

Menopause & Homoeopathy

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Abstract: Menopause is “complete cessation of menstrual periods”. Menopause is not a disease at all but is the transitional state of a women. As women age, their health becomes a multidimensional issue influenced by factors such as career, changes in home life, diet and physical activity, the economy, society and the environment. Though menopause is a normal physiological change, yet we find majority of females undergo a many of symptoms in varying intensity, which can be termed as a “Menopausal syndrome”. This article emphasis on incidence, clinical features and management of menopause with homoeopathic medicines indicated in this clinical conditions and taking rubric related to it from various repertories.

Keywords: Menopause, Homoeopathy, Therapeutic, Repertorisation

1. Introduction

Menopause is a greek word menos means menstruation and pause means stop. It is defined as the permanent cessation of menstruation resulting from loss of ovarian follicular activity.⁽¹⁾ Natural menopause is recognized to have occurred after 12 consecutive months of amenorrhoea for which there is no other obvious pathologic or physiologic cause. The terms menopause, climacteric and pre, peri, & post menopause are often used loosely & interchangeably but strictly apply to different periods at the end of the reproductive period in a women's life.⁽³⁾ Reproductive life due to loss of ovarian follicular activity. The typical age of menopause ranges from 45-50 years. Average age is 47 years. Maximum age is up to 55 years. Below 40 years, it is called premature menopause.⁽⁵⁾

Perimenopause: The period immediately before menopause with endocrinological, biological and clinical features of approaching menopause, and at least the first year after the menopause.⁽¹⁾

Postmenopause: The era following the date of last menstrual bleed which cannot be determined until 12 months of spontaneous amenorrhea has been observed.⁽¹⁾

Climacteric: Climacteric is a transitional phase of weaning off of ovarian activity before menopause and may continue for 2-5 years.⁽⁵⁾

Clinical Features –⁽⁴⁾

Early symptoms-Periods become erratic and irregular the first two are the classic symptoms.

• Hot flushes	• Mood changes
• Night sweat	• loss of memory
• Anxiety	• Loss of confidence and self esteem
• Irritability	• Headaches
• Loss of interest in sex	• Dry vagina
• Itching of the skin	• Genital itching
• Insomnia	• Painful sex

Intermediate symptoms–

These symptoms mainly affect the bladder and genitals, and they not appear until your periods have stopped. They form part of late perimenopause.

• Vaginal dryness	• Loss of bladder controls
• Pain on intercourse	• Generalized muscle aches and pains
• Vaginal thinning	• Thinning skin and hair

Late symptoms

During the postmenopausal periods, due to low levels of estrogen. Women who are over 60 are the most vulnerable.

High blood pressure and angina that may indicate arterial and heart disease, and a risk of stroke related to Atherosclerosis.	General aches and pains, backache, joint stiffness and swelling, spinal curvature, and bone fractures- all problems related to osteoporosis
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Repertorisation– The rubrics regarding menopause from different repertories are as follows-

BOERICKE REPERTORY-⁵

Menopause- *amyl, bell, bellis, cact, caul, cim, con, gels, glon, ign, jabor, kali.c, kreos, lach, mancin, murex, nux m, nux v, oophor, puls, sang, sep, sul, ustil, zinc.v.*

KENT REPERTORY -⁶

Menopause- *agar, apis, arg-n, chin, cocc, con, croc., crot-c, crot-h, cucl, gels, graph, helon, lach, mang, murx, phos, psor, puls, sel, sep, sulph, sul-ac, tab, verat*

MURPHY REPERTORY-⁷

Menopause- *2 agar, 2 aml-n, 2 apis, 2 arg-n, 2 bell, 2 bell-p, 2 bry, 2 cact, 2 calc-ar, 2 caul, 2 chin, 2 cimic, 2 cocc, 2 con, 2 croc, 3 CROT-C, 2 cycl, 2 gels, 2 glon, 3 GRAPH, 2 helon, 2 hydr, 2 ign, 2 jab, 2 kali bi, 2 kali-c, 2 kali-s, 2 kreos, 3 LACH, 2 manc, 3 MANG, 2 murx, 2 nux-m, 2 nux-v, 2 ov, 2 ph-ac, 2 phos, 3 PSOR, 3 PULS, 2 sabin, 2 sang, 2 sec, 2 sel, 3 SEP, 2 stront-c, 3 SULPH, 2 sul-ac, 2 tab, 2 ter, 2 ther, 2 ust, 2 verat, 2 zinc-val*

