

<https://africanjournalofbiomedicalresearch.com/index.php/AJBR>

Afr. J. Biomed. Res. Vol. 27(4s) (December 2024); 19240-19243

Research Article

Effectiveness of Individualized Cyclamen Europaeum in the Management of Menstrual Disorders: A Prospective Clinical Study

Dr. Aditya Sharma^{1*}, Dr. Amritpal Singh²

¹*Ph.D. (Hom.) (Scholar), Tantia University, Sri Ganganagar, Rajasthan.*

²*BHMS MD(Hom), Associate Professor (Department of Paediatrics), Sri Ganganagar Homoeopathic Medical College, Hospital and Research Institute, Sri Ganganagar, Rajasthan.*

***Corresponding Author- Dr. Aditya Sharma**

**Ph.D. (Hom.) (Scholar), Tantia University, Sri Ganganagar, Rajasthan.*

Email- ab.shomoeopathy@gmail.com

Abstract

Cyclamen Europaeum (commonly known as sowbread), a plant traditionally used in homeopathic and herbal medicine, has garnered attention for its potential role in managing menstrual disorders. This review evaluates the effectiveness of Cyclamen Europaeum in treating common menstrual disorders such as dysmenorrhea, menorrhagia, and irregular menstrual cycles. Cyclamen Europaeum is believed to exhibit anti-inflammatory, analgesic, and hormonal-regulatory properties attributed to its bioactive compounds, including triterpenoid saponins and flavonoids. These properties may help alleviate pain, regulate hormonal imbalances, and reduce excessive bleeding associated with menstrual irregularities. A growing body of anecdotal and preliminary clinical evidence supports its efficacy, particularly in cases of primary dysmenorrhea and premenstrual syndrome (PMS). Additionally, its ability to influence the hypothalamic-pituitary-ovarian axis suggests a potential role in addressing secondary menstrual issues caused by endocrine dysfunctions. However, high-quality, large-scale clinical trials remain limited, and further studies are necessary to validate its safety profile, optimal dosage, and long-term effects.¹

Keywords Cyclamen Europaeum, Homeopathy, Menstrual Disorders, Menstruation, Dysmenorrhea, Depression, Amenorrhea, Oligomenorrhoea.

***Author of correspondence: Email: ab.shomoeopathy@gmail.com**

Received – 10/12/2024

Accepted- 15/12/2024

DOI: <https://doi.org/10.53555/AJBR.v27i4S.9088>

© 2024 The Author(s).

This article has been published under the terms of Creative Commons Attribution-Noncommercial 4.0 International License (CC BY-NC 4.0), which permits noncommercial unrestricted use, distribution, and reproduction in any medium, provided that the following statement is provided. "This article has been published in the African Journal of Biomedical Research"

Introduction:

Cyclamen Europaeum, commonly known as sowbread, is a medicinal plant traditionally used in homeopathy and herbal medicine for its anti-inflammatory, analgesic, and hormone-regulating properties. Its historical use for gynecological conditions, coupled with emerging

research into its pharmacological effects, positions it as a promising alternative or adjunct in the management of menstrual disorders.

Menstrual disorders, including dysmenorrhea, irregular cycles, and premenstrual syndrome (PMS), significantly impact the physical and emotional well-being of women

worldwide.² Conventional treatments, such as hormonal therapies and analgesics, are effective but often come with side effects that limit their long-term use. In recent years, interest in natural remedies and complementary medicine has grown as women seek safer, holistic approaches to managing menstrual health.

This paper explores the potential effectiveness of *Cyclamen europaeum* in treating menstrual disorders by examining its active compounds, mechanisms of action, and clinical evidence. Understanding its role could provide new insights into integrating natural therapies for improved menstrual health and quality of life.

History And Nomenclature:

Cyclamen europaeum, now more commonly known as *Cyclamen purpurascens*, is a species of hardy, perennial tuberous plant belonging to the Primulaceae family. It has a long history in Europe, both in the wild and in cultivation.

