**A Homoeopathic View on Amenorrhoea**

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**Abstract**

Amenorrhoea is the absence or abnormal cessation of spontaneous menstruation in a woman of reproductive age. Amenorrhoea is a symptom, not a disease, and has a
variety of causes. Once pregnancy is excluded, & determine the exact cause of amenorrhoea. It can be healthy and natural, so also indicate a health problem. This article emphasis on incidence, clinical features and management of Amenorrhoea with discussion on homoeopathic medicines indicated in this clinical conditions and taking rubric related to it from various repertories.

**Keywords:** Amenorrhoea, Homoeopathy, Repertorisation, Therapeutic.

**Introduction -** Amenorrhoea literally means absence of menstruation. It is a normal feature in prepubertal, pregnant, lactating and postmenopausal women and should be excluded before diagnosis.

**Types of Amenorrhoea**
**Physiological Amenorrhoea:-**This type of amenorrhoea occurs
 During pregnancy
 During lactation
 Before puberty
 Following menopause
**Pathological amenorrhoea:-** This type of amenorrhoea occurs

 Crytomenorrhoea
 Primary Amenorrhoea
 Secondary Amenorrhoea

**PRIMARY AMENORRHEA**
A young girl who has not yet menstruated by her 16 years of age is having primary
amenorrhea rather than delayed menarche. The normal upper age limit for menarche is 15 years.
In view of lower mean age of menarche, currently a cut off value at 14 years (in the absence of secondary sexual characters) and 16 years (presence of secondary sexual characters) is being considered.

**SECONDARY AMENORRHEA**

It is the absence of menstruation for 6 months or more in a woman in whom normal menstruation has been established. It causes Stress, Contraceptive pills, Pcos, Premature ovarian failure, Weight gain and weight loss, Poor nutrition, Thyroid. (1,2,)

**Repertorisation**
The rubrics regarding Amenorrhoea from different repertories are as follows:

***Boericke Repertory* -** Amenorrhoea -  *Acon, Apis, Calc-c, Caul, Cim, Cycl, Euphras, Ferr m, Ferr.red, Glon, Graph, Helleb, Helon, Kali c, Kali perm, Merc per, Nat m, Plat, Polyg, Puls, Senec, Sep, Sul, Xanth.(3)*

***BBCR Repertory*** - Amenorrhoea – *Apis*, *Bry*, *Chin, Cimic, Dulc,* *Graph, Helo, Kali-c, Nat m, Phos*, **PULS,**  **SENEC,** *Sulph.(4)*

***Clark Repertory*** – Amenorrhoea - Aln, Ars, Aur, Bry, Caul, Dam, Eupi, Ferr-I, Gast, Goss, Graph, Guaj, Hedeo, Hell, Helon, Indg, Kali-c, Kali p, Kreos, Linu-c, Lob, Marct, Ol- j, Ovi p, Parth, Pin-l, Plat, Podo, Polyg-h, Puls, Pula-n, Rhod, Rhus-t, Sanic, Senec, Sep, Sin-n, *Sulph,* Tanac, Tep, Thyroiod, Verat, Verat-v, Wies, Wye.(5)

***Kent Repertory*** – Amenorrhoea - *Acon*, *Am-c*, *Ant-c, Apis, Apos*, *Ars, Ars-I*, **AUR**, *Bar-c, Bell,* *Borx, Bry, Calc,* **CARBN- S**, *Caul, Caust,* *Cham, Chin, Cocc,* *Coll, Coloc,* **CON,** *Cupr, Cycl,* *Dros,* **DULC,** **FERR**, *Ferr-ar,* **FERR-I,** *Ferr-p, Goss,* **GRAPH,** *Guaj, Ham, Hell, Hyos, Ign,* *Iod, Kali-ar,* **KALI-C,** *Kali-n, Kali-p, Lach,* **LYC**, *Mag-c, Mag-m, Merc, Nat-m, Nux-m, Nux-v, Phos, Plat,* **PULS,** *Rhus-t, Sabad,* **SENEC,** **SEP, SIL,** *Staph,* **SULPH, TUB,** *Valer, Zinc.(6)*

