**Homeopathic Remedies For Women’s Health**

**1 PRE-MENSTRUAL SYNDROME**

*Lachesis* (bushmaster snake venom)

Anxious, depressed, with headaches. Painful breasts and ovaries < left side, or moving from left to right.

All symptoms are < first thing in the morning, or come on during sleep.

Nervous restlessness, excitable, intense, talkative, jumping from one subject to another

< heat, before period, morning, after long sleep

> fresh, cool air, onset of periods

*Natrum muriaticum* (common salt)

Depressed, irritable; discontented with everyone and everything. Wants to be alone and hates consolation. Emotional but hide their feelings, cry alone (hate to cry in front of anyone). Fluid retention; swollen breasts; headaches; dry mouth, thirsty.

< 10 am, after eating, heat, sun

> lying, resting, after sweating

*Nux vomica* (poison nut)

Irritable, angry, impatient, quarrelsome and oversensitive to everything.

Headaches, dizziness, digestive upset, constipation. Chilly; craves sweets and rich fatty foods

< morning, cold

> heat

*Pulsatilla* (wind flower)

Weepy, depressed, nervous, clingy; wants fuss and attention, feel unloved.

Weakness, nausea, headaches, painful breasts

< warm stuffy room, evening, night, indoors

> fresh air, walking slowly outdoors, crying

*Sepia* (cuttlefish ink)

Depressed, irritable, sensitive, weepy

Sluggish on every level. Exhausted, lethargic and indifferent to everything. Aversion to company, consolation and sex.

Chilly. Crave sweet, salty and sour food

< before, during, after period; cold, wet

> vigorous exercise. Dancing

**2 PAINFUL PERIODS**

*Belladonna* (deadly nightshade)

Pains violent, aching, dragging; come and go suddenly. Periods heavy, too frequent, too soon; delayed from getting chilled; bright red blood with clots. Restless, excitable, hot, flushed.

< before and during period; movement, touch, 3 pm and 3am

*Chamomilla* (german chamomile)

Severe cramping pains with profuse, dark clotted blood. Pains brought on by Anger. Angry, restless. Excitable; beside herself with pain; unbearable pain

< evening, heat, anger, wind, fresh air

*Cimicifuga* (actea racemosa)

Sharp, labour-like pains immediately before period. Profuse dark blood with backache. Sharp pain across pelvis from hip to hip; has to double up. The more the flow, the greater the pain.

Restless, agitated. Depression like a black cloud descending

< cold, during menses

> warmth

*Gelsemium* (yellow jasmine)

Periods late, scanty. Sharp pain extending to back and hips. Uterus feels heavy or as if squeezed or crushed. Exhausted, weak, depressed, want to be alone

< exertion

> heat, urination

*Magnesia phosphorica* (phosphate of magnesium)

Spasmodic, cramping, colicky pain

< cold

> local heat, hard pressure, bending double; curling up in bed with a hot water bottle
2. PAINFUL PERIODS Cont.

**Nux vomica**

Periods early, irregular, heavy, prolonged
Aching, **cramping** in lower back
Chilly, exhausted, **irritable, constipated**
< cold
doubling up, heat

**Sepia** (see PMS remedies also)

Periods late, short scanty; early, profuse
Dull, aching, pressing, **dragging, bearing down pain** – feels she has to cross legs to prevent it. Exhausted, apathetic, irritable, weepy, worn out.
> crossing legs

**Viburnum** (high cranberry)

Periods late, scanty; lasting only a few hours. Severe cramping, bearing down pains; cramps **extending down thighs**
< warm, lying on painful side
> open air, resting

3  **MENOPAUSE** (also see handout on homeopathic, herbal and nutritional treatments for menopause)

**Graphites** (black lead)

Women who may be **overweight, chilly, constipated**, experiencing hot flushes - where blood rushes to head, with hot face and **nose bleeds**, periods late and scanty
Timid, indecisive, apprehensive, fidgety.
Chilly, but **craves fresh air and must be well wrapped up**; also suffer in hot weather
< warmth, night, during and after period
> in dark, wrapping up

**Kali carbonicum** (carbonate of potassium)

Weak, anaemic, exhausted.
Hot flushes with **easy sweating**
Chilly, sensitive to draughts but < for overheating which causes flushing.
**Backache** before periods.
Sweat, backache, weakness
Anxious, irritable and sluggish.
**Anxiety felt in the stomach.** Touchy; oversensitive to pain, noise, touch.
Aversion to being alone (but may treat company badly!)
< 2 - 4 am; cold, draughts, light touch
> warmth

