

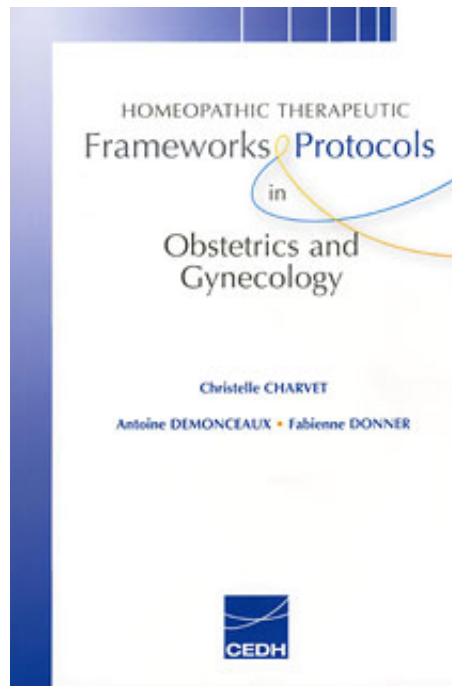
# Charvet / Demonceaux / Donner Homeopathic Therapeutic - Frameworks & Protocols

Extrait du livre

[Homeopathic Therapeutic - Frameworks & Protocols](#)

de [Charvet / Demonceaux / Donner](#)

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# Menstrual migraines

## The toolbox

**Cyclamen 9C**, 5 pellets twice a day.

- Headaches with vision disorders, dizziness, digestive disorders (dyspepsia).
- Intolerance to fatty foods.
- Improvement by heat.
- Aggravation by fresh air.

**Folliculinum 30C**, 10 pellets on days 8 and 20 of the cycle.

- In a context of classic PMS with breast pain, edema and mood swings.

**Sepia 9C**, 5 pellets per day.

- Pounding headaches, above the left eye.
- Digestive disorders (nausea, sensation of emptiness at the pit of the stomach, vomiting)
- Improved when it's pitch dark.
- Light periods.
- Urinary tract infection before the periods.
- Aggravation when turning the head.

To be associated to **Carduus marianus 6C**, 5 pellets per day.

