MENSTRUAL PROBLEMS

Dictionary:

Amenorrhea: absence or cessation of menstrual period
Dysmenorrhea: painful periods
Leucorrhea: white discharge
Menorrhagia: heavy/Excessive Menstruation
PMS: Premenstrual Syndrome

PAINFUL MENSTRUAL CRAMPS (Dysmenorrhea)

Discomfort is common during first few days of a menstrual period. Symptoms include a dull ache in the lower back or abdomen or severe abdominal cramps. Pain is made worse by stress but may improve after childbirth or once a woman reaches the thirties. Sudden pain after years of pain-free periods may indicate pelvic infection, endometriosis (formation of cysts in pelvic cavity from bleeding fragments of uterus lining), or fibroids.
The use of intrauterine devices or coming off the contraceptive pill can also result in painful menstruation.

Useful Herbs:

Black cohosh, Black haw, Blue cohosh, Catnip, Camomile, Chasteberry, Crampbark, Feverfew, Hops, Lady's slipper, Lobelia, Mistletoe, Motherwort, Oats, Osha, Pasque flower, Pennyroyal, Pleurisy root, Rue, Sage, St. John's wort, Tansy, Vervain, Wild yam, Wood betony, Yarrow.

Essential oils: Bergamot, Camomile, Cypress, Jasmine, Marjoram, Peppermint, Sage.

Herbal Remedy for menstrual cramps:
1 part Gingerroot
1 part Blessed Thistle
1 part Crampbark
Infuse 1 tsp per cup boiling water. 1-6 cups should be consumed.

Vitamins/Minerals:

200-1,000 mg Calcium with 100-500 mg Magnesium 2-3X/day (taking Calcium-magnesium is very important - take it at bedtime to help with sleep and calm the muscles down throughout the whole month)
2 good quality multi-mineral tablets 2/Xday. Best taken afternoon or evening.

Tissue Salts: 5 drops Mag. Phos. tissue salt 4/X day or 4 tablets 4X/day

Homeopathy: *(remedies are taken sublingually/under the tongue, on empty stomach)*

With Homeopathic remedies, if you have not had an improvement after taking the remedy 3 times, try a different remedy.

PULSATILLA . Take 30c hourly up to 10 doses

Ailment	Physical Symptoms	Psychological	Better with	Worse with
Abdominal pain with depression & self pity	Uterine cramps causing nausea or vomiting Tenderness in abdomen Tearing pain in lower abdomen Possible migraines or diarrhea Blood flow includes clots or is very scanty	Self pity and great tearfulness at slightest provocation Desire for comfort & reassurance Depression	From crying & Hands above head With gentle exercise In fresh air Drinking cold drinks	With heat Temperature extremes Eating rich, fatty foods Lying on the painful area

SEPIA: take 30c hourly up to 10 doses.

Ailment	Physical Symptoms	Psychological	Better with	Worse with
Abdominal pain with irritability, tearfulness and indifference	Sharp, piercing pain in lower abdomen Sensation of uterus falling out Cramps possibly accompanied by a migraine, acne, weakness, perspiration, and fainting	Irritability & tearfulness Desire to be left alone Indifference to loved ones.	Lying on right side with knees pulled up to Chest From eating, sleeping, exercise, Applying hot compresses on abdomen	With cold Tobacco smoke Mental exertion In early A.M. and between 4-6pm

MAGNESIUM PHOSPHORICA (MAG PHOS). Take 30c hourly up to 10 doses

Ailment	Physical Symptoms	Psychological	Better with	Worse with
Abdominal Pain soothed by heat and pressure	Colicky, spasmodic pain Blood flow with clots Dark, stringy, tarlike blood flow Period starts ahead of schedule	Irritability, anxiety & extreme sensitivity Fixation about pain Possible fear of thunderstorms and of darkness. Grumpy, feel unnurtured.	With warmth From hot bath From applying pressure to abdomen When bending double	In cold air drafts Uncovered At night Being exhausted Movement

