Disorders of the Female Cycle

Dysmenorrhœa - Hypermenorrhœa - P.M.S.

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General

It is common for problems of the female cycle to be encountered in practice. The causes can be of many kinds, with the emotional element frequently playing a substantial part. Natural Medicine offers various therapeutic possibilities; over the course of time sadly some forms of treatment have fallen into oblivion. Sitz baths, packs/fomentations and nasal reflex zone therapy, for instance, are tried and tested methods, to which I shall return later.

First of all a few general observations. The monthly cycle is mainly controlled by the pituitary gland. This gland causes the release and/or suppression of hormones. In a woman, the three major active sex hormone complexes are oestrogens, gestagens and androgens. Beside their influence on the ovaries, the womb and other secondary sexual organs, they have the following effects:

- Oestrogens enhance the circulation as well as the permeability of cells and increase water retention, which is why, within the monthly cycle, fluid retention may occur.
- Gestagens enhance the energy metabolism and promote the excretion of water.
- Androgens stimulate the thyroid and ensure both a raised protein catabolism and enhanced activity of the sebaceous glands.

Pituitary activity can be upset by several factors. Stress, more than anything else, has a negative influence on the pituitary. In cases of treatment-resistant disorders of the cycle, we must always look to rule out the possibility of mercury intoxication, since mercury has a strong affinity for the pituitary and can upset its functioning. Pituitary activity can be positively influenced by heat treatment. Unfortunately such kinds of treatment are not often recommended!

Presentation of the Individual Disease Pictures

1. Dysmenorrhœa

In dysmenorrhœa we distinguish between:

Primary dysmenorrhœa: here there is menstrual pain, beginning shortly after the menarche and possibly continuing until the menopause; so far as the cause is concerned, there is discussion of increased synthesis of prostaglandins in the endometrium.

Secondary dysmenorrhœa: periodically occurring painful menstruation, in some cases accompanied by headache, nausea, etc., which may be triggered by organic illness such as e.g. endometriosis, or as a consequence of mechanical contraceptive measures (coil), as well as emotional burdens.

Therefore initially we must rule out the possibility that the symptoms proceed from some serious disease, such as endometriosis, cysts, myomas or tumours. As a further cause of the pain, we should think of an elevated level of prostaglandin F2α. Prostaglandins are synthesised under the influence of oestrogens and progesterone, and they control the contractions of the uterus during the period. The highest levels are to be found in the endometrium when bleeding has finished. As Arachidonic acid is a pre-stage in prostaglandin synthesis and pork contains a particularly high quantity of Arachidonic acid, consumption of pork should be drastically reduced or, even better, discontinued altogether.

From a psychological point of view, menstrual disorders may be regarded as a woman’s conflict in discovering her role. Her own mother’s behaviour often serves as an example in this thought process: if the mother often complained about her role as wife and mother, then the daughter’s menstrual pain may be understood as a protest against her female role, which is not experienced as particularly desirable. Thus it makes sense, when talking with the patient, to try to communicate to her a more positive attitude towards the sexual role which she is experiencing as something negative. In certain cases professional support should be sought.

According to TCM, in dysmenorrhœa there is a disorder of either fullness or emptiness. The fullness disorder is characterised by cramping pains which increase on pressure or warmth and extend into the legs or the back. The main treatment required...
here is sedation. Possible treatment points are: Du20, Ren3, Ren4, Ren6, Li, Sp6, Sp10, Liv3 and St36.

An emptiness disorder is characterised by dull pain which is ameliorated by warmth or pressure. In this case, alongside needling, moxibustion is applied on the Mu and Shu points (marked in bold), in the direction of the kidneys. Possible points are: Bl23, Bl20, Ren4, Ren6, Gb25, Liv13, Sp6, Ki7, St36.

Acupuncture is given twice weekly in the second half of the cycle and on each occasion 1 ampoule of Metro-Adnex-Injeel (Heel Co.) is injected i.m.; as well as this - beginning during the period - once weekly 1 capsule of UTILIN 4X/6X is to be taken just before going to bed. Additionally USTILAKEHL 5X drops have proved their worth: 1-2 drops in each nostril and gently massaged into the reflex zone “urogenital”, plus 6 drops of USTILAKEHL 5X to be rubbed into the lower abdomen.

For homoeopathic medication, the following remedies, among others, have proved to be particularly effective:

- Viburnum opulus 6X when there are colicky pains, radiating from the lumbar spine into the thighs;
- Chamomilla 6X when the pains are similar to contractions, irritability, heavy menstrual bleeding
- Veratrum album 6X When there are colicky pains with nausea and vomiting

Initially the appropriate remedy is given at hourly intervals (5 globules); when improvement sets in, three times a day. Also the Schüßler Biochemic Tissue Salt No. 7 (Mag. phos 6X) often helps.

