesity, insulin resistance and thyroid problems.
2. **Dysfunction of the ovaries-** Hypo or hyper secretion of ovarian hormones, contribute in menorrhagia.
3. **Uterine fibroids.**
4. **Polyps.**
5. **Adenomyosis.**
6. **Intrauterine device (IUD)-** IUD prepared from metals may cause metal toxicity in vulnerable patient contributing menorrhagia.
7. **Cancer:** Uterine cancer and cervical cancer can cause excessive menstrual bleeding, especially if you are postmenopausal or have had an abnormal Pap test in the past.
8. **Inherited bleeding disorders:** Such as von Will brand’s disease, a condition in which an important blood-clotting

factor is deficient or impaired can cause abnormal menstrual bleeding.

9. **Medications:** Certain anti-inflammatory medications, hormonal medications such as estrogen, progestin, and anticoagulants.
10. **Other medical conditions:** Several other medical conditions, including liver or kidney disease, may be associated with menorrhagia.

Homeopathic Management

The following remedies are the combination of essence of different stalwart's literature as well my clinical experience.

Asarum europaeum

Menses are too early, last long, and black in color, accompanied by violent pain in the small of back. Washing face and the affected parts gives relief. There is a sensation as if parts are pressed together. *Asarum* induces a feeling as though the «whole body is hovering in the air». They have ailments from excessive ambition. It is suitable to an irritable woman with that peculiar sensitiveness to scratching of silk or linen or paper is unbearable to her.

Crocus sativus

Dark-colored, clotted blood, hanging in strings, very abundant discharge, recurring too early. This remedy has hysterical manifestation with changeable moods and peculiar abdominal sensations associated with hemorrhage of dark, viscid, stringy blood.

Ipecacuanha

Menorrhagia bright-red blood, amounting even to flooding, with nausea, and great pressure in the region of the womb.

Platinum metallicum

Profuse and too frequent menstrual discharge, consisting chiefly of thick, dark-colored clotted blood, and attended with bearing-down pain like labor pain.

Sabina

Menses-early, profuse, bright, partly fluid, partly clotted with pain from sacrum to pubis with irritation of the urinary organs, and dimness of sight. Tendency to abortion at 3rd month.

Rheumatic and hemorrhagic diathesis, bloody tendency.

Secale cornutum

Dark, offensive, copious, continuous discharge of watery blood until the next period. Menses irregular. Severe expulsive pains accompanying the discharge but no expulsive action during labor! Expulsive action of the uterus causes first trimester abortion in women who had many babies. Painless hemorrhage. Threatened abortion especially at 3rd month.

Sulphur

Profuse discharge of clotted or gluey blood, in patients of scrofulous constitution and unhealthy skin.

**DYSMENORRHEA/PAINFUL MENSTRUATION/
MENSTRUAL COLIC**

Menstruation may be painful, with either too scanty or too profuse discharge. This is termed as dysmenorrhea.

Causes***1. An inflamed condition of the secretory vessels of the uterus:***

It is most common in females of plethoric habits, with strong

passions, who are fond of the pleasures of the table and the gaieties of life.

2. *Disease of the ovaries.*

PCOD causes irregular menses. When they appear months after, patient may face extreme pain and colic. PID is another cause for dysmenorrhea.

3. *A contracted state in the canal of the neck of the womb.*

4. *Sometimes, extreme physical exertion and mental stress can cause dysmenorrhea.*

5. *Inveterate constipation.*

The hormone, progesterone, secreted by ovaries meets prostaglandin, a toxin, which creates more contractions in uterine muscles. The pain usually starts before menses and lasts 2-3 hours. Sometimes, in a few cases, dysmenorrhea is associated with nausea and vomiting. As the age increases, the flow reduces. If large clots are present with the flow, it becomes more severe. If the pain is intolerable, the woman may cry and shout loudly. Usually, dysmenorrhea is the disease of unmarried females but if it happens even after marriage and normal labor, then the expert opinion should be taken immediately. A few girls consume painkillers every month but they provide only temporary relief. Homoeopathy gives a better solution.

