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UTILITY OF HOMOEOPATHIC MEDICINE MAGNESIUM PHOSPHORICUM IN CASE OF DYSMENORRHOEA - A CASE STUDY

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ABSTRACT

Dysmenorrhoea, characterized by painful menstrual periods, affects a significant proportion of women worldwide. This condition, attributed to excessive uterine contractions triggered by prostaglandins, can significantly impact quality of life. Current treatments include pain medications and hormonal therapies, but interest in natural remedies is growing. Mag Phos, known for its muscle-relaxing and analgesic properties, offers a natural and safe alternative for alleviating menstrual pain. By balancing calcium levels and reducing muscle spasms, Mag Phos provides effective relief from dysmenorrhea symptoms. This abstract explores the utility of magnesium phosphate (Mag Phos) in managing dysmenorrhea.

Keywords: Dysmenorrhoea, Homoeopathy, Pain management, Painful menstruation, female.

Introduction: The term dysmenorrhoea comes from the Greek means 'difficult monthly flow' but it is now taken to mean painful menstruation. It is a symptoms complex, with cramping lower abdominal pain which is radiating to the back and legs, and it often accompanied by gastro-intestinal and neurological symptoms as well as general malaise. It is one of the most common gynaecological problems in women of all age groups and races and economic status. The prevalence of dysmenorrhea can vary between 16% and 91% in individuals of reproductive age, with severe pain observed in 2% to 29% of individuals. It can be primary, in the absence of identifiable pelvic pathologies or Secondary, with demonstrable organic pathologies like endometriosis and pelvic inflammatory disease.

UNDERSTANDING DYSMENORRHOEA

1. Congestive dysmenorrhoea During menstrual period, certain amount of congestion is normal in the mucous lining of uterus, tubes and the ovaries. When this normal congestion increases beyond physiological limits due any cause then it is called congestive dysmenorrhoea Symptoms include Feeling of fullness few days before periods ,Flushed face ,Hot skin, Increased temperature ,Steady dull pelvic pain . Hypogastrium is distended , hot and sensitive to touch and it is more noticeable over left ovarian region.If the flow comes on freely the patient is relieved, but sometimes the suffering sometimes continues to a greater or lesser extent for several days.

2. Neuralgic dysmenorrhoea In this type of dysmenorrhoea there is no structural lesion or organic disorder but there is a presence of neurotic constitution due to which the pain occurs. Symptoms include Hysteria when menstrual nixus is about to approach ,Irritability, Melancholy ,Excruciating pain in uterine region, back, loins which moderates or entirely disappear when flow is established but in some cases it continues.

Neuralgic nature of pain is identified by the fact that in some it occurs at distant part of the body as eye or face while in others it alternate in its location or involve different locality. Feet and hands are cold. The patient is exhausted after the attack for a few days.

3. Membranous dysmenorrhoea It is painful menstruation accompanied by discharge of larger or smaller pieces, tune- shaped portions or pear shaped sacs forming complete casts

of the uterus. Symptoms include The pain starts as slight pains which gradually increase in intensity, until they become violent and expulsive, like the pains of abortion, and cease only when the membrane has been expelled, which is usually on the second or third, or more rarely, on the fourth day. The flow is not always profuse and can be scanty, The membrane can sometimes plugs up the cervix so that the blood is retained, and is discharged in clots after the expulsion of the membrane.

4. Obstructive dysmenorrhoea This type of dysmenorrhoea is dependent upon partial or complete closure or obstruction of the genital canal, causing an impediment to the free escape of the menstrual discharge which collects above the obstruction and is only expelled by violent spasmodic pain. The pains gradually become more and more severe, the expulsive efforts resembling those of abortion, though more painful. discharge blood results in relief and the pains are relieved until the accumulation has again taken place again. The flow sometimes comes drop by drop, but more often the uterine contractions are followed by gushes. The blood is mostly clotted, the clots sometimes corresponding in size and shape to that of the uterine cavity.

RISK FACTORS

1. Depression
2. Anxiety
3. Younger age at menarche
4. Nulliparity
5. Previous cesarean section with incomplete uterine scar healing (uterine niche)
6. Longer and heavier menstrual flow
7. Family history of dysmenorrhoea

CLINICAL FEATURES

1. Nausea
2. Vomiting

3. Fatigue

4. Tachycardia may be associated

It may be accompanied by vasomotor changes causing pallor, cold sweats and occasional fainting. Rarely, syncope and collapse in severe cases may be associated.

Pelvic examination as well as ultrasonography may reveal abnormalities is present.

