

REMEDIES FOR ACUTE AND CHRONIC ENDOMETRIOSIS

The treatment of Endometriosis is most effective when a woman consults a Registered Homeopath, recognized by the initials RCHom after their name To find a registered homeopath in your area visit the NZ Council of Homeopaths' website – www.homeopathy-co.nz . Some medical insurance companies will rebate treatment by a Registered Homeopath.

The remedies listed below are a guide and not a definitive list as homeopathic treatment is tailor-made to each individual woman and her needs. If you see a remedy below and it matches your symptoms clearly then you will have a palliative result fairly quickly. If you do not get relief with in 6 doses of the remedy then you will need to talk with a professional homeopath.

Remember too, that homeopathy helps not just the body, but also the mental and emotional state of a woman, and can be very useful in your journey to wellness. What ever stage, or place you are at with your Endometriosis, consider homeopathy as a tool to help you on your journey.

Remedies for Endometriosis – in general.

Arsenicum

Menses too profuse and too soon. Burning in the ovarian region. Discharge between periods, acrid, burning, offensive and thin. Pain as from red hot wires, made worse by the least exertion; pain causes great fatigue.

Menorrhagia (excessive bleeding - hemorrhage) Stitching pain in pelvis extending down the thigh.

Great anguish and restlessness. The patient needs to change place constantly. They can have fears of death, or of being left alone. Great fear with cold sweat.

They are generally worse from wet weather, after midnight, from cold, cold drinks or food. Right sided symptoms.. They are generally better from heat, and from having the head elevated, and from warm drinks.

Cimicifuga

Amenorrhea (no menses). Pain in ovarian region; shoots upward and down the anterior surface of thighs.

Pain immediately before menses. Menses profuse, dark coagulated, *offensive* with backache. Always irregular menses. Ovarian neuralgia. *Pain across pelvis from hip to hip.* After pains with great *sensitiveness and intolerance to pain.* Mammary pains worse right side. Facial blemishes in young women.

Nervousness, great depression and low spirits, oversensitivity especially to pain. Irritable the least thing that goes wrong makes her crazy. Thinks she is going crazy. Talks a lot. changes the subject a lot.

Generally worse in the morning, cold, during menses, the more profuse the flow the greater the suffering. Generally better for warmth and eating.

Pulsatilla

Amenorrhea. Suppressed menses from wet feet. Tardy menses. Too late, scanty, thick, dark, clotted, *changeable, intermittent.* Chilliness, nausea, downward pressure, painful flow intermits. Leucorrhoea acrid, burning creamy. Pain in back; tired feeling. Diarrhea during or after menses.

Nervous debility with menses. Weeps easily, timid, irresolute. Fearful of being alone. Likes sympathy. Highly emotional and *changeable.*

Generally worse from heat, rich food, fat food, after eating, towards evening, warm room, lying on the left or painless side, when allowing the feet to hang down. Generally better - in the *open air, motion*, cold applications, cold food and drinks, *though not thirsty*.

Sabina

Menses profuse and bright. Uterine pains extend into thighs. Threatened miscarriage. Sexual desire increased. Leucorrhoea after menses, corrosive, offensive. Discharge of blood between periods with sexual excitement. Intense after pains, retained placenta. Profuse bleeding in women with a history of miscarriage. Inflammation of ovaries and uterus after miscarriage/abortion. Promotes expulsion of moles from uterus. *Pain from sacrum to pubis and from below upwards, shooting up the vagina. Hemorrhage, where blood is partly clotted; worse from least motion*. Atony of uterus. Tendency to miscarry in third month.

Music is intolerable, it produces nervousness Generally worse - from least motion, heat, warm air.

Generally Better - in cool fresh air. (wants windows open).

Secale

Menstrual colic with coldness and intolerance of heat. Passive hemorrhages. Burning pains in the uterus. *Brownish, offensive, leucorrhoea*. Menses irregular, copious, dark. Continuous *oozing of watery blood until next period*. Threatened miscarriage at about third month. *Debility and anxiety, though appetite and thirst may be excessive*. Generally worse - for heat, *warm covering*, Generally better - cold, *uncovering*, rubbing, stretching out limbs.

Sepia

Pelvic organs relaxed. *Bearing down sensation as if everything would escape through the vulva*. Must cross the limbs to prevent protrusion. or press against the vulva. Discharge between periods, yellow, greenish, with much itching. Menses, *too late, and scanty*, irregular, *early and profuse*, sharp clutching pains. Violent stitches upward in the vagina from uterus to umbilicus. *Prolapse* of the uterus. Morning sickness. Vagina painful, especially on coition.

Indifferent to those loved best. Averse to work, to family. Irritable, easily offended. Dreads to be alone. Very sad. Weeps or, telling symptoms. Anxious toward evening.

Generally worse, - forenoons, and evenings, washing, laundry work, dampness, left side, after sweat. cold air, before thunderstorm.

Generally better, - *exercise*, pressure warmth of bed, hot applications, drawing limbs up, cold bathing and after sleep

PAINFUL PERIODS

Taken during the painful time of a period, homeopathy can be of assistance in managing difficult or painful periods.

CactusGrand

Constriction in uterine region and ovaries. Pulsating pains in uterus and ovaries. Menses, early dark and pitch like, which cease on lying down with heart symptoms.. *Violent* palpitation, *worse lying on left side at approach of menses*.

Sad, ill-humored, screams with pain. Anxiety and fear of death.

Generally Worse - at about noon, lying on left side, walking, going upstairs, 11 am or 11 pm

Generally better - in the open air.

Chamomilla

Uterine hemorrhages. Profuse discharge of *clotted dark blood. with labour-like pains*. Labour pains, spasmodic, press upward. *Patient intolerant of pain*. Nipples inflamed, tender to touch. Yellow acrid leucorrhoea.

Restlessness, impatient, intolerant of being interrupted or spoken to. Snappish. Complaints from *anger* or vexation.

Generally worse - by heat, anger, open air, wind, *night*,

Generally better - warm wet weather.

Coffea

Menses too early and long lasting. Painful periods, large clots of black blood. *Hypersensitive, vulva and vagina*. Voluptuous itching.

Unusual activity of mind and body. Intolerance of pain driving her to despair.

Worse - excessive emotions (joy), narcotics, strong odours, noise, open air. cold night.

Better - warmth from lying down.

Colocynthus

Boring pain in right ovary. Must draw up double with great restlessness. Wants abdomen supported by pressure. Bearing down cramps cause her to bend double.

Extremely irritable. Becomes angry when questioned. Anger with indignation. Worse from anger and indignation.

Generally better doubling up, hard pressure, warmth, lying with head bend forward.

Mag Phos

Membranous painful periods. Menses too early, dark stringy. Swelling of external parts. Ovarian neuralgia.

Laments all the time about the pain. Inability to think clearly.

Generally worse - right side, cold, touch, night.

Generally better - warmth, bending double, pressure, rubbing

NOTE: If pain persists or gets worse seek medical and homeopathic help.