SYNTHESIS REPERTORY -⁸

Menopause - *agar, aml-ns, apis, arg-n, bry, cact, calc-ar, carc, chin, cimic, cocc, con, croc, CROT-C, crot-h, cycl, gels, glon, GRAPH, helon, hydr, jab, kali-bi, kali-br, kali-c, kali-s, kreos, LACH, manc, MANG, MURX, nux-m, nux-v, ov, phos, PSOR, puls, sabin, sang, SEP, stront-c, sul-ac, SULPH, tab, ter, ther, ust, verat, zinc-val*

2. Homoeopathic Therapeutic approach for Menopause

Constitutional remedies can be reassuring and helpful for both physical and mental aspect of menopause. There are a number of homoeopathic medicines which can be helpful in case of Menopause. Some of the indications are:

- 1) **Amylenum-nitrosum** –For nervous, sensitive, plethoric women, during or after the menopause. Face flushes at the slightest motion.⁽¹¹⁾ Climacteric headaches with anxiety and palpitation.⁽⁶⁾
- 2) **Graphites**-He thinks it especially suitable when the patient is on the wrong side of thirty, saying that graphites is to the climacteric period what pulsatilla is in youth.⁽¹⁴⁾ Herpes appearing at climacteric. Circular herpes, feels hard to touch & is wrinkled. The itching is worse at night. Better from wrapping.⁽¹⁵⁾
- 3) **Glonine** – Flushes of heat, at the climacteric, with the catamenia violent palpitation, with throbbing in carotids, hearts action labored, oppressed.⁽⁹⁾
- 4) **Lachesis Mutus** – Climacteric ailments (troubles) hot flushes & hot perspiration, burning vertex headache, especially at or after the menopause.⁽⁹⁾ Palpitation, flushes of heat, haemorrhages, vertex headache, fainting spells, worse, pressure of clothes.⁽⁵⁾
- 5) **Sanguinaria canadensis** – Flushes of heat & leucorrhoea, burning of palms & soles, compelled to throw off bed clothes, painful enlargement of breasts, when lachesis & Sulphur fail to relieve.⁽⁹⁾
- 6) **Sepia**- Sudden hot flushes of climax is, with momentary sweat, weakness and great tendency to faint.⁽¹⁰⁾ Flushes of heat from least motion, with anxiety & faintness, followed by perspiration over whole body, climacteric.⁽¹¹⁾
- 7) **Sulphur** – Hot flushes at climax is, with hot head, hands & feet, & great goneness in stomach.⁽⁷⁾ Women needing Sulphur are full of hot flushes, such as they are likely to have at the climacteric period.⁽¹⁰⁾
- 8) **Sulphuric acid** – Climacteric age, with constant hot flushes & a feeling of tremor all over body, with great debility & as if everything must be done in a hurry, spitting of blood, constipation, symptoms are < by smelling.⁽¹¹⁾

3. Conclusion

The above therapeutic medicines are used frequently in menopause with good results. Other individualized homoeopathic medicines can also offer significant relief to the patients of menopause. Homoeopathic medicines when prescribed on the principle of similarity and individualization can prove to be effective in relieving the symptoms and reaching at the cure. Repertory is a tool, using repertory one can easily get a near range of similar medicine and similimum can be prescribed with help of materia medica. Homoeopathic medicines are very helpful in cases of menopause. Prescribed the constitutional treatment – takes a details of patient at the level of mental, emotional and physical. Further select the best individual medicine. This medicine depends upon overall personality of patient. Homoeopathic medicines act dynamically and holistically, it has potential role in management of cases of menopause.

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