 ***Murphy Repertory*** –Amenorrhoea *- Acon, Am-c, Anac, Ant-c, Apis, Apoc, Ars, Ars-i,* **AUR***, Bar-c, Bell, Bor, Bry, Calc,* **CARBN-S**, *Caul, Caust, Cham, Chin, Cimic, Coca, Cocc, Colch, Coll, Coloc,* **CON,** *Cupr, Cycl, Cypr, Dros,* **DULC, FERR,** *Ferr-ar,* **FERR-I,** *Ferr-m, Ferr-p, Glon, Goss,* **GRAPH,** *Guai, Ham, Hell, Helon, Hyos,* **IGN,** *Iod, Kali-ar,* **KALI-C,** *Kali m, Kali n, Kali p, Lach,* **LYC,** *Mag-c, Mag-m, Merc, Merl, Nat m, Nux m, Nvx v, Ol-j, Phos, Phyt, Plat, Polyg,* **PULS,** *Rhus t, Sabad,* **SENEC, SEP, SIL,** *Sin-n, Staph,* **SULPH,** *Thuj,* **TUB**, *Valer, Vib, Zinc.(7)*

***Phatak Repertory*** – Amenorrhoea - Aur, Bell, Cimic, *Con*, Cupr, Cycl, *Dulc*, *Graph*, Hell, Helon, *Kali-c*, Lac-d, Lach, *Lyc*, Nat-s, Phos, **PULS**, *Senec*, Sep, *Sil, Sulph,* Tub, Xan.(8)

**HOMOEOPATHIC THERAPEUTIC APPROACH FOR AMENORRHOEA**
There are a number of homoeopathic medicines which can be helpful in case of Amenorrhoea. Some medicines are:

1. **Aconitum Napellus** - Amenorrhoea during puberty. Suppressed menses from fright, cold. Menses too protracted, late. Frenzy, fury on appearance of menses.
2. **Apis Mellifica** - Amenorrhoea of puberty. Menses suppressed with mental and head symptoms, especially in young girls. Hysterical girls at puberty.
3. **Graphites** - Menses too late, with constipation; pale and scanty, with tearing pan in epigastrium, and itching before. Menses scanty, pale, irregular, painful.
4. **Ignatia Amara** - Amenorrhoea,  Suppressed menses from grief, sighing before menses. Constant burning heat in vagina worse before menses.
5. **Kali Carbonicum** - Amenorrhoea with backache. Difficult first menses. Menses  delayed in young girls with chest symptoms & ascites. Suppressed menses with anasarca or ascites.
6. **Natrium Muriaticum** - Delayed first menses, amenorrhoea. Suppressed menses from grieg, from putting feet in cold water.Menses irregular usually profuse.Hot during menses, Menses painful from getting feet wet.
7. **Pulatilla** - Amenorrhoea, from wet feet, nervous debility, anemia or chlorosis. Menses delayed at puberty. Suppressed menses. Dark, thick menses. Menses too late, scanty after bathing. Menses clotted, changeable flow more during day while walking about menses intermittent, irregular, or vicarious, Tardy menses, bearing down pain, worse
lying.
8. **Sepia** - Menses too late & scanty, irregular, early and profuse, sharp clutching pains. Violent stitches upward in the vagina from uterus to umbilicus.
9. **Sulphur** - Amenorrhoea, Suppressed of menses from excitement. M enses preceded by headache or suddenly stopped. Menses too late, short, scanty & difficult, thick, black, acrid, making parts sore.(3)(7)

**Conclusion**
The homoeopathic medicines are used frequently in Amenorrhoea with good results. Other individualised homoeopathic medicines can also relief to the symptoms of amenorrhoea. Homoeopathic medicines when prescribed on the symptom similarity and individualisation symptoms and reaching at the cure. Repertory is a tool, using repertory one can easily get a near range of similar medicine and similimum can be prescribed with help of materia medica.

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