Cyclamen purpurascens is native to central and southern Europe, including parts of France, Switzerland, Germany, Austria, Slovenia, Italy, and the Balkans. It thrives in shaded woodlands and mountainous regions, often growing under beech and pine trees.³

Botanical Discovery and Classification:

The plant was first described scientifically in the 18th century. The name *Cyclamen europaeum* was used in older botanical texts but has since been replaced by *Cyclamen purpurascens* due to taxonomic revisions. Unlike other cyclamen species that go dormant in summer, *Cyclamen purpurascens* keeps its leaves year-round.

Menstrual Disorders in Females:

Menstrual disorders refer to a variety of conditions that affect the normal menstrual cycle in females. These disorders can involve irregularities in timing, flow, pain, or associated symptoms.

Types of Menstrual Disorders⁴:

1. Amenorrhea (Absence of Menstruation)

- **Primary Amenorrhea:** No menstruation by age 15-16.
- **Secondary Amenorrhea:** Menstruation stops for three or more months in a previously menstruating woman.
- **Causes:** Hormonal imbalances, polycystic ovary syndrome (PCOS), excessive exercise, eating disorders, stress, thyroid disorders.

2. Dysmenorrhea (Painful Menstruation):

- **Primary Dysmenorrhea:** Common menstrual cramps due to uterine contractions.
- **Secondary Dysmenorrhea:** Caused by underlying conditions such as endometriosis, fibroids, or pelvic inflammatory disease (PID).

3. Menorrhagia (Heavy or Prolonged Bleeding):

- Excessive menstrual flow lasting more than 7 days or requiring frequent pad/tampon changes.
- **Causes:** Hormonal imbalances, fibroids, polyps, blood clotting disorders, certain medications.

4. Oligomenorrhea (Infrequent Periods):

- Menstrual cycles longer than 35 days, leading to fewer than 6-8 periods per year.
- **Causes:** PCOS, hormonal imbalances, excessive exercise, eating disorders.

5. Premenstrual Syndrome (PMS) & Premenstrual Dysphoric Disorder (PMDD):

- **PMS:** Emotional and physical symptoms like bloating, mood swings, and fatigue before menstruation.
- **PMDD:** Severe form of PMS causing depression, anxiety, and extreme irritability.

Causes of Menstrual Disorders

1. **Hormonal Imbalances:** Estrogen and progesterone fluctuations.
2. **Medical Conditions:** PCOS, endometriosis, thyroid disorders.
3. **Lifestyle Factors:** Stress, poor diet, excessive exercise, weight changes.
4. **Medications:** Birth control pills, anticoagulants, certain psychiatric drugs.
5. **Reproductive Conditions:** Uterine fibroids, ovarian cysts, infections.

Utility of Cyclamen Europaeum in Menstrual Disorders:

Cyclamen Europaeum is primarily used for menstrual irregularities, suppressed menses, and associated nervous symptoms.

Cyclamen Europaeum is indicated in menstrual disorders characterized by scanty, irregular, and delayed menses, often dark-colored with clotted or membranous discharge, especially when triggered by emotional stress, grief, or fatigue. It is beneficial for painful menstruation (dysmenorrhea) with cramping pain in the uterus, radiating to the lower abdomen and thighs, typically in sensitive and melancholic women. It helps alleviate premenstrual syndrome (PMS) symptoms like depression, weeping tendencies, irritability, aversion to company, and feelings of guilt or low self-esteem. The remedy is also effective in treating vertigo and headaches during menstruation, particularly with severe dizziness, dim vision, and migraine-like pain with flickering or floating spots before the eyes. Additionally, it addresses digestive complaints, including nausea, loss of appetite, food aversion, bloating, and abdominal discomfort during menstruation.

Dr. William Boericke:

Menstruation is heavy, black, clotted, and comes too early, often with labor-like pains from the back to the pubic area. The flow decreases with movement. Irregular periods may be accompanied by migraines, temporary blindness, or seeing fiery spots. Hiccups can occur during pregnancy. After childbirth, there may be heavy bleeding with cramping, which improves after a gush of blood. After menstruation, the breasts may swell and produce a milky discharge.⁵

Dr. Clarke (John Henry Clarke):

Menstruation is too heavy and frequent, with black, clotted blood. Before periods, there are labor-like pains,

bloating, and abdominal swelling. The breasts may swell and secrete a milky discharge. In some cases, menstruation may be completely suppressed.

