

HOMOEOPATHIC FIRST AID TREATMENT OF PAINFUL PERIODS

These recommended remedies for painful periods 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.

- Pulsatilla:**
- Variable colicky and tearing pains, often in the lower back or kidney regions.
 - Menstrual loss is usually only slight, and nausea or vomiting often accompanying the pains.
 - Pains are typically accompanied by floods of tears.
 - Periods are variable and changeable.
 - Especially in women of a mild, gentle and yielding disposition.
 - Worse after heat, after eating, stuffy room, towards evening; better in open air, gentle motion, cold applications, cold food and drink.
- Belladonna:**
- Pains are generalised and stitch-like, and begin before the period starts.
 - Dragging heavy pains in the lower abdomen, worse by the least jolting; sensitive to touch and movement.
 - There is usually congestion, with the face hot and flushed, and the body generally feels swollen and uncomfortable.
 - The flow may be excessive and early, with a mixture of clots and bright red blood.
 - A headache may be present, and the mood is one of anger irritation and agitation.
- Chamomilla:**
- The pains are very severe and colicky, and associated with restlessness.
 - The whole lower abdomen and ovarian region is tender.
 - Vomiting, diarrhoea, irritability and fainting are common features, and there may be a need to urinate frequently.
 - The period may be too early and too profuse, with dark and coagulated, and
- Lachesis:**
- Colicky menstrual pains, felt mostly on the left side of the abdomen, and in the left ovary.
 - There may be diarrhoea, a feeling as though the cervix is wide open, and intolerance of any weight or tightness around the abdomen.
 - The period is usually delayed and brief, often with a dark loss which may be offensive and sometimes clots.
 - Restlessness, depression are common and the person may be talkative.
 - Generally worse first thing in the morning, after sleep, and on the left side.
- Veratrum Album**
- Severe colic and diarrhoea, sometimes with nausea and vomiting.
 - The period is usually early and heavy, with a marked tendency to chilliness, cold sweats and pallor.
 - Agitation, sadness and fear are often present, and worse with the period.

- Nux Vomica: -Cramping spasm of pain.
 -Colic, nausea, constipation and morning aggravation are characteristic.
 -Periods are always unreliable and spasmodic, but usually heavy and frequently early, with a sense of exhaustion.
 -There is irritability and anger, sometimes with violence.
 -Worse morning, mental exertion, cold; better after a nap, in evening, resting, in damp wet weather.
- Sepia: -Burning colicky pains, felt in the uterus, often dragging and heavy, and a dragging low backache; there may be a sense of the uterus prolapsing.
 -The pains cause restlessness, agitation and exhaustion.
 -The periods are typically irregular and unreliable, often with a dark flow, and may be late and light.
 -Irritability and desire for rest and solitude are marked.
- Sulphur: -Burning pains, may be violent colic, with pains in the side, flushes of heat, and weak, faint spells.
 -Irregular and often prolonged periods, which are variable and often heavy,
 -periods may be early, or late or prolonged. The bleeding may be too pale, or thick dark and acrid.
 -Untidiness and disorganisation are the general rule, hunger is often marked, and a sensation of heat, and some form of skin infection or eczema is often present.

Homoeopathic remedies may be obtained from this address.

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