BELLADONNA. Take 30c every few hours

Ailment	Physical Symptoms	Psychological	Better when	Worse when
Throbbing pelvic Pain. Sudden onset of symptoms.	Pain worse on right side. Violent pain Profuse, bright red, gushing, Clotted menstrual flow Feeling of fullness in uterus from congested blood Bearing down sensation as if pelvic organs will fall out	Irritable Very thirsty for cold water, or no thirst at all Desire for lemons and lemonade.	Lying in bed or leaning against something	With motion Light Noise

CHAMOMILLA. Take 30c every 15 minutes

Ailment	Physical Symptoms	Psychological	Better with	Worse with
Intense labour-like pain with menstrual flow.	Profuse, dark, clotted blood with occasional of bright red blood Blood. Menstrual pain after anger. Hypersensitivity to pain. Severe menstrual pain with pains extending down inner thighs. Greenish diarrhea.	Very irritable. Wants something then changes mind when gets it. Desires cold drinks. Inconsolable	Being rocked. Cold applications.	Lying in bed.

CIMICIFUGA. 30C every 15 minutes

Ailment	Physical Symptoms	Psychological	Better with	Worse with
Spasmodic pain in the uterus	Heaviness in lower back. Labour-like pain in small of the back. Doubling over with pain. The heavier the flow, the worse the pain.	Feeling of going crazy. Depression like a black Cloud. Sighing. Aversion to eating or Drinking	Keeping warm. Eating.	With motion

COLOCYNTHIS. 30C every 15 minutes

Ailment	Physical Symptoms	Psychological	Better with	Worse with
Cramping pain	Pain so intense that vomiting happens.	Irritable, indignant. Feelings hurt easily.	From heat & hard pressure After bowel	With anger

			movement or passing gas.	

LACHESIS. 30C every 15 minutes

Ailment	Physical Symptoms	Psychological	Better with	Worse with
Left sided ovarian pain.	Dark, clotted menstrual Blood. Left ovarian pain or cysts. May have missed a period. Menstrual problems worse around menopause. Symptoms after suppressing menses or emotions.	Suspicous and Vindictive. Talkative. Desires open air.	Pain better with Movement. Open air.	Tight clothing around abdomen or neck. Premenst-rually. Missing a period.

NUX VOMICA. 30C every 15 minutes to an hour until you see improvement. .

Ailment	Physical Symptoms	Psychological	Better with	Worse with
Cramps extend the whole body	Menstrual pain with urge for bowel movement. Menstrual cramping after anger, rich foods, or too much alcohol.	Angry, impatient. Obsessed with business. Wants to be the First & the best. Competitive and hard driving. Type A. Desires fats, spicy food, alcohol, stimulants.	Rest, lying on	Pressure

Some help to decide which remedy:
If tearful and full of self-pity, try Pulsatilla
If tearful but want to be left alone, try Sepia.
If heavy, bright red bleeding, gushing, throbbing pain, try Belladonna.
If pain is better from heat and pressure think first Magnesia, then Colocynthis.
If pain is very intense and woman is very angry and inconsolable, try Chamomilla.
For spasmodic cramps are helped bringing the knees up to the chest, try Colocynthis.
If pain began after becoming angry, try Nux Vomica, Colocynthis, or Belladonna.
If pain is accompanied by intense anger and relieved as soon as the period comes, consider Lachesis.
If pain came on after too much alcohol or rich food, give Nux vomica.

Other:

- **Get plenty of exercise. Walking, stretching.**
- **Lose weight if you need to.**
- **Between periods take an occasional short, cold bath; during the week before a period take a long hot bath every other night. Alternating hot and cold sitz baths can help (soak in moderately hot tub for 5 min, then in a tub of cold water up to the navel with knees bent for 1 min. alternative 2-3 times.)**
- **For muscle cramps don't forget to take Calcium-magnesium (1000mg calcium and 500mg magnesium)**
- **A heating pad often helpful.**
- **Castor oil packs to the abdomen with a heating pad can help.**
- **Avoid caffeine and salt premenstrually.**
- **Seek professional help if using diet, exercise, herbs or homeopathy does not help.**

TO SUPPRESS MENSTRUAL FLOW (to help Menorrhagia):

Heavy or prolonged menstrual flow is not an illness in itself but is a symptom of several possible underlying pathologies. Heavy periods are defined as those with profuse bleeding or flooding which quickly soak through any sanitary protection and may include large clots of blood, or bleeding that continues for more than 7 days. Such periods may be due to pelvic infection, hormonal imbalance, fibroids, endometriosis (formation of cysts in pelvic cavity from bleeding fragments of uterus lining), stress, overwork, or approaching menopause. The use of intrauterine devices can also increase menstrual blood flow.

