

Utility of Homoeopathic Medicines in Management of Menopausal Syndrome

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Abstract: *Menopause. The U.S. NATIONAL INSTITUTE ON AGING describe it as: "A normal part of life, just like puberty. it is the time of last menstrual period. Female may notice changes in her body before and after menopause. The experience is different for each woman.*

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1. Introduction

Menopause is a permanent cessation of menstruation at the end of reproductive life due to loss ovarian follicular activity, it is the point of time when last and final menstruation occurs.

It has two phases,

Perimenopause is the part of climacteric when menstrual cycle is likely to be irregular.

Postmenopause is the phase of life that comes after the menopause, at the age of 40-55 years with mean age of about 47 years.

Early or delayed menopause is considered when menopause happens before 35 years or after 55 years respectively.

After reaching menopause a woman may give rise to wide range of physical and psychological symptoms like hot flushes, night sweat, irregular bleeding and vaginal dryness with mood swings, depression impaired memory or concentration, somatic symptoms such as urinary incontinence and sexual dysfunction along with osteoporosis, osteosclerosis and weight gain due to long term lack of oestrogen.

Today, women are dissatisfied with harmful side-effects of conventional hormonal replacement therapy. In such situation homoeopathy is such a science which helps without adverse effects and it is safer and effective in menopausal syndrome. In homoeopathy individuality geared to each woman's condition and constitution by treating her at the mental, emotional and physical levels. Homoeopathic medicines not only safer to mental, emotional disturbances but also physical ailments occurs in menopause can be better handle by homoeopathic medicines,

2. Causes of Menopause

A decrease in levels of the hormones oestrogen and progesterone triggers the impacts of menopause.[9]

Ovaries may stop production before at that point. This is known as premature menopause. Although rare, this can happen at any age. Various fundamental conditions can cause premature menopause,

Including:

Enzymes insufficiencies

- Down's syndrome
- Turner's syndrome
- Addison's disease
- Hypothyroidism

Certain medical procedures and systems may likewise prompt premature ovarian failure, for example

- Medical procedure to remove the ovaries
- Medical procedure to remove womb
- Radiotherapy to pelvic area
- Chemotherapy to pelvic area

3. States of Menopause

Menopause characterize in two states:

- 1) Natural menopause: Regular discontinuance of menses characterized following twelve sequential long periods of amenorrhoea.
- 2) Surgical menopause: Discontinuance of the menses because of the removal of the uterus.[8]

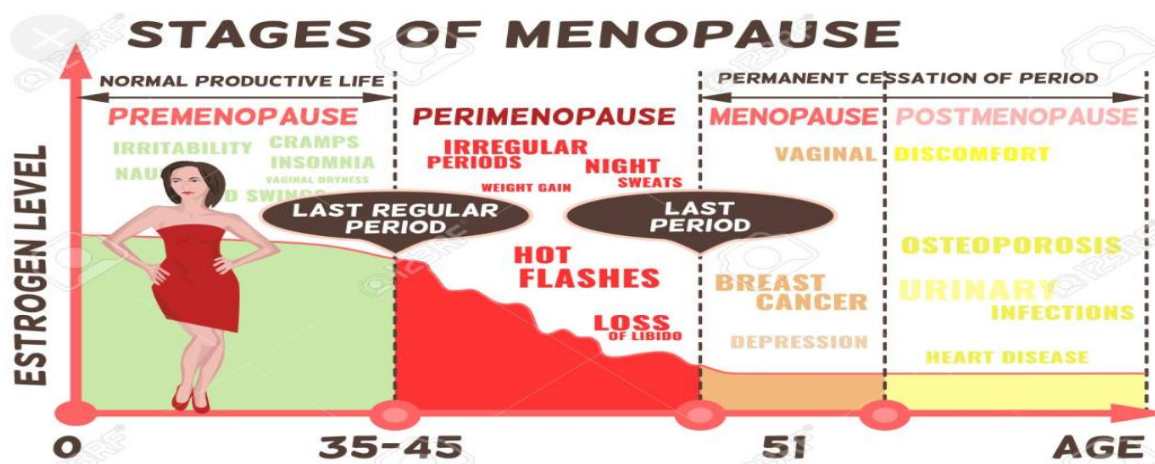
Natural Menopause includes three stages:

Firstly, lady who have feminine cycle earlier three months with no adjustment in the consistency of the cycle, are perimenopausal.