Comparison with Other Remedies:

- **Pulsatilla** – Also used for scanty menses, but with more **changeable mood** and craving for consolation.
- **Sepia** – Used for **late, scanty, and painful menses**, but suited for **indifferent and irritable women**.
- **Cimicifuga** – Menstrual irregularities with **severe pain and nervous symptoms**.

Case Overview:

Patient Profile:

- **Name:** XXX
- **Age:** 28 years
- **Sex:** Female
- **Place of Consultation:** OPD, Chandola Homeopathic Medical College, Rudrapur (U.K.)

Chief Complaints:

Irregular and painful menstruation:

- Flow scanty, dark, and clotted
- Pain: Labor-like cramps starting from the back and radiating to the pubic region

Migraines with visual disturbances:

- Fiery, flickering spots before the eyes
- Headache associated with menstrual cycle

Premenstrual complaints:

- Abdominal bloating
- Swelling of breasts with occasional milky discharge.

History of Present Illness:

The patient reported that her menstrual cycles had been irregular for the past several months, with progressively increasing pain and decreased flow. The cramps were severe, resembling labor pains, forcing her to rest. Migraines developed particularly before and during menstruation, accompanied by visual flickering and fiery sparks. Breast swelling and abdominal bloating appeared 3–5 days prior to menses, resolving once bleeding began.

Symptoms aggravated with physical movement, walking, or exertion, and improved markedly with rest, lying quietly, and avoiding disturbance.

Menstrual History:

- **Cycle:** Irregular
- **Flow:** Scanty, dark, clotted
- **Pain:** Severe, spasmodic, radiating
- **Associated symptoms:** Vertigo, migraines, visual aura

Past History:

- No significant medical or surgical history reported.
- No history of hormonal medication or contraceptive use.

Family History:

Father: DM Type 2, Hypertension

Mother: Bronchitis

Mental and Emotional State:

- Marked melancholy and sadness, often without clear cause.
- Timid, avoids conversations, prefers solitude.
- Tendency to withdraw emotionally during stress.
- Feels sensitive and easily fatigued mentally.

Generalities:

- **Aggravation:** Movement, physical exertion, walking
- **Amelioration:** Rest, lying down, quiet environment
- **Appetite:** Reduced during menses
- **Sleep:** Disturbed during pain episodes
- **Thermal Reaction:** Not Confirm
- **Stool:** Regular/ Satisfactory
- **Desire:** Milk (Warm), Creamy Things.

First Prescription:

Cyclamen 30c (Once a day for 3 days) Sac Lac 200(BD) For One month.

Course Of Treatment

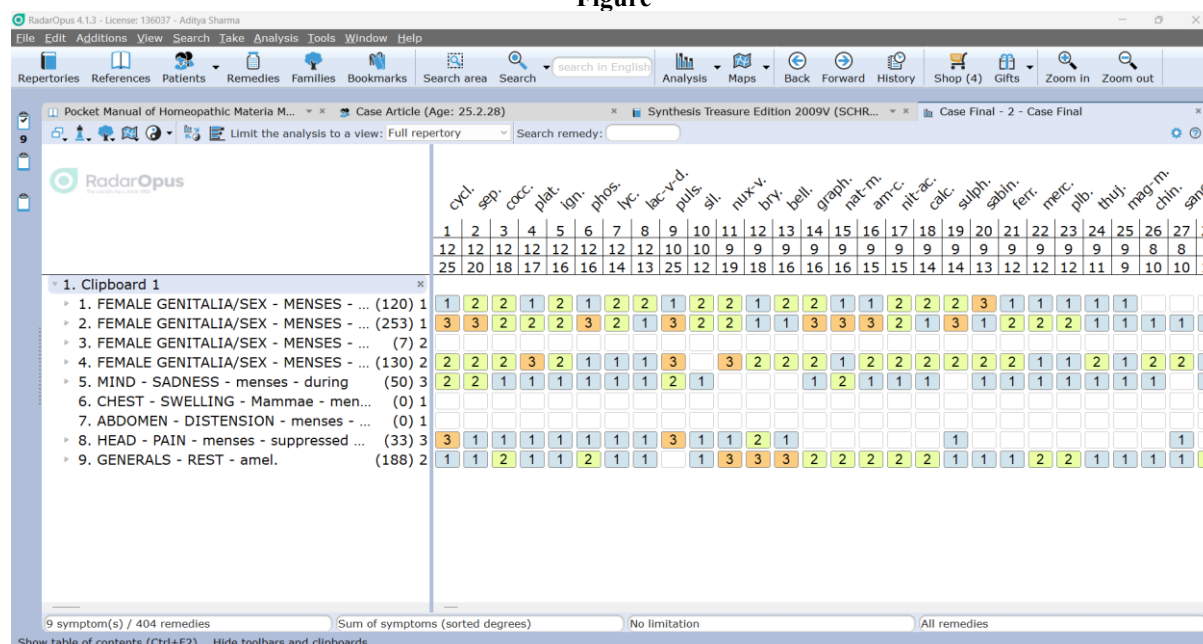
The treatment continued for 6 months with regular follow-ups at the interval of 1 month.