## Menstrual migraines

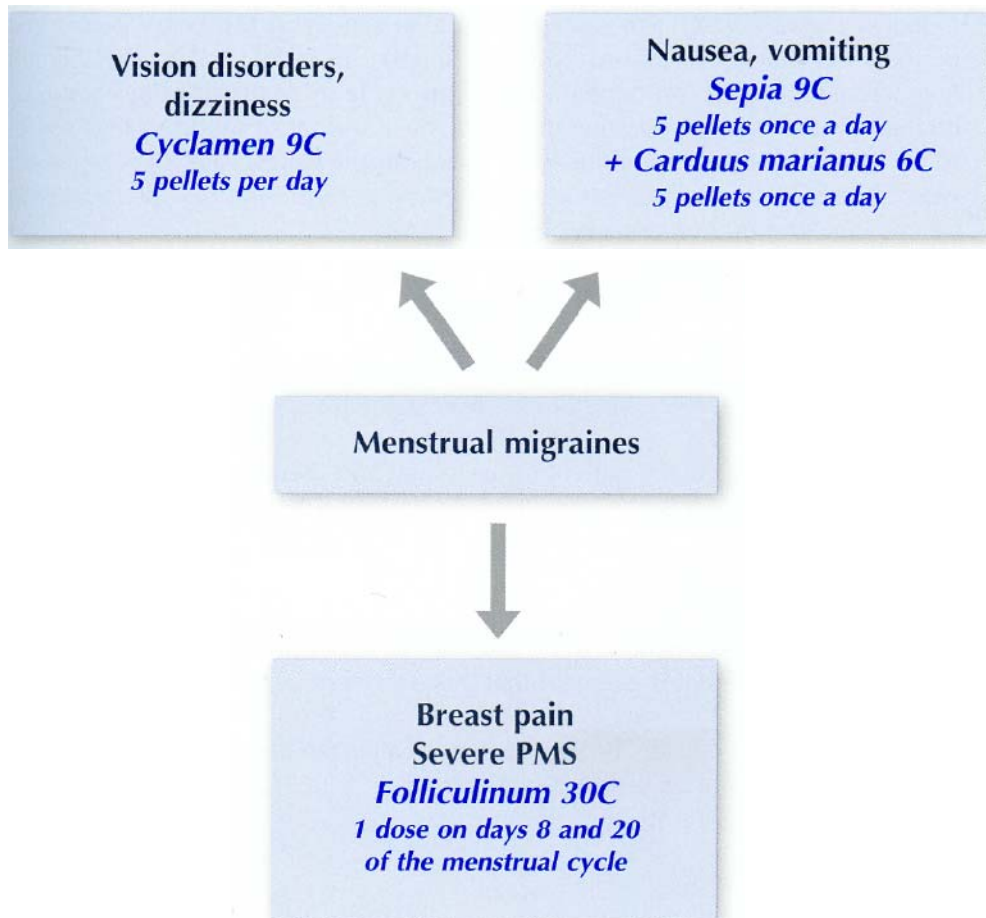
### Clinical practice

**This 23-year-old patient would like to get pregnant. She stopped taking her birth control pill and her cycles are regular.** She complains about headaches a few days before her periods. These headaches are associated to digestive disorders and dizziness. She does not have any other symptoms of PMS. Pain is improved by heat. **Cyclamen 9C**, 5 pellets twice a day every day.

**This 40-year-old patient has a hormone IUD.** She has no periods with this type of contraception device. The migraines are severe for a week, with vomiting and then sensation of emptiness in the pit of her stomach. Pain is improved in complete darkness. **Sepia 9C**, 5 pellets every day.

**This 30-year-old patient has migraines before her periods.** These migraines are associated to breast pain, edema and an irritable mood. **Folliculinum 30C**, 1 dose on days 8 and 20 of the cycle.

## Menstrual migraines



## Mood swings before the periods

### Why homeopathy?

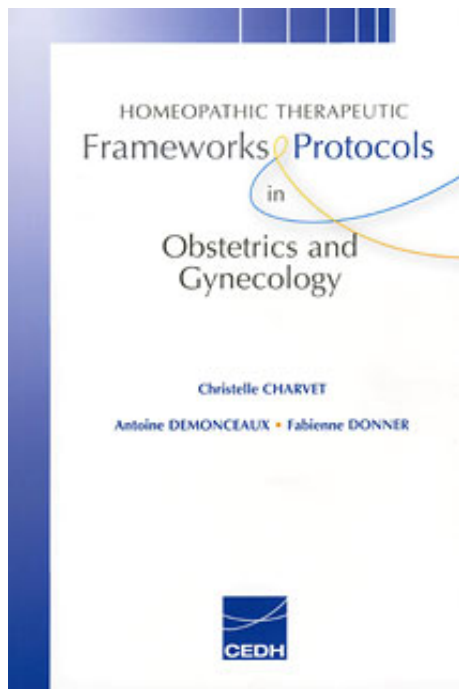
- Mood swings before the periods are quite common, sometimes loved ones can even tell when a woman is about to have her periods. On a clinical level, the difficulties most often reported by patients are irritability or on the contrary sleepiness with exhaustion and even some periodical depressive episodes. Severe mood swings are rare. The disorders usually appear in the week before the periods and quickly disappear with the periods. In severe cases, the difficult time frame can stretch from the middle of the cycle up to the first days of menstruation. There is no classic therapeutic answer and these mood swings sometimes lead to an exaggerated intake of psychotropic drugs. After the age of 40, women tend to stop taking estrogen/progesterone birth control thus increasing the incidence of these mood swings.

### How can homeopathy help?

- Homeopathic medicines can act on several associated symptoms.
- Homeopathy illustrates the fact that we treat women's specific sensitivity to hormones.
- This treatment respects the patients' physiology and their body's inner balance. Furthermore, it has a positive impact on their general health.

### Our advice

- The homeopathic treatment must be taken for at least 3 menstrual cycles to evaluate its effectiveness. It is essential that this treatment be taken at the right time during the cycle.
- Treating PMS might require the prescription of a terrain treatment. This prescription's method will not be covered in this book.



Charvet / Demonceaux / Donner

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