Secondly, lady who report three to eleven months of amenorrhoea at one contact and expanded menstrual abnormality, are menopausal.

Thirdly, ladies announcing permanent amenorrhoea, are post-menopausal. These three stages are all things considered called climacteric.[8]

4. Stages of Menopause and Changes



5. Role of the Endocrine System

Hypothalamo pituitary gonadal Axis:

Scarcely any prior years to menopause, alongside exhaustion of ovarian follicles, the follicles become impervious to pituitary gonadotropins. Thus, inadequate folliculogenesis with diminished oestradiol creation. There is extraordinary fall in the amount of oestradiol. This decline the negative feedback on hypothalamo-pituitary axis bringing about expanded FSH.

Increment in FSH is additionally due to the lessened inhibin, which is emitted by granulosa cells of ovarian follicles. There in this manner increment of the LH moreover.[3]

Bothered folliculogenesis result in anovulation, untimely corpus luteal deficiency. Continued dimension of oestrogen may cause endometrial hyperplasia and clinical appearances of menstrual variations from the norm before to menopause. The mean cycle length is altogether shorter because of shortening of follicular stage. Luteal stage length stays steady.

At last no more follicles are accessible and even some exists they become impervious to the gonadotropins. Oestradiol creation drops down to the dimension of 20 pg/ml so no endometrial development no monthly cycle.[3]

Symptoms

- Hot flushes
- Night sweats
- Irregular periods
- Mood swings
- Vaginal dryness
- Decreased libido
- Headaches
- Breast soreness
- Joint pain
- Digestive problems
- Muscle tension
- Tingling extremities
- Itchy skin
- Fatigue
- Anxiety

- Disrupted sleep
- Memory lapses
- Difficulty concentrating
- Weight gain
- Irritability
- Depression
- Panic disorder
- Osteoporosis[11]

Diagnosis of Menopause

Determination of menopause by following signs and indications of the ladies:

- 1) Stoppage of menstrual stream for the back to back a year of periods.
- 2) Appearance of menopausal manifestations like 'hot flush'; and 'night sweat'
- 3) Vaginal cytology-demonstrates development index of at least 10/85/5(propose low oestrogen).
- 4) Serum oestradiol: <20 pg/mi.
- 5) Serum FSH and LH >40 mIU/ML [3]

Management

Prevention

Natural menopause is unavoidable yet counterfeit menopause which is prompted by medical procedure or radiation treatment during regenerative period can do some which forestalled of postponed the procedure.

Counselling

Each lady who encounters the postmenopausal side effects ought to be sufficiently clarified about the physiological occasions. Which will evacuate her dread and reduce the indications of uneasiness, dejection and a sleeping disorder. Consolation is exceptionally fundamental.

Non-hormonal treatment

Way of life alteration:

decreasing high espresso admission, smoking and inordinate liquor. There ought to be satisfactory calcium supplementation (300 ml of milk), decreasing drugs that derange bone health. [3]

General Measures

wellbeing support, yearly mammogram, yearly pelvic and rectalexaminations,thyroid and cholesterol screening like clockwork or asshowed, lockjaw sponsor shot at regular intervals, pneumococcal antibodyas demonstrated. [7]

Specific Measures

Forside effects alleviation: foundational (oestrogen/progestin) treatment.(under 1% of ladies don't get advantage from treatment.) Topical oestrogen supplement. [7]

Diet

Nutritious eating regimen offset with dietary calcium (1000-1500 mg/day).and protein is significant. [3], [7]

Activity:

No confinement, weight bearing action to advance bone wellbeing, cardiovascular wellness preparing/support, strolling and running. [7]

Vitamin D:

Supplementation of nutrient D3 (1500-2000 IU/day) alongside CA whichcan decrease odds of osteoporosis and break. More presentation to daylightincrement amalgamation of D3 in the skin.End of smoking and liquor. [5]