Types

- **Spasmodic Dysmenorrhea**

More common between the age group of 18-24 years. The uterine muscles contract and relax very rapidly resulting in severe pain.

- **Congestive Dysmenorrhea**

Menstrual flow obstructed due to any pathology in the vaginal tract, which causes severe congestion in the uterus.

Females subject to dysmenorrhea are generally troubled with confined bowels and frequent headaches, from congestion in the intervals between the monthly periods.

As per the my clinical experience, one should prescribe *Nuxvomica 1M*/one dose to such patients 10 days before the appearance of menses.

Homeopathic Management

Belladonna

Suspected inflammation or congestion of the womb, with severe pain, bearing-down, throbbing, etc., and especially in plethoric women. There is a great determination of blood to the head, confusion of sight, redness of the face, and the discharge may be profuse. As a rule, *Aconitum napellus* may alternate with *Belladonna*.

Chamomilla

Pains very severe, resembling those of labor; pressure from the small of the back forwards and downwards; colic, with sensitiveness to the touch; dark colored and clotted discharge; especially suited to highly sensitive, nervous, and irritable patients troubled with biliousness [acidity].

Cocculus indicus

Severe menstrual colic; spasms or cramps in the abdomen, with flatulence, nausea, dizziness, and faintness.

Pulsatilla nigricans

Scanty menses, the discharge being attended with cutting pains in the region of the womb, abdomen, back, and loins, with loss of appetite, chilliness, vertigo, etc., the pains moving from one part to another. This remedy is especially suited to young women of

light hair and complexion, and mild disposition.

Sabina

Pain chiefly at the beginning of the period, ceasing after the discharge is established.

Senecio aureus

Functional dysmenorrhea, scanty discharge. It gives the most marked relief if administered for at least ten days preceding the flow.

POLYCYSTIC OVARIAN DISEASE/ SYNDROME

Polycystic ovary syndrome (PCOS) is a hormonal disorder common among women of reproductive age. Women with PCOS may have infrequent or prolonged menstrual periods or excess male hormone (androgen) levels. The ovaries may develop numerous small collections of fluid (follicles) and fail to regularly release eggs.

Etiology

The exact cause of PCOS is unknown. Following are few contributing factors:

Excess androgen

Excess production of insulin

Heredity

Presence of low-grade inflammation

Symptoms:

Irregular periods: Infrequent, irregular or prolonged menstrual cycles are the most common sign of PCOS.

Acne

Darkening of skin

Hirsutism (abnormal growth of hair on face and body)

Skin tags

Thinning hair

Weight gain

Homeopathic Management

Apis Mellifica: Inflammation, induration, swelling and dropsy of the ovaries(right). Soreness and stinging pains on the ride side of abdomen. The patient is extremely sensitive to touch.

Calc. Carb.: Menstruation too early, too produse, long lasting with subsequent amenorrhea and chlorosis with menses scanty or suppressed. Pain in ovarian region extending down thighs.

Medorrhinum: For women with chronic ovaritis, salphingitis, pelvic cellulitis, cyst, fibroid. Ovarian pain, worse left side or from ovary to ovary. Sensation as if something is pulling it down.

Pulsatilla: Amenorrhea, suppressed menses from wet feet, nervous debility or chlorosis. Delayed first menses, derangement at puberty. Menses too scanty, too late, thick, dark, clotted, changeable.

LEUCORRHEA: AN INCIDENTAL DISEASE

Leucorrhoea may occur at any point in a female's life but is most common during the reproductive age, i.e. between puberty and menopause. It defined as catarrh of the mucous membrane of the uterus and vagina due to previous inflammation or irritation. It presents as a discharge of whitish, yellowish, or greenish color, from the vaginal orifice, either thin and watery, or thick and

gelatinous, sometimes of an excoriating character, having an offensive smell.

