AMENORRHEA

Homeopathic treatment

Punam. S Parikh
Hom. BHMS.
Homeopath
Types of Amenorrhea

- PRIMARY- By age 14, No Menarche, No Secondary sexual characteristics
  By age 16, no Menarche with Secondary sexual characteristics

- SECONDARY- No menses for 3 months or
  No menses for 9 months with history of oligomenorrhea
Hormonal Changes in A Menstrual Cycle

Hypothalamus-GnRh

Pituitary- FSH, LH

Ovaries- Estradiol, Progesterone
### Classification of Causes of Amenorrhea

<table>
<thead>
<tr>
<th>Compartment</th>
<th>Overview</th>
<th>FSH levels</th>
<th>Primary</th>
<th>Secondary</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Outflow Tract</strong> (Uterus, Cx, Vagina) Obstruction Anamolies</td>
<td>Functional Axis</td>
<td>Normal FSH</td>
<td>Mullerian Agenesis Imperforate hymen</td>
<td>Intrauterine Adhesions</td>
</tr>
<tr>
<td><strong>Ovaries</strong></td>
<td>The Ovary doesn’t respond to Pituitary Stimulation.</td>
<td>↑ FSH ↓ Oestrogen</td>
<td>Turner Syndrome</td>
<td>PCOS, Menopause Drug Induced</td>
</tr>
<tr>
<td><strong>Pituitary Hypothalamus</strong></td>
<td>Inadequate levels of FSH lead to inadequately stimulated ovaries</td>
<td>↓ FSH Or Normal FSH</td>
<td>Kallmann Syndrome</td>
<td>Hyperprolactinemia, Pregnancy, breast feeding, <strong>PCOS? OC Pills</strong>, Exercise, Stress, Eating disorders, Wt loss, Drug Induced Hyperthyroidism, Hypothyroidism,</td>
</tr>
</tbody>
</table>
Case of Complicated Amenorrhea

**Investigations At 17 years**

- LH - 15.8 IU/L
- FSH - 4.6 IU/L
- Progesterone - 4.4 nmol/L
- Prolactin - 12.4 ug/L
- Testosterone - 2.2 nmol/L
- Chromosome study 46XX
- TSH - 1.5 MIU/L
- Estrogen - 166 pmol/L
- Usg Pelvis - Normal, no follicles
Investigations at 19 yrs

Basal Insulin fasting - 292
(30-175pmol/L)

GTT (F) - 4.3 (<6.1mmol/L)

GTT (PP) - 4.9 (<7.8mmol/L)

Usg Pelvis - Follicles in ovaries
Poly Cystic Ovarian Syndrome
Metabolic condition

- Insulin Resistance
- Genetic ?
- 10 % women
- Often misdiagnosed
- Rotterdam criteria for diagnosis (any 2 of these 3)
  1. >12 peripheral follicles, ↑Ovarian volume
  2. Ovulation absent, or very less
  3. Clinical or biochemical signs of hyperandrogenism
- Most concerning medical consequences: D.M., CAD, Endometrial Cancer/Hyperplasia
- Pregnancy is difficult due to various factors
PCOS

Pregnancy is very difficult
Treatment already taken

- Combined birth control pills
- Clomiphene citrate
- Bromocriptine
- Progesterone withdrawal testing (Prometrium)
- Metformin
- Homeopathic UNDA 10, 1000, 250
Her Complaints

- Amenorrhea
- Eyes, vision, blurry < eating too much sugar
- Dry cough < becoming cold
- Boils on inner thighs
- Pimples and blackheads on face
- Excessive dandruff on scalp with lot of hairfall
- Coarse hair below chin
- Constipation: stools every 2\textsuperscript{nd} or 3\textsuperscript{rd} day
Rubrics

- Mind, confidence, lack of
- Mind, irresolution, indecision
- Mind, timidity
- Affectionate
- Chilly

- Generalities, food and drinks, desires: Pastries++, Sushi++, Cake++, Icecream, Cheese, Milk, Eggs++

- Thirstless

- Sleep, position, abdomen on

- Perspiration, staining yellow

- Chest, inflammation, lymphatic tissue, axillary Rt H/O

- Extremeties, perspiration, hands, palms

- Female, amenorrhea
Past and Family history

- Past history of eating mud on tires, baby powder in childhood, tonsillitis

- Family history of Mom and Maternal Aunt having irregular and delayed menses, Others: prostate cancer, diabetes, GBS, obesity and diverticulitis.
Within a month

