

PAINFUL PERIODS

Taken during the painful time of a period, homeopathy can be of assistance in managing difficult or painful periods. If symptoms persist, you are advised to see a GP or a Registered Homeopath. These remedies may be more effective if taken in a 200c and taken 2 hourly during acute pain. Reduce the dose on relief.

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.