A) If due to pelvic congestion: this may be due to poor pelvic circulation, inflammation or tumors.
Herbs that help: Achillea millefolium (Yarrow); Hydrastis canadensis (Goldenseal); Caulophyllum thalictroides (Blue Cohosh); Colonic irrigation and exercise may also be beneficial as well as remedies to cleanse and tone the liver and thus remove congestion.

B) if due to capillary fragility (blood cells fragile): This may be due to Vit. C or bioflavonoid deficiency, hyaluronidase imbalances, free-radical damage or blood clotting problems.
Herbs that help: Fagopyrum esculentum (Buckwheat); Petroselinum crispum (Parsley); Tilia europea (Linden); Achillea millefolium (Yarrow); Aesculus hippocastanum (Horse Chestnut which is not the same as regular edible chestnuts); Hydrastis canadensis (Goldenseal)

C) Pelvic Inflammatory Disease. Get handout regarding this, or seek professional help.
D) Hormonal imbalance assoc. with PMS. Other information is given regarding with this handout.
E) Hypertension. If only happens during menstrual period, treat with herbs, foods, homeopathy. If this happens at other times, get tested thoroughly with hair analysis, live blood cell analysis, food analysis etc.
F) Diabetes or renal disease. Diet may be the main component and should be strictly addressed.

Herbs to use symptomatically for menorrhagia include:

- **Ladies Mantle (Alchemilla arvensis). Astringent herb with styptic properties because of the tannin it contains. In addition to helping excessive menstruation flow, it can help relieve swollen or lumpy breasts from PMS, irritability.**
- **Shepherd's Purse (Capsella bursa-pastoris). Astringent herb with haemostyptic properties, decreasing bleeding and stimulates muscles.**
- **Wormwood (this is very bitter, might want to take it by capsule (2 caps twice daily)**

Make a tea of any of the above: 1 tsp herb to 1 cup boiling water. Steep 20 minutes.

Note: avoid Dong Quai if menstrual flow heavy, it will bleed even more

<u>Herbal Formula For Excessive Menstruation:</u>
2 parts raspberry leaves
1 part prickly ash
1 part blue cohosh
1 part wild yam
1/2 part cinnamon
Infuse Pour 1 cup boiling water over 1 tsp of the above mixture. Cover, let sit for 20 minutes, strain and drink (you may add honey if you wish)

Note: if you have had excessive flow for a while, may want to help the blood rejuvenate: Yellowdock

Tissue Salts: Kali Mur, Calc Fluor, Kali Phos

Diet:

- **Avoid stimulants (alcohol, spicy foods, sugar, heavy meats)**
- **Simple, easy to digest and mainly vegetarian.**
- **Avoid all dairy, meat, coffee, tea, alcohol, nicotine.**
- **Eat whole grains, sprouts, green leafy vegetables, raw fruit and vegetable juices, garlic, figs, dates, cabbage, all seaweeds, dulse, bananas, avocados, grapes, pecans, walnuts, almonds, black and white sesame seeds, sunflower seeds, beets, bee pollen, spirulina and green juices.**

Homeopathy: *(remedies are taken sublingually/under the tongue, on empty stomach)*

With Homeopathic remedies, if you have not had an improvement after taking the remedy 3 times, try a different remedy.

CALC CARB. Take 30c three times a day up to 14 days

Ailment	Physical Symptoms	Psychological	Better with	Worse with
Heavy period in overweight women	Fluid retention that exacerbates a weight problem. Possible backache perspiration and clumsiness. Blood is bright red. Possible abdominal cramps. Periods are irregular	Confused, trouble concentrating. Anxiety about symptoms being noticed by others Fear of Insanity	In the morning. When slightly constipated.	In drafts. With exercise. In cold, damp, windy weather Between 2am and 3am. From stress and over-exertion.