- Satiety
- Bloated abdomen
- Flatus
- Pain soles < morning, < on stepping
- Nervousness +++
- Anxiety at work
- Burning in throat lasting hours
After 3 weeks

- Heat with Redness face
- Hot flushes
- Emotional, Anger easy, cools down easily
- Heat soles
- Itchy ears
- Craving for desserts, sweets, cakes
Calcarea carb  Lycopodium

Sulphur

Antimiasmatics - Thuja, Medorrhinum
<table>
<thead>
<tr>
<th>Date</th>
<th>LH</th>
<th>FSH</th>
<th>Testosterone</th>
<th>USG Pelvis</th>
<th>Inference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal values in mIU/ml Follicular Phase</td>
<td>2.5-12.1</td>
<td>1.9-11.6</td>
<td>0.198-2.67</td>
<td>Ovaries</td>
<td></td>
</tr>
<tr>
<td>Feb 2006</td>
<td>15.8</td>
<td>4.6</td>
<td>2.2</td>
<td>No Follicles</td>
<td>Constitutional delay</td>
</tr>
<tr>
<td>May 2008</td>
<td></td>
<td></td>
<td></td>
<td>Follicles</td>
<td>PCOS</td>
</tr>
<tr>
<td>April 2012</td>
<td>4.5</td>
<td>7.3</td>
<td>2.6</td>
<td>No Follicles</td>
<td></td>
</tr>
<tr>
<td>Dec 2012</td>
<td>6.9</td>
<td>5.8</td>
<td>1.5</td>
<td>No Follicles</td>
<td></td>
</tr>
</tbody>
</table>
Post Pill Amenorrhea

- No periods 6 months after stopping
- Persistent negative feedback on Pituitary
- ↓ LH, ↓ FSH, ↓ Estrogen (/ N. range) mild ↑ Prolactin
- USG- No Follicles
- Treated with Clomiphene citrate
- Tested with Progesterone withdrawal
- Relatively high number of unreported cases as 1) Many go back on pills without tests 2) Many misdiagnosed as PCOS due to ↑ LH/FSH ratio
Post Pill Amenorrhea

From Homeopathic point of view

Drug induced miasmatic blockage
PCOS Mechanism

- **Hypothalamus**
  - Pituitary
  - LH

- **Genetic Predisposition**
  - GH

- **Ovary**
  - Theca cell hyperplasia
  - Impaired folliculogenesis

- **Insulin Resistance**
  - Compensatory hyperinsulinemia

- **Liver**
  - SHBG
  - IGFBP-I

- **Hyperandrogenism**

- **Obesity**
Constitutional delay
+PCOS
+PostPill Amenorrhea

Probable Hypothalamus Pituitary Dysfunction
Organotherapy

Hypothalamus--Hypothalamus

Pituitary--------Pituitarin

Pituitaria Anterior
Pituitaria Posterior

Ovary----------Oophorinum

Oestrone-------Folliculinum
Pituitaria Glandula Anterior
Master Gland of all Glands

Frans Vermeulen: Synoptic 2.
Clinical observations of Dr. David Flores Toledo

- Could be one of large Polychrests

- Hypophysinum Anterioris

- Cured Acne, obesity, sterility, headache from menstrual reasons, asthma, breast lumps, fungal nails, recurrent tonsillitis, vitiligo, warts
Pituitaria Anterior
Sphere of action

- Mind
- Digestive
- Female organs
- Nose
- Throat
Pituitaria Anterior

- Obesity
- Chilly
- Hot Flushes (young girls)

<BEFORE MENSES>

<During menses>
- Desire Cake, chocolate, sweets, fries
- Worse: eggs, seafood, milk, fruit, fats
- Tonsillitis
- Perspiration scalp at night
- Need to cry, but hard
- Female, menses, absent
- Rectum, constipation, every 2\textsuperscript{nd} or 3\textsuperscript{rd} day
Pituitaria Anterior

- Mind, love, disappointment, ailments from
- Mind, anger, contradiction from
- Whines at trifles
- Dreams, frightening, of dogs, snakes, dead relatives, war, paralyzing
- Nose, obstruction
- Stomach, thirst, large quantities
- Headache, temples <before menses
- Allergy dermatitis metal
- Leucorrhea, smelly like fishbrine
- Sweat hands, axilla <during menses
Pituitaria Anterior

Calcarea Carbonicum
Organotherapy / Sarcode

Potency?

