

A Case Report on Premenstrual Syndrome (PMS) and Its Homoeopathic Management



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Abstract

Premenstrual Syndrome (PMS) is a group of physical and emotional symptoms that occur cyclically in the luteal phase of the menstrual cycle. It significantly affects the quality of life in women of reproductive age. Conventional treatment often provides symptomatic relief with side effects, where as homoeopathy offers a holistic, individualized treatment targeting the root cause rather than just symptom suppression.

There is a case study of 25 years old woman with classical symptoms of PMS who was treated using a constitutional approach after detailed case-taking and repertorization. Follow-ups were conducted over three menstrual cycles.

The patient responded positively to the homoeopathic remedy, showing marked improvement in physical and emotional symptoms over a period of three months.

This case demonstrates that individualized homoeopathic treatment can provide safe, effective, and long-term relief from PMS.

Keywords: Premenstrual syndrome, Luteal phase, Holistic, individualized treatment, Premenstrual Dysphoric Disorder, Mastalgia, Neurotransmitters.

Introduction

Premenstrual Syndrome (PMS) refers to a set of physical, emotional, and behavioral symptoms occurring cyclically during the luteal phase of the menstrual cycle and resolving shortly with the onset of menstruation.

Common symptoms include irritability, mood swings, anxiety, depression, fatigue, bloating, mastalgia, changes in sleep or appetite.

PMS affects up to 80% of women of reproductive age to varying degrees, and about 5–10% experience symptoms severe enough to interfere with daily functioning, relationships, and mental health, often termed Premenstrual Dysphoric Disorder (PMDD).

Though conventional treatments include hormonal therapy and psychotropic medications, they may cause side effects and often offer temporary relief.

Homoeopathy offers a holistic approach by considering the patient's physical, mental, and emotional makeup to select a simillimum, thus aiming to restore health on all levels.

Prevalence

The global prevalence of PMS ranges between 47.8% and 90.4%, depending on the population studied and diagnostic criteria used.

Studies indicate that 50-90% of women experience at least one PMS symptom, while 3-8% suffer from a severe form PMDD.

In India, various studies have estimated prevalence from 18% to 72% among adolescent and adult females.

A study by Direkvand-Moghadam et al. (2014) concluded that approximately 50% of women

worldwide experience PMS symptoms during their reproductive years.

Aetiology

PMS is multifactorial in origin, including:

- Hormonal fluctuations: Estrogen-progesterone imbalance
 - Neurotransmitter dysregulation: Especially serotonin
 - Genetic predisposition
 - Dietary deficiencies: Low levels of magnesium, vitamin B6
 - Psychological factors: Stress, emotional trauma
- Homoeopathy seeks to address these individual predispositions and susceptibilities through constitutional prescribing.

Case Report

Personal information:

Name of patient: Ms. Archana Yadav

D/O: Ramesh Yadav

Age: 25 years

Sex: Female

Religion: Hindu

Address:

Occupation: Student

Marital Status: Unmarried

Date of first visit: 07.03. 2025

Chief Complaints

A 25 year old female patient visited the OPD, with complaints of irritability and mood swings 5-7 days before menses.

She also experiences breast tenderness and abdominal bloating few days before the onset of menses.

All symptoms disappear once menstruation starts.

History of present illness:

The symptoms were noted by the patient since 8-9 months. Before this duration she was apparently well. She took allopathic treatment for the same but no fruitful result came out.

Menstrual History

Menarche: at age of 13 years

Cycle: Regular, 25-30 days cycle

Flow: Moderate, with duration of 4-5 days

LMP: 26.02.2025

Repertorization

It is done using Synthesis Repertory

No dysmenorrhea

Past History

Occasional headaches during exams

Family History

Mother: with history of hypothyroidism and PMS

Father: diabetic

Sister: NAD

Physical Generals

Appetite- decreased

Thirst- thirstless

Desire- chocolates, sour food

Aversion- fatty food

Stool- constipation, which aggravates during menses

Urine- clear, satisfactory

Sleep- disturbed before menses, otherwise sound

Dreams- not specific

Thermal- chilly patient

Perspiration- moderate

Mental Generals

- Sensitive to criticism
- Easily offended
- Emotional suppression
- Irritability during premenstrual phase

General Physical Examination

Built- lean, thin

Body weight- 48 kg

Nutritional status- good

Pallor- present

Cyanosis- absent

Edema- absent

Thyroid enlargement- absent

Tongue- slightly coated

Skin- dusky

Nails- pale

Pulse- 78/min

Respiratory rate- 16/min

Temperature- 98.7F

Diagnosis- Premenstrual Syndrome (PMS)

Rubrics taken using Synthesis Repertory

1. MIND- Irritability-menses-before
2. STOMACH- Thirstless
3. ABDOMEN- Distension-menses-before-agg.
4. RECTUM- Constipation-menses-during-agg.
5. CHEST- Pain-Mammae-menses-before-sore
6. GENERALS-Food and Drinks- chocolate-desire
7. GENERALS- Food and Drinks- sour food- desire

23:24 5G 40

1 MIND - IRRITABILITY - menses - before X

STOMACH

2 STOMACH - THIRSTLESS X

ABDOMEN

3 ABDOMEN - DISTENSION - menses - before X

agg. X

RECTUM

4 RECTUM - CONSTIPATION - menses - during X

agg. X

CHEST

5 CHEST - PAIN - Mammae - menses - before X

sore X

GENERALS

6 GENERALS - FOOD and DRINKS - chocolate X

desire X

7 GENERALS - FOOD and DRINKS - sour food, X

desire X

Remedies	ΣSym	ΣDeg	Symptoms
puls.	7	13	1, 2, 3, 4, 5, 6, 7
sep.	6	12	1, 2, 4, 5, 6, 7
kali-c.	6	10	1, 2, 3, 4, 6, 7
nat-m.	6	10	1, 2, 4, 5, 6, 7

Basis of prescription

The prescription is based on the totality of symptoms. After repertorization a wide range of medicines came out, from which Pulsatilla pratensis is the most similimum to the totality of symptoms of patient.

Prescription and Follow-up

First Prescription on 07.03.2025

Pulsatilla 200, 3 dose

Sac lac 30/ TDS/15 days

S.N.	Date of visit	Symptoms	Patient's assessment	Prescription
1.	24.03.2025	Patient had mild relief in abdominal and breast complaints	Better	Pulsatilla 200, stat Sac lac 30/TDS for 15 days
2.	12.04.2025	Less irritability	Good	Sac lac 30/TDS for 1 month
3.	12.05.2025	No PMS symptoms	Good	Sac lac 30/TDS for 1 month

The patient is advised for continued monthly follow-ups. No recurrence . Her general well-being improved.

Discussion

Homoeopathy addresses PMS by individualizing treatment rather than palliating symptoms. In this case, Pulsatilla pratensis matched the patient's mental and physical state.

This remedy, often suited to women with hormonal imbalances and premenstrual aggravation, helped bring long-lasting relief. The holistic approach of homoeopathy considers emotional and physical factors contributing to PMS, providing a constitutional solution.

Management

Patient is advised to focus on diet, exercise, stress management and sleep optimization. Spicy food, cold drinks, caffeine, chocolates, etc to be avoided.

Conclusion

Premenstrual Syndrome, though commonly considered minor, has a significant impact on a woman's quality of life. Homoeopathy offers a gentle, holistic, and effective approach for PMS through individualized prescriptions. This case demonstrates the successful use of Pulsatilla pratensis, in alleviating PMS symptoms without side effects, emphasizing the importance of constitutional treatment.

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