

Menstrual Disorders

Treatment

The various disorders relating to menstrual flow are indicative of the low level of a woman's health and a toxic condition of her sex organism, which has been brought about by wrong habits of living, especially wrong dietary habits. These disorders are made more deep-seated and chronic by modern medical efforts to deal with them through the suppressive agency of surgery and drugs. The disorders being systemic in origin, can be tackled only by treating the system as a whole so as to remove the toxicity from the body and build up the general health-level of the sufferer.

To undertake such a scheme of all round health-building treatment, the sufferer from menstrual disorders should begin with an all-fruit diet for about five days. In this regimen, the patient should have three meals a day of fresh, juicy fruits, such as apples, pears, grapes, papaya, oranges, pineapple, peaches and melon. No other foodstuff should be taken; otherwise the value of the whole treatment will be lost. However, if there is much weight loss on the all-fruit diet, those already underweight may add a glass of milk to each fruit meal. During this period the bowels should be cleansed daily with a warm water enema.

After the all-fruit diet, the sufferer should adopt a well-balanced diet on the following lines:

Upon rising: A glass of lukewarm water mixed with the freshly squeezed juice of half a lime and a spoon of honey.

Breakfast: Fresh fruits such as apple, orange, grapes, papaya, banana and milk.

Lunch: A bowl of freshly prepared steamed vegetable such as carrot, cabbage, cauliflower, squash, and beans, two or three whole wheat chapattis.

Mid-afternoon: A glass of carrot juice or sugarcane juice.

Dinner: A large bowl of fresh green vegetable salad using all available vegetable such as carrot, cabbage, cucumber, tomatoes, radish, red beets and onion and mung bean sprouts.

Bed-time snack: A glass of fresh milk or an apple.

The diet factor is of the utmost importance. Fruits and salads, nature's body-cleansing and health-restoring foods, must form the bulk of the future diet along with whole grains, nuts and seeds, especially in sprouted forms. Frequent small meals should be taken instead of few large ones to prevent low blood sugar which is common during menstruation. The foods which should be avoided in future are white-flour products, sugar, confectionery, rich cakes, pastries, sweets, refined cereals, flesh foods, rich, heavy, or greasy foods, tinned or preserved foods, strong tea, coffee, pickles, condiments and sauces. Smoking, if habitual, should be given up completely as it aggravates menstrual disorders.

Menstrual Disorders

A further short period on all -fruit, say two or three consecutive days can be undertaken at monthly intervals, according to the need of the case. The morning dry friction and cold hip baths should form a regular feature of the treatment. All cold baths should however, be suspended during the menstrual period.

Certain remedies have been found useful in menstrual disorders. Cooked banana flower eaten with curd is one of the more important of such remedies. The banana flower appears to increase progesterone hormone and reduce the bleeding.

Beet juice has been found very effective for menstrual disorders. It should be used in small quantities of 60 to 90 grams, at a time two or three times a day in these conditions.

Coriander seeds are highly beneficial in the treatment of excessive menstruation. Six grams of these seeds should be boiled in half a liter of water. It should be taken off the fire when only half the water remains. Sugar candy should be added to it and the patient should drink it when it is still warm.

Ginger has been useful in menstrual disorders. A piece of fresh ginger should be pounded and boiled in a cupful of water for few minutes. The infusion sweetened with sugar should be used thrice daily after meals as a medicine for dysmenorrhoea, and amenorrhoea due to exposure to cold winds and taking cold baths.

Sesame seeds are also useful in menstrual disorders. Half a teaspoonful of powder of these seeds taken with hot water twice daily acts excellently in reducing spasmodic pain during menstruation in young unmarried anemic girls. Its regular use, two days prior to the expected periods, cures scanty menstruation. Warm hip bath containing a handful of bruised sesame seeds should be simultaneously taken along with this receipt.

Safflower seeds have also been found to be beneficial in the treatment of painful menstruation. A decoction prepared by boiling two teaspoonfuls of powdered seeds in 120 ml. of water should be given as a remedy for this condition. Dried flowers mixed with confection of rose can also be given as a medicine for this purpose.

Reference

Shri H.K. Bakhru. (1999). Natures Cure.