- 3C or 5C to encourage functioning of a gland
- 7c to modulate/regulate a gland function
- 9c to suppress/inhibit gland functioning
Miasmatic blocks from past and family history removed by the

- Cycle of Calcarea Carb, Sulphur and Lycopodium
- Medorrhinum and Thuja
Drug induced miasmatic blockage removed by

Hypophysinum Anterioris / Pituitaria Anterior
Naturopathic treatment
Vitamins b6, b12, folic acid
Vitex Agnus Castus
Inositol

Healthy Diet       Exercise
Currently

- Regular menstrual cycles of 35 days
- Increased confidence
- Lost a lot of weight (from 190 lbs To 160 lbs)
- Very clear skin
- Normal ultrasound, no follicles
- LH-8.6, FSH- 5.4, Testosterone- 1.8
- Normal Cholesterol levels
Case examples of PCOS Taken Oral Contraceptives

- Age 25 years, Primary Amenorrhea of 11 years- multiple doses of Sulphur 2½ yrs

- Delayed and heavy menses, severe vaginal fungal infections- Sulphur, Medorrhinum, Thuja 1½ yrs

- Delayed irregular menses, severe acne all over body- Pulsatilla, Oophorinum, Tuberculinum for 1½ yrs
Case Ex. No Oral Contraceptives taken

- Secondary Amenorrhea, severe migraine, delirium, since marriage of 9 yrs, **Sepia** and **Tuberculinum** (Spousal history), 2 doses each in 6 months.

- Menses Irregular since Menarche, 5 doses of **Pulsatilla** at age of 32 years

- Delayed scanty menses with obesity, acne, borderline DM, PCOS, age 25 yrs, **Lycopodium**, 3 doses in 6 months
My Observations when treating Chronic Hormonal imbalances /Amenorrhea

- Varied Presentations
- First 2 cycles are unpredictable
- Cleansing process
- Minimum 2 months to rebalance
- More symptoms while rebalancing
- Followups every 14 days, long term followup to prevent relapses (1-3 yrs)
- Appearance of cramps
- Antimiasmatic needed
- Slower response with H/o OC Pills
Miasmatic diagnosis

Consider

- Totality of Symptoms
- Past history
- Family history
- Treatment history
- Spousal history
Female Clinical Conditions

Psora

- Functional Amenorrhea
- Functional Dysmenorrhea
- Related to emotions
Female Clinical Conditions

SYCOSIS

- PID
- Polyps
- PCOS
- Pruritus Vulvae
- Pelvic Adhesions
- Chronic Pelvic inflammations

- Cervical Erosion
- Cystic Degenerations
- Fibroids
- Encapsulated Tumors
- Endometriosis
- Ectopic Pregnancy
- Undue Side Effects from use of Oral Contraceptives
Female Clinical Conditions

**TUBERCULAR**

- Womb infections
- Inflammations and blockage from Tuberculosis
- Affections from Mumps
- Metastatic Cancers
- Hemorrhagic Cancers
- DUB
- Uterine/Vaginal Polyp with Profuse Bleeding
Female Clinical Conditions

**SYPHILIS**

- Ulcerative Degenerative Tumors
- Vulval Erosion
- Cervical Dysplasia
- Abortions, Stillbirth
- Malformations/ Anamolies,
- Early Menopause
<table>
<thead>
<tr>
<th>Miasm</th>
<th>Psora</th>
<th>Sycosis</th>
<th>Tubercular</th>
<th>Syphilis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leucorrhea</td>
<td>Scanty, offensive</td>
<td>Fishbrine</td>
<td>Profuse, bloody ê weakness</td>
<td>Acrid, putrid, offensive, stringy</td>
</tr>
<tr>
<td></td>
<td>Profuse</td>
<td>Yellow/green</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Menses</td>
<td>Scanty, watery retarded, fetid, delayed menarche</td>
<td>Fishbrine, indelible, pruritus vulvae, mastodynia polyuria</td>
<td>Bright red, clots, early exhausting or pale, longlasting</td>
<td>Profuse, acrid, stringy, metallic odor, irregular, bone pains, depression</td>
</tr>
</tbody>
</table>
DYSMENORRHEA

Psora- Sharp pains since puberty

Sycosis- Spasmodic

Tubercular- Exhausting

Syphilis- Burning, bursting in womb
References

- Wikipedia
- Dr. Daiter.com
- Newhealthadvisor.com
- NarayanaVerlag, Frans Vermuelen, Synoptic key 2
- Sk. Banerjee, Miasmatic Prescribing
- Lectures of Martin Miles by Len Marlow
- Chronic diseases, by Dr. S. Hahnemann