

HOMOEOPATHIC FIRST AID TREATMENT FOR PREMENSTRUAL SYNDROME

These recommended remedies for premenstrual syndrome cover a range of different symptoms. The idea is to choose the remedy best suited to the physical, emotional and mental symptoms.

The common potency for first aid use is 30c. The dose is to suck 2 tablets 3 times daily for the duration of the symptoms (up to a week at a time).

If symptoms are recurrent or particularly strong, then constitutional treatment may be required, from a Homoeopathic doctor.

- Kali Carb:**
- Generally unwell for a week before the period.
 - Exhaustion, tendency to be accident-prone, and much more tense than usual.
 - Thirst and restlessness, swelling of the face, shaking.
 - Heaviness and swelling of limbs, itching of the vulva.
 - Cramping sensation in abdomen, with shooting or colicky pain, pain in the small of the back.
 - Worse in cold weather; better in warm weather, during the day, while moving about.
- Lycopodium:**
- General discomfort and uneasiness.
 - Sadness and melancholy with weeping and hysterical sighing.
 - Mild temperament, often intellectually keen but weak muscular power.
 - Distention of the abdomen, heaviness of the legs and coldness of the feet, shivery and restlessness.
 - May be worse after 4-8pm, and on the right side.
- Nat Mur:**
- Sadness and great anxiety, episodes of depression, tend to cry only when alone, over-sensitive, bad-tempered.
 - Tendency to faint, palpitations, pressure headaches worse sunrise to sunset.
 - Nausea, worse after eating and better when fasting, may crave salt, bread and butter or sour food.
 - Debility, coldness, weakness and weariness, dryness of mucous membranes.
 - Drawing pains in the lower abdomen, burning in the vagina.
- Lachesis:**
- Talkative, restlessness and uneasy, jealous and suspicious.
 - Sad especially in the morning, no desire to mix with the world, does not want to work.
 - May have vertigo, headaches, nose bleed, cutting abdominal pains, bruised feeling in hips, vaginal discharge.
 - Generally worse first thing in the morning, on the left side, and with tight clothing; better as soon as period starts.
- Cale Carb:**
- Depression and nervousness, easily frightened, jaded mentally and physically, often over-weight.
 - Headache, hot head, increased perspiration, sensitive to the cold, aching pain in the back and hips, abdominal pain, vaginal discharge.
 - Swelling and sensitivity of the breasts.
 - May crave eggs, salt, sweets and indigestible things, dislikes milk and fat.
 - Worse from mental and physical exertion, cold weather, standing, better in d_ry weather.

- Sepia: -Sadness and weeping, irritable and easily offended, dreads to be alone, weeps when talking about self, anxious towards evening, indifferent to those loved best, averse to occupation and family.
-Abdominal pain with fainting, shuddering, sensation of emptiness in the stomach, foul odour and taste in the mouth, pressure in the abdomen.
- Nux Vomica: -Anxious, excited, irritable and cross.
-Restless, sullen, fault finding, no desire to work.
-May have nausea, with chilliness and fainting spells.
-Neck pain, abdominal distension, abdominal pain, constipation, frequent urination.
-Worse morning, mental exertion, cold; better after a nap, in evening, resting, in damp wet weather.
- Pulsatilla: -Weeping, sadness, anxiety and hysteria in a variable and changeable fashion; easily discouraged, likes sympathy.
-May have nausea, tension, giddiness, fainting and pain; thirstless.
-Especially in woman of a mild, gentle, yielding disposition.
-Worse from heat, after eating, stuffy room, towards evening; better in open air, gentle motion, cold applications, cold food and drink,

Homoeopathic remedies may be obtained from this address.

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