SEPIA 30 c 3 times a day up to 14 days.

Ailment	Physical Symptoms	Psychological	Better with	Worse with
Heavy period with apathy and Indifference	Severe abdominal cramps. Itchy vaginal discharge. Sweating during menstruation. Visual disturbances, such as spots or flashes. Periods are irregular.	Tearfulness and Irritability. Indifference even to loved ones. General apathy.	Eating Sleep Exercise Hot compresses To lower abdomen.	Cold Exposure to tobacco smoke. In early a.m. & evening.

CHINA 30c three times a day up to 14 days

Ailment	Physical Symptoms	Psychological	Better with	Worse with
Heavy periods with nervous excitement	Blood flow includes dark clots. Intermittent bleeding. Abdominal cramps. Headache, dizzy, fainting. Very pale face	Irritable. Extremely sensitive. Fear of domestic Animals. Mood swings. Depression	Firm pressure to abdomen. Loose clothing. Bending over. Lying down.	Being jarred. Near noise. Cold drafts. From mental exertion. At night.

Other:

- **Suggest doing Liver Cleansing with Milk Thistle and/or Dandelion Root for several months.**
- **Get 30 minutes of moderate exercise every day, but avoid overexertion.**
- **If menstrual cycle is regular but flow is heavier than usual or exhibits some other change, get professional help.**
- **If you have had sexual intercourse regularly and a period is late and heavier than usual, seek professional help within 12 hours.**

TO PROMOTE MENSTRUAL FLOW:

Amenhorrhea may happen if menstruation has never begun and there is also an absence of normal sexual development.
It is possible if the girl is less than 14 years old she may be just a late developer.
It also happens when normal menstruation has ceased. It not pregnant, the person might just have missed a period or two.

Other reasons for Amenorrhea (suppressed menstruation):

-disturbance of hypothalamic/pituitary/ovarian axis
-failure of uterus to respond to estrogen or progesterone
-obesity or anorexia, or after great weight loss
-excessive exercise, especially if the diet is vegetarian

-emotional distress, stress
-travel, especially after long-haul flights
-shock
- coming off the contraceptive pill
-thyroid dysfunction (hyper-excess)
-premature menopause
-ovarian cysts or tumours
-adrenal hyperplasia
-post-contraceptive pill
-displacement of uterus, eg. Titled backward.
-after childbirth

HERBAL REMEDIES:

False Unicorn (hormone balancer)
Chasteberry (hormone balancer)
Red Raspberry (uterine & ovarian tonic)
Blue Cohosh (uterine & ovarian tonic and emmenagogue)
Pasque flower (Uterine & ovarian tonic)
Dong Quai (promotes menstruation)
Chamomile (relaxant)

<u>Formula for Amenorrhea(suppressed menstruation)</u>

1 part Pennyroyal herb
1 part Motherwort herb
1 part Blue cohosh root
1 part Life root or ragwort root
1 part Thyme herb
Infuse 1 cup boiling water over 1 tsp herbs. Take 1/2 cup each 2 hours.

<u>Formula for Amenorrhea, dysmenorrhea (Menstrual Obstruction)</u>

1 part southernwood herb, bruised
1 part pennyroyal herb
1 part mugwort leaves
Use 1 oz of the combination to 1 pint of boiling hot water. Cover tightly and steep for 10-15 minutes. Strain, sweeten to taste, allow to cool. Bottle and keep in a cool

DISCHARGE PROBLEMS:

This may be caused by deeper problems such as fibroids, candida overgrowth, or infection. It is good to be tested to eliminate worry about this. Here are a few things you can try to help.

Tissue Salts

deep-red or blackish-red: Kali Phos
scalding, smarting: Nat Mur
sickening: Nat Phos
sour-smelling: Nat Phos
thick, white, bland: Kali Mur
thin, with offensive odour: Kali Phos

GENERAL HERBAL HELP FOR FEMALE PROBLEMS:

<u>Female Formula:</u>
2 parts Dong Quai

1 part each of Black Cohosh, Blue Cohosh, Blessed Thistle, Cramp Bark

P M S

See under “PMS”