GENERAL MANAGEMENT

1. Reduce caffeine
2. Exercise regularly minimum thrice a week .
3. Eat healthy and warm and fresh foods include soaked raisins and kesar.
4. Regularly use ginger in food preparations
5. Ensure sound sleep of at least 6-8 hours
6. Avoid smoking and alcohol .
7. Yoga activities can help to reduce and prevent the severity of many ailments that specifically women's health and gives strength, stability, and suppleness.
8. Have fresh fruits like plums, apples, dark grapes, pomogranates, berries, tomatoes, pine apples, and spices like turmeric ginger or garlic.

MAG PHOS IN DYSMENORRHOEA

The great anti-spasmodic remedy. Cramping of muscles with radiating pains. Neuralgic pains *relieved by warmth*. Especially suited to tired, languid, exhausted subjects.

Female -- Menstrual colic.

Membranous dysmenorrhoea.

Menses too early, dark, stringy.

Swelling of external parts.

Ovarian neuralgia.

Vaginismus.

Modalities.—

Worse, right side, *cold*, touch, night.

Better, warmth, bending double, pressure, friction.

CASE STUDY

Patient background

Name : XYZ

Age : 25 years

Gender : female

Presenting complains: Dysmenorrhea

Chief complaint : Patient was brought to the OPD with lower abdomen menstrual cramps with vomiting during every cycle even 3-4 days before & after of menses ,which are bending double in nature and aggravated by cold and rainy season and ameliorated by warmth and pressure.

Medical history : she has consistent dysmenorrhea since four years with pain intensity ranging from moderate to severe .There is no family history of skin conditions or auto immune disease.

Psychosocial history: the patient is calm , cooperative and mild in nature as seen and described by her parents.

Menstrual history

Menarche: 15 years of age

LMP: 12/10/2023

Cycle : 21 days

Quantity : normal

Consistency: dark, stringy with more clots

Oduor : absent

Character : bland

Complaints

Before menses: pain in lower abdomen

During menses: pain in lower abdomen

Leucorrhea : absent

Physical examination

Vital signs: normal

Abdomen : mild tenderness in lower without any palpable mass.

Pelvic examination: normal, no signs of pelvic inflammatory disease or other abnormality.

Homoeopathic approach

For specific characteristics of her symptoms and her overall temperament . The following key aspects are considered:

Physical symptoms : lower abdomen cramps < rainy season, cold ; > warmth and pressure , bending double pain , dark stringy flow.

Mental and emotional symptoms: helpful , cooperative

Modalities : symptoms are aggravated in rainy season, cold and ameliorated by warmth and pressure..

Remedy selection

Based on totality of symptoms and characteristics, Magnesium Phosphoricum was selected as the case remedy .Magnesium Phosphoricum is known for addressing dark stringy flow with similar modalities.

Remedy Name	Lach	Mag-p	Nux-m	Ap-s	Calc	Ign	Mag-c
Totally	9	9	9	8	8	8	8
Symptoms Covered	5	5	5	5	5	5	5
Kingdom							
[Kent] [Genitalia female]Menses:Dark: (75)	2		2	2	2	2	2
[Miasms] [Female Genitalia]MENSES:Stringy: (7)		1					
[Complete] [Abdomen]Pain:Bending bent Forward, double: (52)							
[Complete] [Generalities]Pain:Warmth:Amel.: (347)	3	3	4	3	3	3	3
[Complete] [Generalities]Pain:Pressure:Amel.: (441)	4	4	3	4	3	3	3

Treatment plan

She was prescribed Magnesium Phosphoric 200 potency and her parents were instructed about the dosage and administration. the importance of regular follow up appointments to monitor progress and adjust the remedy as needed was emphasized.

Rx Mag Phos 200x 3 dose /3 days

Follow-up Details

DATE OF VISIT	IMPROVEMENT ASSESSMENT/FOLLOWUP	MEDICINE PRESCRIBED
17/10/2023	Patient reported mild reduction in cramps with additional comfort provided Feeling better internally	Rx Mag Phos 200x3 dose/3 days
26/10/2023	The patient had relief in complaints . Even no pain after menses.	Rx SBR 30 BD/ 7 days
10/11/2023	LMP – 8/11/2023 The intensity of cramps is less the previous month. Overall the patient feel better during her menstrual periods. No Vomiting this time.	Rx Mag Phos 200x 3 / 3days
12/12/2023	The patient is better with no cramps and is energetic before & during menstrual .	Rx SBR BD/ 3 days

CONCLUSION

Dysmenorrhea can significantly impact the well-being of individuals during their menstrual cycles, but natural remedies like magnesium phosphate offer a promising solution. By

leveraging its muscle-relaxing and analgesic properties, Mag Phos provides effective relief from menstrual cramps without the side effects associated with conventional medications. With its safety, efficacy, and natural origin, magnesium phosphate stands as a valuable ally in the quest for menstrual pain relief.

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