Course of Treatment and Follow-up:

Month	Observations	Prescription	Outcome
1st Month	Severe pain, scanty dark clotted flow, mood swings, visual disturbances (fiery spots)	Cyclamen 30C , once daily for 3 days at onset of menses	Slight reduction in pain, flow unchanged
2nd Month	Pain slightly reduced, still dark & clotted flow, mood swings persisting	Cyclamen 200C , single dose at the beginning of cycle	Mild improvement in mood, slight improvement in flow
3rd Month	Noticeable pain relief, menses more regular, mood swings improving	Cyclamen 200C , single dose at start of menses	Less clotting, minimal discomfort
4th Month	Minimal pain, normalizing flow, no visual disturbances	Cyclamen 1M , single dose before expected period	No significant pain, regular flow
5th Month	Regular cycle, emotional stability, no major discomfort	No change in prescription	Continued stability, no painkillers needed
6th Month	No significant symptoms, stable cycles, overall well-being	No further treatment required	Long-term relief achieved

Repertorial Sheet:

Figure



Discussion:

Homeopathic medicine takes a holistic approach by focusing on strengthening the vital force, which is the body's natural energy responsible for maintaining health and balance. Instead of merely suppressing symptoms, homeopathy works at a deeper level, stimulating the body's innate ability to heal itself. By addressing the root cause of illness, it not only provides relief but also helps prevent recurrences, promoting long-term health and resilience. Since homeopathic remedies are gentle, non-toxic, and individualized, they support overall well-being without causing side effects or dependency. This approach ensures that both the mind and body remain in harmony, fostering a state of optimal health and vitality.⁶

The above case study highlights the successful use of *Cyclamen* in treating a 28-year-old woman suffering from menstrual disorder.

Conclusion:

This case highlights the effectiveness of *Cyclamen* in managing dysmenorrhea with nervous symptoms and irregular cycles. The individualized approach, careful potency selection, and gradual dose reduction ensured long-lasting relief without side effects. This supports the holistic and symptom-specific nature of homeopathy in addressing menstrual disorders.

References:

1. Jana, Balram; Text Book of Gynecology and Obstetrics; B. Jain Publisher Pvt. Ltd., New Delhi, Reprint edition 2004
2. Dutta, D.C; Text Book of Gynecology, ; B. Jain Publisher Pvt. Ltd., New Delhi, Reprint edition 1997.
3. JH Clarke; A Dictionary of Practical Materia Medica, Indian Books & Periodicals Publishers, Reprint Edition: Feb 2018
4. Jana, Balram; Text Book of Gynecology and Obstetrics; B. Jain Publisher Pvt. Ltd., New Delhi, Reprint edition 2004
5. Boericke, William. Pocket Manual of Homoeopathic Materia Medica and Repertory comprising of the Characteristic and guiding symptoms of all Remedies (clinical and pathogenetic) including Indian Drugs. B. Jain Publishers Pvt. Ltd, New Delhi, 2007
6. Hahnemann Samuel. Organon of medicine. Translated by William Boericke. B. Jain Publishers Pvt. Ltd., New Delhi, Reprint Edition 2002