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 aging. 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 that majority of females undergo a many of symptoms in varying intensity, which can be termed as a “Menopausal syndrome”. This article highlights the 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 means menstruation and pause means stop. It is defined as the permanent cessation of menstruation resulting from loss of ovarian follicular activity. 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 term 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. 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.

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

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

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

Clinical Features –

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

<table>
<thead>
<tr>
<th>Hot flushes</th>
<th>Mood changes</th>
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<tbody>
<tr>
<td>Night sweat</td>
<td>Loss of memory</td>
</tr>
<tr>
<td>Anxiety</td>
<td>Loss of confidence and self esteem</td>
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<tr>
<td>Irritability</td>
<td>Headaches</td>
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<tr>
<td>Loss of interest in sex</td>
<td>Dry vagina</td>
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<td>Itching of the skin</td>
<td>Genital itching</td>
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<td>Insomnia</td>
<td>Painful sex</td>
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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.

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

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

BOERICK REPERTORY

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

KENT REPERTORY

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

MURPHY REPERTORY

Menopause- 2 agar, 2amln-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 jah, 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

Menopause - agar, amln-s, apis, arg-n, bry, cact, calc-ar, carch, chin, cimic, cocc, con, croc, CROT-C, crot-h, cycl, gels, glon, GRAPH, helon, hydr, jah, 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 area number of homoeopathic medicines which can be helpful in case of Menopause. Some ofthe indication are:
1) *Amylum- nitrosum* –For nervous, sensitive, pellorhic women, during or after the menopause. Face flushes at the slightest motion.\(^6\)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 carodis, hearts action labored, oppressed.\(^8\)
4) *Lachesis Mutus* – Climacteric ailsments ( 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) *Sanguinariacanadensis* – Flushes of heat & leucorrhoea, burning of palms &soles, compelled to throw off bed clothes, painful enlargement of breasts, when lachesis & Sulphur failrelive.\(^9\)
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 gonesness 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 therapeutics medicines are used frequently in menopause with good results. Other individualized homoeopathic medicines can also be 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 medicine 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.

References


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