

# Membranous Dysmenorrhoea with Homoeopathic Management

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## ABSTRACT

Membranous dysmenorrhoea is a condition where complete cast of uterine cavities is expelled with pain during menses. There is spontaneous slough of the endometrium in one cylindrical or membranous piece that retains the shape of the uterine cavity. When the decidualized endometrium sheds in one piece, a decidual cast, which remains the shape of the uterine cavity. It has often been associated with initiation or cessation of hormonal treatments.

**Keywords:** Membranous dysmenorrhea, Homoeopathic Management, Membranous shreds and Pain

## INTRODUCTION

Membranous dysmenorrhea is a rare condition which a complete cast of the uterine cavity is expelled with pain during a menstrual period. Membranous dysmenorrhea is benign entity Membranous dysmenorrhea is present when the Decidualized endometrium sheds in one piece as a decidual cast which remains in shape of uterine cavity Increased progesterone levels, due to endogenous or exogenous causes, may cause thickening of the endometrium, first with dilatation of spiral arteries and then vasoconstriction and incomplete desegregation of endometrium, which acts as a foreign body and as a trigger

for uterine contractility with the consequent tissue discharge.

Pathophysiology of Membranous dysmenorrhoea

1. In this regard, progesterone is an essential hormone for embryo implantation and maintenance of the pregnancy, and its supplementation is necessary in women undergoing artificial frozen embryo transfer (FET) cycles because of the absence of corpus luteum.
2. The exogenous administration of progesterone may be a predisposing factor for the development of Membranous dysmenorrhoea.

## Causes

- Excess levels of prostaglandins
- Retroverted Uterus
- Emotional stress
- Excess progesterone
- Hormonal contraceptives
- Ectopic pregnancy

## Symptoms

- Severe pain in the abdomen

- Pelvic pain
- Vaginal bleeding
- Nausea
- Dizziness
- Labor like pain
- Pain is relieved after expulsion of membrane abdominal cramping

#### **Investigations:**

- Proper Medical History
- Pelvic examination
- Pregnancy test
- USG abdomen and pelvis
- Histopathological examination of cast
- Complete blood count

#### **Homoeopathic Approach**

##### **1. Belladonna**

Indicated in spasmodic type of dysmenorrhoea. Sensitive forcing downwards, as if all the viscera would protrude at genitals. Dryness and heat of vagina, dragging around loins, Menses increased; bright red, too early, too profuse. Hemorrhage hot. Cutting pain from hip to hip, menses very offensive and hot.

##### **2. Borax**

Menses too soon, profuse, with griping, nausea and pain in stomach extending into small of back. Membranous dysmenorrhoea,

##### **3. Bromium**

Menses too early; too profuse, with membranous shreds. Low spirited before menses. Tumor in breasts, with stitching pains; worse left. Stitch pains from breast to axilla. Sharp shooting pain in left breast, worse, pressure. Dull pain in ovary, stitching pain from axillae, can't bear pressure.

##### **4. Cyclamen**

Menses too soon, or too late; irregular, or suppressed; copious, prolonged, or scanty. When profuse, the mental symptoms are better. Flow black and clotted. Labor-like pains during menses. Menses profuse, with abdominal pains. Leukorrhoea excoriating,

greenish and bloody; sensation of rawness in parts. Stinging pain in ovaries (Apis). Itching and burning; worse, after urinating; better, washing with cold water. Morning sickness, with profuse salivation. Mammæ painful and full of milk at menses.

##### **5. Vibrunum opulus**

Menses too late, scanty, lasting a few hours, offensive in odor, with crampy pains, extend down thighs. Bearing-down pains before. Ovarian region feels heavy and congested. Aching in sacrum and pubes, with pain in anterior muscles of thighs, spasmodic and membranous dysmenorrhoea, leukorrhoea, excoriating. Smarting and itching of genitals. Faint on attempting to sit up. Frequent and very early miscarriage, causing seeming sterility. Pains from back to loins and womb worse early morning.

##### **6. Chamomilla**

It is a very useful remedy in membranous dysmenorrhoea. It, perhaps, has existed from the first menstrual period. Every month the woman throws off a little membranous formation. This is thrown off with violent labor-like pains, and often with clots.

##### **7. Cyclamen europeum**

Flow less when moving about. Menstrual irregularities with megrim and blindness, or fiery spots before eyes. Hiccough during pregnancy. Post-partum hæmorrhage, with colicky bearing-down pains, with relief after gush of blood. After menses, swelling of breasts, with milky secretion. Menses are black, profuse, membranous, clotted. too early. Labour like pains from back to pubes.

##### **8. Heliotropium**

Pressure on mons veneris only when sitting. (Membranous dysmenorrhoea; leukorrhoea; uterine displacements; with backache.

##### **9. Lac caninum**

Membranous dysmenorrhoea is another example of the exudative tendency of Lac c. Sore throat beginning and ending with the menstrual period.

### 10. Magnesium phosphoricum

Indicated in menstrual colic, Membranous dysmenorrhoea. Menses are too profuse, dark stringy. Ovarian neuralgia. Swelling of external parts. Vaginismus.

### 11. Rhus toxicodendron

Copious menstrual flow; clotted blood with labor-like pains. The menstrual period comes too soon, is too profuse, and lasts too long. The flow is acrid, causing excoriation of the parts. Every over-exertion brings on menorrhagia. Membranous tissue in the menstrual flow; suppressing of the menstrual flow from becoming wet; from getting the feet wet, or becoming chilled.

### 12. Collinsonia canadensis

Dysmenorrhoea; pruritus of vulva; prolapse of womb; swelling and dark redness of genitals; pain on sitting down. Membranous dysmenorrhoea, with constipation. Pruritus. Cold feeling in thighs after menstruation. Sensation of swelling of labia and of clitoris.

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