Homeopathic Management for Menopause

In homoeopathy, wide range of drugs for the climacteric time are available;medicines like, Puls.;Lach.; Bry.; Cocc.; Con.; Ign.; Sep.; Sulph.Flushes duringmenopause: Amyl. nit.; Lach.; Sang.; Sep.; are given. [4]

Sepia:

Pre-eminently awoman's remedy. [6] weakness, yellow complexion, bearing down sensation, especially in woman. Hot flushes at menopause withweakness and perspiration. Indifferent to those loved best. Averse to occupation, to family, to sympathy, to company; yet dread to be alone.

Disgust of life, sad over her health and domesticaffairs, feels unfortunate without cause, weeps when telling her symptoms, memory weakness. [1],[6]

Pelvic organs relaxed, bearing down sensation as if everything would escapethrough vulva; must cross limbs to prevent protrusion, or press against vulva.Menses too late and scanty, irregular; early and profuse, sharp clutching pains.

Violent stitches upward in the vagina, from uterus to umbilicus.Worse, forenoon and evenings; washing, dampness, left side, after sweat; coldair, before thunder-storm.

Better by exercise, pressure, warmth of bed, hotapplication, cold bathing, after sleep. [1]

Lachesis:

Very important for climacteric and for the patient of a melancholicdisposition. Sad in morning; no desire to mix with world. Restless and uneasy;jealous, suited to climacteric trouble, palpitation, flushes of heat, haemorrhages,vertex headache, fainting spells; worse,

pressure of clothes. Menses to short andscanty; pain relieved by flow. [1]

Worse after sleep, Lachesis sleeps into aggravation; ailments from sleep.Better by warm application. [2] Characteristic symptoms of Lachesis is weight or pressure on the vertexwhich found mostly in woman suffering at the menopause, sometimes burning onvertex. Intolerance of least contact or pressure over the uterine regionso characteristic of Lachesis. [5]

Amylenum Nitrosum:

Vaso-motor nerve affect by amyl nit. Rapidly dilates arterioles and capillaries,producing flushing of the face, heat, and throbbing headache. Palpitation ofheart and similar condition are readily cured. Especially the flushing and otherdiscomforts at climacteric. [1]

Flushing heats: followed by drenching sweats are marked symptoms. Easyflushing or blushing of the face, on slightest emotion. Climacteric flushing; withheadache; anxiety and palpitation. [6]

Ignatia:

It is adapted to the person of nervoustemperament esp. woman of sensitive, easily excited nature, mild disposition,quick to perceive and rapid in execution. [6] Changeable mood; introspective; silently brooding, melancholic, sad, tearful.

Not communicative. After shock, grief, disappointment. [2] Emotions, grief, chagrin, worry, fright; shock, after losing persons or objects that were very dear. [6]

Sadness and sighing with sobs and tears and will not be comforted, wants to bealone feels better when alone. Silent grief, incredible changes of mood; jestingand laughter changing to sadness and tears. [5]

Worse in morning; better while alone. [6]

China:

Debility from exhausting discharge, loss of vital fluids, together with nervouserethism, calls for this remedy. [1]

Apathetic, indifferent, ideas crowd in mind, prevent sleep. Disposition to hurtother people's feelings. Sudden crying. [2]

Haemorrhage from uterus. Prolapse. Menses too early and too profuse; black.Clotted. Metrorrhagia. [6]

Worse, slightest touch. Loss of vital fluids, at night; better by bending double,hard pressure, open air, warmth. [2]

Calcarea Carb:

Fat, flabby, fair, forty, perspiring, cold and damp. Osteomyelitis, pituitary and thyroid dysfunction, a jaded state, mental orphysical due to overwork.

Apprehensive, fear loss of reason, misfortune, forgetful, confused, low spirited,anxiety and palpitation, slight mental effort produces hot head. averse to work.

Worse, change of weather, ascending, looking up, climacteric, turning head.better, dry climate and weather, lying on painful side, back. [2]

Lycopodium:

Melancholic, afraid of being alone, little things annoy, extremely sensitive.Vagina, dry. Coition painful. [2]

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