Causes

1. Defective health; lack of cleanliness; disease of uterine organs or ovaries, etc.
2. Common in rich, indolent, luxurious, and dissipated people [spending too much time enjoying physical pleasures and harmful activities such as drinking alcohol] and less frequent in persons of industrious and regular habits.
3. In children of tender years because of uncleanness, worms, or some irritating substance introduced into the vaginal passage.
4. The employment of purgatives; excessive use of tea, coffee, and spices; menstrual derangements; abnormal growths; uterine debility and relaxation consequent on difficult parturition, or too early exercise after confinement; general debility and relaxation of the muscular and membranous structures, whether from a natural organization or previous disease are the other causes, which may cause leucorrhoea.

HOMEOPATHIC MANAGEMENT

Calcarea carbonica

Chronic leucorrhoea with a milky appearance in children and in women of weak, scrofulous, and lymphatic constitution, particularly those who menstruate too frequently and too profusely. Leucorrhoea becomes worse just before the menses, often attended with itching or burning, or with pains shooting through the parts, and falling of the womb.

Cinchona officinalis

After long-continued or excessive discharges, for consequent

Homeopathic Management

Remedies

Alfalfa

Tones up appetite and digestion resulting in improved mental and physical vigor.

Calcarea carbonica

For Inveterate cases, with lost appetite, chronic acidity of the stomach, leucorrhoea, pallor of the face etc. especially suited to the scrofulous constitution.

Ferrum metallicum

Often a prime remedy for the whole condition.

Ginseng

An aromatic stimulant, which relieves the feeling of fatigue, imparting a joyous sense, and elasticity to limbs, and clears the mind.





12

Rare, Small, Lesser-Known Remedies with Specific Indications

Ammonium aceticum

- Pain starts from uterus to deep down to perineum.
- Patient cannot sit or walk along. Diabetes, urine contains sugar.
- Scraping in throat. Increased warmth in abdomen, in the skin, especially of face, relieved by warmth in that area. Conflicts with father; anger, frustration with parents. In childhood, personality not allowed to evolve. Embitterment.

Anantherum muricatum

- Anantherum, which is prepared out of Indian cuscus, useful in swollen breasts with induration. Breasts are hard to touch. Nipples excoriated.

Apium graveolens

- Main action on ovary and nipples. Nipples are very tender to

touch.

- “Sleep does not generally relieve.” She has strong “desire for apples”.
- Strangely, loss of sleep does not “fatigue the patient”.

Aquilegia vulgaris

- It belongs to the family Ranunculaceae, constituting most female remedies and the remedies covering hysterical conditions.
- Keynote symptoms are:
 - Aching pain in the lumbar region at night with scanty menses.
 - Hysterical vomiting during climacteric period.
 - Lump or plug sensation in the throat.
 - Hysterical headache as from nail.
 - Dysmenorrhea in young girls.
 - External trembling.
 - Sleeplessness.
 - Sensitive to noise.
 - Hysteria of climacteric period.

Bovista lycoperdon [sarcodes]

- Bovista patient is awkward and drops things.
- She is a very sensitive patient.
- Diarrhea appears before and during menses.
- Dr Farrington states that this remedy indicated in **uterine hemorrhage with engorgement of uterus.**
- It indicated when there is flow of blood in between menstrual

periods, the cause being overexertion.

- Both *Ambra grisea* and *Bovista* have this symptom. However, the latter prescribed when the menstrual flow appears “**at night or early morning**”.
- Hemorrhage with engorged uterus also found in *Ustilago* and *Secale*.
- A *Bovista* patient is recognized by the puffiness of body.
- While holding scissors, it will leave deep creases in the thumb and finger indicating sluggishness in passage of blood through veins.
- Incidentally, *Bovista* considered a good antidote to the “effects of charcoal and gas fumes”. Other drugs that come to mind are *Arnica*, *Opium*.
- Dr. Allen reports sweat in axilla, which smells like onion.
- He recommends *Bovista* for menses “only at night”.
- He also records intolerable itching at tip of coccyx.

