

# Pulsetilla 6X in Amenorrhoea –A Case Study

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**Abstract**—A preliminary study to evaluate the usefulness of homoeopathic treatment in the care of menstrual irregularities. Amenorrhoea is not a disease; it is a symptom of underlying disorders result in absence of menses. The selection of remedy is based upon the theory of individualization and symptoms similarity by using holistic approach. Then may cause complication included infertility, osteoporosis, low of oestrogen levels, or serious condition prolonged amenorrhoea. Amenorrhoea requires long term treatment but there are many side effects of drugs. So we can choose better option, homoeopathy having no side effect.

A 27 year of patient name Aruna Kanwar from Rani bazaar, Bikaner have complaints of irregular menses since 1 year, pain in abdomen, numbness of legs with extreme weakness, and nausea. Pulsetilla 6x is given bd for 7 days patient get much relief in pain in abdomen, nausea numbness of legs also improve the value of oestrogen level after 3 months. Pulsetilla can give in this case. Pulsetilla not only maintain oestrogen level but also effective in other female health issues.

## Introduction

It is the most common endocrine disorder of women in their reproductive period manifested by irregular menstrual cycles. Amenorrhoea is not a disease it is a symptoms of underlying disorders result in absence of menses. Large amounts of testosterone is secreted in amenorrhoea which possibly prevent ovaries from releasing an egg each month, thus causing PCOD, osteoporosis & infertility, which may be the result of high levels of insulin that stimulate ovaries to produce excess testosterone. We have many options to treat this disease effectively through homoeopathy, one of which is pulsetilla. Pulsetillanigricans is one of our oldest and most useful homoeopathic medicines. This is very powerful plant ( see figure 1) produces many symptoms on health, which often correspond to the morbid symptoms commonly met within the single dose.



Figure 1

## Aims and objectives

The aim of the study was to assess the effect of homoeopathic medicine Pulsetilla 6x in amenorrhoea patients of all age groups (see figure 2).

## Our aim is-

- Prevention of complication.
- Reduction of mortality and disability.



Figure 2

Whether hematological parameters can predict the early complication in amenorrhoea.

Based on the type of hematological and ultrasound parameters can we categorize the complications as infertility or PCOD etiology.

### Method and Material

**Study design** - Hospital based cross sectional study done on 28 type 2 amenorrhoea patients and 28 age matched controls. The study was conducted for a period of 3 months. Ethical clearance was obtained and informed consent was taken.

**Inclusion criteria**- Type 2 amenorrhoea patient with disease for 1 yrs or more.

**Exclusion criteria**- Type 2 amenorrhoea patients with disease for less than 1 yrs, type 1 amenorrhoea patients with other diseases which might alter the haematological and ultrasound parameters under study.

**Methodology**- Thorough history taking and clinical examination was done and 5 ml of blood sample for blood glucose, CBC, and TSH.

### Case report

A 28 -year old female presented with irregular menstrual (amenorrhoea) and constipation.

General physical examination - not suprapubic mass firm and non tender in nature.

Investigation

Lab workup-

Hb - 10.6g% with normal range

Plasma glucose - normal

Urine examination - normal

USG -normal found

TSH - normal range

Serum prolactin - normal



Figure 3

### Results

In amenorrhoea mean estrogen & testosterone hormone levels was significantly higher. It was observed that amenorrhoea patients having macrovascular complications like infertility, PCOD, osteoporosis had higher mean estrogen & testosterone compared to controls. Homeopathic medicine pulsetillia is prepared by extract of pasque flower (see figure 1), wind flower, liquid or pill form (see figure 4). Pulsatillia (see figure 3) has been used with success in condition due to disease and faulty action of estrogen. Pulsatilla this remedy can be helpful during many condition involving hormonal changes and is often helpful to girls who have recently started having periods. Irritability, moodiness, and weepiness is typical. Delay or suppression of the menstrual flow can be accompanied by queasy feeling, nausea and faintness. Being too warm or in a stuffy room makes thing, worse, and fresh air can bring relief. The timing amount, and nature of the menstrual flow are changeable – as are the women’s mood - when pulsetilla is the remedy. The women usually are emotional and needy, wanting a lot of attention and comforting.



Figure 4

### Discussion

In the present study the amenorrhoea had increased estrogen & testosterone hormone level compared to controls this finding is consistent. And risk factors for microvascular complication in amenorrhoea infertility and osteoporosis, our study revealed a higher mean estrogen& progesterone hormone than for the controls.

### Conclusion

Pulsatilla can give in these cases. Pulsatilla only improves function of body but also regulates the estrogen & progesterone levels.

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