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A Prospective Study on Comparing the Effectiveness of Constitutional Remedies and Mother Tincture in the Management of Primary Dysmenorrhea

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ABSTRACT:

Adolescence is a period of transition to adulthood from childhood, which corresponds to the onset of puberty, driven by changes in the gonadal and adrenal hormones and development of secondary sexual characters. This is considered to be a developmental period. During this period, women start menstruating. Among the menstruation associated disorders, dysmenorrhoea is the most prevalent menstrual disorders in adolescence, which even makes them bed-ridden. Some studies reported that 20-90% of adolescent girls having dysmenorrhoea and 15% of them have severe dysmenorrhoea. Modern school of medical systems aiming to provide only symptomatic relief in this condition. This is where we can see the role and scope of homoeopathic treatment. Man is made up of an inseparable union of body and mind. Any change in external or internal environment, is capable of producing changes in the healthy state. Homoeopathic prescriptions are not meant for simply addressing the present disturbance, but also the past and future. It treats the patient's susceptibility including the tendency for relapses, by addressing the inner turbulences which express as symptoms. It treats the system completely and make it stable.

This study is intended to make a comparison for the effectiveness of mother tinctures, which usually considered as a taboo in the homoeopathic treatment by some schools and constitutional medicines which always gives the individualistic treatment to the patient, in treatment of primary dysmenorrhea. As far as use of mother tinctures are concerned, literature shows, Organ remedies will give better results in tinctures and lower potencies. A study demonstrated that all homoeopathic mother tinctures are relatively safe for oral intake in rats

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