

## **THE MENSTRUAL CYCLE 1: REMEDIES FOR LACK OF PERIODS (ALSO KNOWN AS AMENORRHEA)**

*Aristolochia clematis* (common name Birthwort)

I include this small remedy as it can be very helpful in two particular instances when a period may stop. Sometimes, when a woman discontinues the contraceptive pill, her normal periods do not resume. If the woman has stopped taking the pill because she wants to get pregnant, an absence of a period could be great cause for concern. The term that is used is, “Never been well since.” In this case, it would be “never been well since birth control.”

The other situation is one of early menopause where the symptoms are: chilliness over the whole body, but also may have excessive flashes of heat with perspiration. There is a tendency to be worse generally before and after the period, but during the flow, she feels better. You can see why not having a period for the woman needing this remedy could be an unpleasant experience! Cool open air, in general, makes all complaints feel better.

On a mental and emotional level, the woman needing Arist-cl does not like to be alone and can feel quite isolated and sad when by herself.

If Sepia or Pulsatilla has not helped, *Aristolochia* would be a good choice as “the physical symptoms bear a striking resemblance to Pulsatilla. The mental and personality type seem nearer to Sepia,” which means that, like Pulsatilla, the need for open fresh air is there with an aversion to becoming overheated—but unlike Pulsatilla and more like Sepia, there is no desire for consolation. There can also be an exhausted/depressed state similar to the Sepia woman, but that can also alternate with an exuberance and cheerfulness.

*Pulsatilla*

This remedy is what is known as a polycrest, which means that it is a remedy that has many widespread uses and that it has been well-proven. It is an important remedy to have in your first-aid kits as it covers many at-home ailments from ear infections to digestive ailments to headaches to menstrual problems when the general symptoms of the remedy agree with the individual complaint.

One of the first situations needing Pulsatilla where the period is absent is that of puberty when the menses would appear to be imminent, but there is no flow. The young teen may experience cramps, chilliness, nausea, and vomiting. The young women themselves tend to be mild with a gentle disposition, low-spirited and cry easily. Hugs, comfort, and reassurance will make her feel better. And as odd as it sounds, some young woman will note that their periods stop after getting their feet wet!

As the Pulsatilla person is very sensitive to the conditions of the weather and also sensitive to emotions, the period may stop because of any number of reasons: fright, getting chilled or wet, anemia, or from anger.

The teen/woman needing Pulsatilla will generally be better for walking slowly in the open cool air. They are averse to heat and, like the Windflower itself, will wilt in the direct sun, although they prefer the outdoors to being in a warm, stuffy room. Even though the mouth may be dry, they are quite thirstless. These women tend to be soft, affectionate, caring, sympathetic individuals, but can also be changeable in their moods, indecisive and insistent on the attention of others. In small children, it is described as being clingy. They can desire rich, fatty foods, but typically they are much worse for eating them.

### *Sepia*

The Sepia teen/woman will resemble Pulsatilla in some aspects of absent periods. They too tend to be chilly and worse for cold air or from getting wet, but unlike Pulsatilla, who feels better for slow walking in open air, those needing Sepia feel better for vigorous exercise, dancing, sports, or anything where they can really move. Also, where the Pulsatilla woman would crave being touched and caressed, the Sepia woman would be quite averse to it. In fact, when a Sepia woman is truly not well, she has a strong aversion to her husband and children. The situation that would require Sepia will be one where a woman is living her life contrary to what her deepest desires are. Sankaran in his book *The Soul of Homeopathy* describes it this way;

*“There is one side of her that says: ‘Do what you want to do, be independent, occupy yourself.’ And indeed Sepia likes to occupy herself mentally and physically; she likes brisk movements, dancing, etc. But if she is too independent she will lose her support and will not be able to keep her husband and children happy. The dependence may be emotional and/or financial (fear of poverty). So often she is forced to do things she does not want to do.”*

You can see where it could be a teen not wanting to go against a parent’s wishes, but at the same time, wanting to break free and be independent. Or you can imagine a stay-at-home mom simply worn out from pregnancies, wanting to be outside the home, but unable to manage the demands of house and home and the paid employment world at the same time. Or it could be the other way around: the woman

working in a high-paying job outside the home and yet longing to be at home, living in conflict and becoming more worn-out and exhausted.

With a period that is suppressed or absent, the accompanying symptoms might be violent pain in the abdomen with faintness, very little flow if any, shuddering over the whole body, pain in the limbs as if bruised, abdominal spasms with pressing downwards. It can sometimes be described as a feeling like everything is falling out. Sepia is one of the first remedies to think of for a prolapsed uterus.

With the absence of a period, there may be some symptoms as follows: frequent headaches, weakness, sadness/weeping (like Pulsatilla), loathing of all food (even the smell of food cooking nauseates her), coldness of the hands and feet and frequent flushes of heat to the head and face.

And as a brief mention, three remedies to consider if the periods stopped after a loss or from grief: Ignatia, Natrum muriaticum, and again, Sepia.