**Lachesis**

Hot flushes with bursting headache, **palpitations, hot sweats.** Dizziness, fainting, feeling of constriction around abdomen < **pressure of clothes.** Flooding during periods. Depressed, anxious on waking; **everything worse after sleep**
Tired, trembling not > for sleeping
< before period, heat, **after long sleep.**
**Pressure** (abdomen, throat), alcohol
> fresh air, onset of period

**Pulsatilla** (Pasque Fleur; windflower)

Hot flushes, haemorrhoids, varicose veins
Women who are anxious, weepy, mild, clingy, in need of emotional support. With lack of thirst, aversion to heat and desire for fresh air.
Intermittent hot flushes; irregular periods; mood changes during menopause.
< stuffy room, evening, alone
> fresh air, company, affection, expressing emotions (e.g. crying)

**Sepia** (Cuttle Fish ink)

Hot flushes move up the body; feel as though warm water poured over body.
Flooding with **dragging down pain** in abdomen, uterus or back. **Prolapses.**
Headaches, fainting, sweating.
Anxious, irritable, chilly, depressed. **Tired, lethargic, weepy**, want to be alone.
Facial hair in females – due to hormone imbalance. Low libido. Can be irritable with children and husband/partner - worn out. Desire for vinegar, sour things.
< before, during, after period; night, cold, sweating
> eating, **vigorous exercise**

**Sulphur**

Severe hot flushes and night sweats. Hot person. Desire for **spicy**, strongly seasoned food with thirst for hot drinks. May have history of skin symptoms. Burning pains and sensations. Mentally philosophical – can be opinionated and egotistic – always right!
< **HEAT, 11am, bathing (skin symptoms)**
> Open air, warm drinks, sweating

**Sulphuric acid**

Hot flushes followed by **sweating.**
**Trembling.** Great weakness and exhaustion, **but feeling hurried inside** - have to do everything in a rush. Mood swings. Chilly, anaemic.
< alcohol, evening, mid-morning
> warmth
4  THRUSH

Alumina (aluminium)
Copious straw-coloured discharge causing itching, smarting and stiffens underneath. Dryness.
> cold bathing; before and after period

Borax (sodium bichromate)
Discharge like egg-white, irritating, burning, with scalded feeling on inside of thighs
< between periods

Kreosotum (creosote)
Itching, milky or yellow discharge smelling yeasty. Preceded by flushed face, pain in small of back (< after periods); and with great weakness
< pre-menstrually

Mercurius solubilis (mercury)
Very irritating, stringy offensive discharge with marked itching and burning soreness. May tend toward chills alternating with sweats (ie hot and cold by turns or body temperature never stable)
< before periods; night

Natrum Mur
Marked vaginal itching which is worse for becoming warm and for stress. Maybe accompanied by mental/emotional symptoms of irritability, depression and wanting to be alone.
< consolation

5  CYSTITIS

Apis
Frequent or constant urge to urinate, only small amount passes. Sharp, stinging pains in bladder (lower abdomen). Urine hot and bloody. Last drops of urine burn and smart. Restless, tearful, fear to be alone. Thirstless.
< heat, touch, hot bath
> cold, cool air

Arsenicum album (white arsenic)
Urge to urinate but passes none; bladder as if paralysed. Burning pain with unfinished feeling Restless, anxious, chilly; wants company. Thirst for warm sips.
> heat, warm bath

Cantharis (spanish fly)
Constant, painful urge to urinate with cutting pain in lower abdomen. Pains before, during and after urination
Urine scalding, burning, bloody, scanty; passed drop by drop and bladder never feels empty. Burning thirst but < cold drinks
< before, during and after urination

Causticum (potassium hydrate)
Frequent urge but nothing passes; or may pass a few drops with burning pain
Waits a long time to pass little or nothing; then passes urine involuntarily on coughing, sneezing, blowing nose
With itching around urethra
< cold, weather change to cold dry
> warm, mild damp weather, cold drinks

Sarsaparilla (wild licorice)
Urine scanty, bloody, thick, milky
Urination slow, dribbling while sitting; can only pass urine freely standing up
Severe cutting pain at end of urination; yells with pain
Pain in kidneys < right side
< From getting chilled, cold weather

Staphysagria (delphinium)
Frequent urge to urinate with burning pain. Urging and pain after urination. Pain when not urinating. Sensation as if a drop of urine continually trickling along urethra when she feels assaulted, physically or emotionally; her needs have not been met.
Feels violated, humiliated, indignant
< touch

Recommended Further Reading:
The Women’s Guide to Homeopathy
Andrew Lockie M.D. & Nicola Geddes M.D.
Whole Woman Homeopathy
Judith Reichenberg-Ullman