Bufo rana – [Poison of toad]

- Very much beneficial in Breast cancer.
- Menses appear too early.
- Leucorrhoea will be thin and watery.
- This remedy reported to be very good for epileptic conditions.
- In women, epilepsy appears at the time of menses.
- Induration of mammary glands.
- *Bufo* used as “a palliative in cancer of mammae”.
- Blood will be seen in breast milk.
- Veins of breasts are swollen.
- Amorous disposition, shameless. Disposition to handle

genitals.

- Desire for solitude to practice masturbation.
- Lymphatic drainage complaints of arm after mastectomy.

Origanum majorana

- Origanum has strong action on sexual impulses, producing erotomania in females.
- Origanum women are susceptible to strong lascivious ideas arousing sexual desire. It may carry the patient to hysteric pitch.
- In a few cases, Suicidal tendency develops with violent sexual desire arising from unfulfilled or suppressed sexual desire.
- In Rubric, Mind – Suicidal disposition – sexual desire, with violent, Origanum is mentioned.

Macrotinum

- Ranunculaceae family. Prepared from the tincture of alkaloid of plant Resinoid from *Cimicifuga racemosa*.
- Dysmenorrhea ameliorated at onset of menses.
- Menses dark, clotted, coagulated but scanty. Menses suppressed.
- When falling asleep, starts up suddenly for fear of falling, or to avoid danger.
- Sleeplessness before midnight until 2 a.m. Lot of sadness and melancholy with weak memory.

Mammary gland [from the glands of the cow and sheep]

- Painful mammae or tender mammary glands when indicated remedies fail to act think of mammary gland 30c, also useful as an intercurrent remedy for fibro adenoma of the breast.



13

Case Studies

These case studies of mine which I am mentioning here, published in various international peer view journals and presented in reputed congress and conferences. I gathered it together by maintaining a sequence as per chapters.

1. SECONDARY AMENORRHEA DUE TO HYPOPLASIA OF UTERUS

An 18-years girl visited in December 2018 for suppressed menses for 4 months. It was her chronic trouble since menarche. Every 3-4 months, she had to induce menses with medications. Her laboratory investigations showed a Hypoplastic uterus with PCOD. I asked her about her behavior and hobbies. She said, 'I love travelling. To go for World tour is my dream. However, my family could not afford it. I was a bright student in school but never got good branded gifts from my parents on my performance. My father tries hard and provides me everything but that is not classy. I wish something and get another thing. My mother says, we need to learn adjustment. My enthusiasm in life is vanished now. What is the use of studying hard if I have to compromise my demands always?'

Analysis and evaluation

All through the interview, I could sense her discontentment, desire to travel, loss of enth and mental restlessness.

Homeopathic medicines given according to the constitution and the totality of symptoms.

Rubrics

Female Genitalia/Sex - Menses - suppressed menses - girls, in young

Female Genitalia/Sex - Atrophy - Uterus

Female Genitalia/Sex - Infantilism; genital

Mind – Discontented

Mind - Travelling - desire for

Prescription

Calcarea phosphoricum 200 CH one dose followed by Tuberculinum 30 CH as an intercurrent remedy after 15 days prescribed.

Rajagopalarao P., “Most Valuable Tips from Masters of Homoeopathy” about this Remedy, did not prescribe Calcarea phosphoricum just because of its position in the repertorial chart, but after referring to the book.

Follow up after one month-Menses appeared. Patient fine, placebo continued.

Follow up after three months- She missed her menses in February.

I asked her why she did not report last month; she replied that she was busy and still restless due to family background. Calcarea Phos 1M single dose and placebo given.

Follow up after six months – Patient was overall fine with regular menses and at peace. Placebo continued.

