IJRAR.ORG E-ISSN: 2348-1269, P-ISSN: 2349-5138

INTERNATIONAL JOURNAL OF RESEARCH AND ANALYTICAL REVIEWS (IJRAR) | IJRAR.ORG

An International Open Access, Peer-reviewed, Refereed Journal

Importance of LM potency in the treatment of Menstrual Disorder

Authour - 1

Dr. Anupama Tiwari

Assistant Professor in Department of Community Medicine

Swaminarayan University, Gujarat

Authour- 2

Dr. Vivek Kumar

Professor & HOD in Department of Pathology & Microbiology

Swaminarayan University, Gujarat

Abstract:

Introduction:

There are different types of menstrual disorders with a wide variety of causes. Menstrual disorders are irregularities or abnormalities of the menstrual cycle, following are common menstrual disorder:-

- Amenorrhea
- Dysmenorrhea
- Menorrhagia
- Metrorrhagia
- Oligomenorrhea
- Vicarious Menstruation

The 50 millesimal scale was introduce by Dr. Hahnemann in the 6th edition of Organon of medicine in aphorism 270. This name was given by Dr. Pierre Schmidt of Geneva.

Discussion: Effectiveness of LM potency in menstrual disorder is more as it has minimum aggravation, high dynamic power, it can be repeated at short interval, its action is very quick in disease condition. A careful analysis of the effectiveness and efficiency of fifty millesimal scale of potency in the treatment of Menstrual Disorder demands an in depth study on the circumstances and conditions which led Dr Hahnemann to promote and propagate this scale of potency as the 'most perfected one' for treatment of disease.

Keywords; Amenorrhea, Dysmenorrhea, Menorrhagia, Metrorrhagia, Oligomenorrhea, Vicarious Menstruation, Homoeopathy

Introduction

Menstruation disorders are a common problem during adolescence. These disorders may cause significant anxiety for patients and their families. Physical and psychological factors contribute to the problem. In order to treat menstruation disorders, becoming familiar with the normal menstrual cycle is important. In fact it was a further 33 years, in 1954, that Dr. P. Schmidt of Geneva published essays about his experiences using the LM scale. Since then only a few have carried the flame in Europe and India, but recently the worldwide growth of homeopathy has started to look again at the LM potencies which Dr. Hahnemann describes, in a footnote to § 270 as being "the most powerful and at the same time mildest in action i.e. as the most perfected"

MENSTRUAL DISORDER

Menstruation is a function peculiar to women. It may be defined as a periodic and cyclic shedding of progestational endometrium accompanied by loss of blood. It takes place at approximately 28- day intervals between the menarche and the menopause.

Amenorrhea: -

Amenorrhea, or the absence of a menstrual period, may occur as a result of many conditions. Failure to start menstruating by the age of sixteen is called primary amenorrhea; it is associated with a delay of puberty and the absence of breast development and pubic hair by age 13.5 to 14 years. Secondary amenorrhea, the absence of periods for 3 consecutive months in a woman who previously had regular menstrual cycles, is more common. Pregnancy, menopause, and anovulation (associated with dysfunction of hypothalamic-pituitary-ovarian axis or discontinuing birth control medications) are the most common cause of amenorrhea in reproductive-age women. Although this temporary amenorrhea usually only lasts 6 to 8 weeks, it can persist for a year or more.

Dysmenorrhea:-

Dysmenorrhea is a very common complaint and may be primary or secondary, although primary dysmenorrhea is more prevalent. Symptoms include crampy lower abdominal and pelvic pain that radiates to the thighs and back without associated pelvic pathology. Dysmenorrhea is caused by prostaglandins and leukotrienes during ovulatory cycles. Endometrial prostaglandin levels increase during the luteal and menstrual phases of the cycle, causing uterine contractions. Secondary dysmenorrhea is rare, and pain is associated with pelvic pathology

Menorrhagia:-

Menorrhagia is the excessive loss of blood during a menstrual period (blood loss greater than 80 ml) and may be due to a period lasting more than 7 days. It is usually due to an imbalance between the hormones estrogen and progesterone, but can also be caused by any disorder that affects the uterus, including fibroid tumors, polyps, and IUD etc.

Metrorrhagia:-

Metrorrhagia is uterine bleeding outside of the normal menstrual cycle. The bleeding is irregular in pattern and in the amount of blood lost. It may result from hormonal imbalances, stress, miscarriage, gynecologic disorders, or cancer (uterine, ovarian, or cervical).

Oligomenorrhea:-

Oligomenorrohea is a condition in which menstruation cycles are infrequent, greater than 35 days apart.

Vicarious menstruation:-

Sometimes absent or scanty menstruation is accompanied by splitting or even vomiting of blood, bleeding from nose, leucorrhoea.

Cryptomenorrhoea:-

This menses hidden menstruation. All though the patient is menstruating, menstrual blood is not escaping because of some obstruction in its passage.

Dysfunctional uterine bleeding:-

This is defined as an abnormal vaginal bleeding not associated with any demonstrable pathology.