Sitz baths are highly recommended in acute complaints, and moreover they improve well-being and soothe the pain: 10g herbal Millefolium (Yarrow) to be added to 2 litres of boiling water, and allowed to cool to a suitable temperature. The sitz bath should last for about 10 minutes. For a full bath, 100g of the herb should be infused. Once bleeding has begun, sitz baths should be discontinued. One alternative is a pack applied to the lower abdomen, with an infusion of Rosemary and Melissa. The damp cloth, soaked in the infusion is applied to the lower abdomen, along with a hot water bottle, for at least 30 minutes.

For a rapidly effective treatment for pain, it is recommended to massage a few drops of Procain into the urogenital zone using the nasal reflex zones. (See picture.)

Of course, classical Nasal Reflex Zone Therapy can be used, with the appropriate oil. Sadly the ready-prepared oil is no longer sold, but it may be possible to get a pharmacist to mix the oil, according to the following recipe.

So here is the recipe:

- Lemon oil 11.5 g
- Eucalyptus oil 11.0 g
- Camphor oil 3.5 g
- Peppermint oil 3.0 g
- Melissa oil 0.5 g
- Anise oil 0.3 g
- Rosemary oil 0.3 g
- Sage oil 0.3 g
- Neutral base oil 69.6 g

2. Hypermenorrhœa

80% of cases of excessive menstrual bleeding (flooding) have or-
ganic causes, such as a myoma, or endometriosis, for instance; 15% have functional causes, and in 5% there is an extra-genital cause (clotting disorder, frequent taking of Aspirin).

In cases of severe bleeding CALVAKEHL 3X, combined with Acupuncture and Homœopathy, has proved its worth. CALVAKEHL 3X drops, like USTILAKEHL 5X drops (see above) are applied both nasally and percutaneously, 1-2 drops in each nostril and lightly massaged into the “urogenital” reflex zone, plus 6 drops of CALVAKEHL 3X rubbed into the lower abdomen. For the nasal application of CALVAKEHL 3X drops it is recommended that they be diluted with water.

Possible Acupuncture points are:

Ren6, Sp6, St36, Pc6, Sp9, Sp10.

From the second half of the cycle, needling is done twice weekly, and 1 ampoule of Metro-Adnex-Injeel (Heel Co.) is injected i.m. Once a week 1 capsule of UTILIN 4X is prescribed, orally just before going to bed, and this is started during the period.

If there is cramping during the flow it is advisable to apply a pack to the lower abdomen with a decoction of Equisetum (Horsetail), made with three heaped teaspoonsful of the herb to ¼ litre boiling water. Here too, the moist cloth, soaked in the decoction is applied to the lower abdomen along with a hot water bottle for at least 30 minutes.

Also recommended is an infusion of Bursa pastoris (Shepherd’s Purse), as a gentle hemostyptic: ¼ litre of boiling water poured over one heaped teaspoonful of the herb and left to infuse for 10 minutes; up to three cups to be drunk daily. According to Maria Treben, drinking the infusion should start 8-10 days before the period is due (this is also helpful if the cycle is irregular during puberty).

3. P.M.S.

According to Küppers & Loch, there are four types of premenstrual syndrome that can be differentiated, according to the prevailing symptoms (= DACH) (see table.)

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</thead>
<tbody>
<tr>
<td>D (= depression)</td>
<td>Symptoms: depression, forgetfulness, sleeplessness</td>
<td>Cause under discussion: Vit B6 deficiency, Progesterone dominance</td>
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<tr>
<td>A (= anxiety)</td>
<td>Symptoms: fear, irritability, mood-swings</td>
<td>Cause under discussion: Oestrogen level too high in luteal stage</td>
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<tr>
<td>C (= craving)</td>
<td>Symptoms: attacks of ravenous hunger, headache, vertigo, tachycardia</td>
<td>Cause under discussion: stronger Insulin action in luteal stage</td>
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<tr>
<td>H (= hyperhydration)</td>
<td>Symptoms: Fluid retention, weight gain, tension in breasts</td>
<td>Cause under discussion: change in the Renin-Angiotensin-Aldosterone axis under influence of Progesterone</td>
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Table: Classification according to Küppers & Loch, Naturheilverfahren in der Frauenheilkunde und Geburtshilfe, [= Natural Medicine Interventions in Gynaecology and Obstetrics], Hippokrates Verlag, 1998.
remedy has proved its worth.

Possible single remedies with main indication:
D (depression) Lachesis
A (anxiety) Chamomilla
C (craving) Sepia
H (hyper-hydration) Agnus castus

The following tip in closing:
If the success of the treatment is inadequate, add 4 drops of SANKOMBI 5X daily, to be rubbed into the inguinal region on both sides.

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