Follow up after eight months - Missed her menses for two consequent months. She came with a written note about her symptom so that nothing should be left. She said that she was feeling extremely irritable and anxious. She told me, it would be great if I could speed up her recovery.

Iodium 200 CH one dose given.

The ultrasonography after 10 months of Homeopathic treatment revealed a normal uterus. Treatment for PCOD continued for a few more months.

2. SECONDARY AMENORRHEA SOLVED WITH CHARACTERISTIC DENTAL SYMPTOMS

A 22 years girl visited for Secondary Amenorrhea. Her ultrasound revealed PCOD. Homeopathy helped to resolve PCOD. Regular menses started. However, after 4 months; menses disappeared!

Medicine prescribed as per the symptomatology. Still, menses did not appear. I told her mother to observe her minutely at home. After a few days, she reported – “Doctor, I think my daughter is suffering from worm infestation; she has grinding teeth (Bruxism)”. There were no other symptoms like anal itching, which are suspected during worm infestation. I prescribed medicines for grinding teeth, but no change. Then her Allopath put her on a complete course of Albendazole. Still, grinding teeth was there. I was worried about her suppressed menses and now I had to deal with bruxism too! I suggested her to perform an ultrasound, which came absolutely normal. She did not complain of body ache, lethargy, irritability, or weight gain! The body was showing a blank reaction! There must be some changes when menses suppressed since months.

Constitutionally, she was a little bit obese, cool and simple girl;

not very ambitious and had a sort of confusion before answering anything.

Analysis and evaluation

From the totality, I understood that I have PQRS. There are 183 remedies given for suppressed menses but I could not relate anyone to 'grinding' or 'teeth' words. It is not easy to master Repertory. However, I did not give up and finally found a rubric in the chapter TEETH.

"Teeth – Grinding – menses – suppressed menses"



Prescription- *Helleborus niger* 200 CH aqua dose per week, for 5 weeks given as it has a blank mind, and in this case, the finding of a blank body...no reaction to long-term, suppressed menses else it covered the above PQRS.

Follow up after two months- Menses appeared but scanty. Confusion same.

Helleborus niger 200 CH one aqua dose with placebo given.

Follow up after four months- Menses appeared in 45 days. Rest is same.

Bruxism reduced. Placebo given.

Follow up after six months- Menses appeared in 60 days. Quantity adequate. Headache, aggravation mental exertion. I could observe the typical frowning of *Helleborus* indication confusion on her forehead. Bruxism stable. *Helleborus Niger* 1M prescribed.

Follow up after seven ~~months~~ Menses regular and adequate. No bruxism. Slowness in answer was same. Placebo given.

In subsequent follow up's she was fine with little late menses.

After a year, she discontinued the medicine, as she was completely fine.

Helleborus not only regulated her menses but also solved her Bruxism.

Clinical tip: "Every patient is new and we have to apply different skills in every individual case", as quoted by Dr J.H. Clarke in his book '*A Lecture on Organon of Medicine*'.

3. CONGENITAL ABNORMALITY SOLVED USING HOMEOPATHY

A 24 years girl with her father visited on 3 June 2020 with the complaint of suppressed menses for long time. Menses appeared once in 4-5 months and many times, she induced menses with conventional hormonal treatment for more than one year. On 7 October 2019, ultrasound showed small sized uterus (5.5x2.3x2.2 cm). She had profuse and gushing vaginal discharge with feeling as if menses would appear. She said, "I feel like menses but when I check, it's just the watery discharge, wetting my undergarments. Sometimes, I feel it is gushing below like a tap. I have itching over the vulva, frequent urination day and night, with occasional scanty urine, and tired feeling from the lower back to legs. I feel sleepy all day, as my sleep is not calm. I wake up frequently even without any disturbance."

Analysis and evaluation:

During interview, I observed her Pale face, obesity, frequent clearing of throat while talking. Her small uterus, gushing