CONCEPT OF DYNAMIZATION

Master Hahnemann in his preface to the 5th volume of chronic diseases defines, homoeopathic dynamization are processes by which the medicinal properties, which are latent in natural substances while in their crude state, become aroused and then become enabled to act in an almost spiritual manner in our life; i.e. in our sensible and irritable fibre. this development of properties of crude natural substances by means of trituration in a mortar, but in the case of fluid substances by means of shaking or succussion, which is also a trituration."

According to dr. Stuart close, "homoeopathic dynamization is a mathematico-mechanical process for the reduction, according to scale, of crude, inert or poisonous medicinal physiological assimibility and therapeutic activity and harmlessness, for use a homoeopathic healing remedies. The doctrine of drug dynamization was introduced in to homoeopathy through the 5th edition of Organon of medicine, published in the year 1833.

LM POTENCY

This scale was introduced in the 6th edition of Organon of medicine in sec. 270 (published 78 years after Dr. Hahnemann's death). In fact this name was not given by our Master Hahnemann but by Dr. Pierre Schmidt of Geneva. Dr. Hahnemann himself termed this new method as, 'renewed dynamization' (sec. 161)

A careful analysis of the effectiveness and efficiency of fifty millesimal scale of potency in the treatment of Menstrual Disorder demands an in depth study on the circumstances and conditions which led Dr Hahnemann to promote and propagate this scale of potency as the 'most perfected one'.

- This new method of dynamization is denoted by prefixing '0', which representing symbolically the poppy size globules to be used in this scale or by LM.
- Dr. Hahnemann used to write it as 0/1, 0/2, 0/3 etc.
- At present new style of writing is LM/1, LM/2, LM/3 etc.
- In India, the homoeopath write as 0/1, 0/2, 0/3 etc.

ADVANTAGES OF LM POTENCY:-

- The action of selected medicine is rapid.
- Medicinal aggravation can easily be avoided by minimizing the quantity of medicine.
- Medicine can be repeated frequently both in acute and chronic disease.
- Medicine may be continued even after improvement starts.
- The chronic disease can be cured within shortest period of time.
- Within 4 to 5 days after administration of medicine the physician can ascertain the action of medicine.

Persons who work for LM potency

- 1920- DR. R. Haehl published it in original only in 1920.
- 1921- Dr. William Boericke published a more precise and perfect retranslation of the 6th edition of Organon from original German text.
- 1950- Dr. Charles Pahud of France an article "My Experience About Hahnemann's 50 Millesimal Scale potency.
- 1971- H.P.I. mentioned about LM potency.

Homoeopathic Medicines For Menstrual Disorder:

- **Caulophyllum:** This remedy is often helpful to women with a history of irregular periods, difficulty becoming pregnant, or slow childbirth due to weak muscle tone of the uterus. Symptoms include discomfort during periods and a heavy flow of blood or other discharge. Drawing pains may be felt in the pelvic region, thighs, and legs. Stiffness or arthritis, especially in the finger-joints, often is seen when this remedy is needed.
- **Chamomilla:** A woman likely to respond to this remedy is angry, irritable, and hypersensitive to pain. Cramping may come on, or be intensified, because of emotional upset. Flow can be very heavy, and the blood may look dark or clotted. Problems are often worse at night. Heating pads or exposure to wind may aggravate the symptoms, and motion (such as rocking or brisk walking) may help to reduce the tension and discomfort.
- **Cimicifuga racemosa:** This relieves cramps associated with PMS and aggravated by cold and humidity.
- **Kreosotum:** Headache, nausea, and a heavy flow that makes the genitals and surrounding skin feel irritated and swollen are indications for this remedy. *Kreosotum* is often indicated for women with PMS who feel irritable and uncomfortable, and have a strong dislike of sexual activity.
- **Lilium tigrinum:** This remedy may be helpful if a woman is inclined toward rage during PMS, makes other people "walk on eggs," and is extremely sensitive and irritable. Pressure in the rectum and in the pelvic region, with a sensation that the uterus is pushing out, may make her feel a frequent need to sit or cross her legs. Emotions and excitement aggravate the symptoms, and fresh air will often bring relief.

- **Nux vomica:** When a woman with PMS is extremely impatient, pushy, and intolerant, this remedy may be of use. Uncomfortable, irregular menstrual periods can be experienced, often with a nagging urge to move the bowels before the flow begins. Constipation is common, and constricting pains may extend to the rectum or tailbone region. Anger, mental strain, physical exertion, and overindulgence in coffee, alcohol, or food can aggravate the problems. The woman often feels chilly and improves from warmth and rest.

Referances:

1. Organon of medicine, 6th edition, Dr. C.F.S. Hahnemann.
2. Textbook of Homoeopathic pharmacy, Dr. Banerjee.
3. Textbook of Homoeopathic Pharmacy, Dr. Mandal & Mandal.
4. Textbook of Homoeopathic Pharmacy, Dr. Wartikar.
5. Art and Science of Homoeopathic Pharmacy, Dr. Sumit Goel.
6. 50 Millesimal Potency in Theory and Practice, Dr. H. Chaudhary.
7. The LM Potency in homoeopathy, Dr. Robert Bosch Stiftung.
8. My experience on 50-millesimal scale, Dr. Patel.
9. Textbook of Gynaecology, Dr. Dutta.
10. Textbook of Gynaecology, Dr. Balaram Jana.
11. Homoeopathic materia medica, Dr. Mohanty.