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Role of homoeopathy in menopause

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Abstract

Menopause is one of the most significant events in a woman's life and brings in a number of physiological changes that affect the life of a woman permanently. Menopause is a natural biological process. But the physical symptoms, such as hot flashes, and emotional symptoms of menopause may disrupt your sleep, lower your energy or affect emotional health. There are many effective treatments available, from lifestyle adjustments to hormone therapy. Homoeopathy is among the most famous alternative system of medicine. There is a better scope in Homoeopathy for the management of, since the treatment is based on Holistic and Individualistic approach. Also it can help these patients to improve their quality of life.

Keywords: Gynecological problem, menopause, menopausal syndrome, reproductive health, hormone replacement therapy, homoeopathy

Introduction

Menopause means permanent cessation of menstruation at the end of reproductive life due to loss of ovarian follicular activity. It is the point of time when last and final menstruation occurs ^[1].

Menopause literally means the "end of monthly cycles" (the end of monthly periods or menstruation), from the Greek word pausis ("pause") and mēn ("month"). This is a medical calque; the Greek word for menses is actually different. In Ancient Greek, the menses were described in the plural, ta emmēnia, ("the monthlies"), and its modern descendant has been clipped to ta emmēna. The Modern Greek medical term is emmenopausis in Katharevousa or emmenopausi in Demotic Greek.

The word "menopause" was coined specifically for human females, where the end of fertility is traditionally indicated by the permanent stopping of monthly menstruations. However, menopause exists in some other animals, many of which do not have monthly menstruation; in this case, the term means a natural end to fertility that occurs before the end of the natural lifespan ^[2].

Menopause refers to the time in a woman's life when she stops having a menstrual period and is no longer fertile. The time leading up to menopause is called the menopausal transition, or perimenopause.

During perimenopause, a woman's ovaries start to produce less estrogen and progesterone. Changes in these hormones cause symptoms of menopause. Periods occur less often and eventually stop. Although this typically is a gradual process that happens over time, in some cases, a woman's periods will stop suddenly. Throughout perimenopause, ovulation—the release of eggs from the ovaries—also occurs less and less frequently ^[3].

Menopause is the point at which a woman has not had a period in 12 consecutive months. The time after menopause is called postmenopause, a phase that lasts for the rest of a woman's life.

All women experience menopause, usually between ages 45 and 55 ^[4]. The average age of menopause is 51, but it occurs earlier in some women. Women who smoke may go through menopause earlier than women who don't smoke ^[5].

Women who have had surgery on their ovaries, or have had a hysterectomy, despite retention of their ovaries, may also experience early menopause ^[6].

However, perimenopause can begin several years earlier when levels of estrogen and progesterone first begin to fluctuate ^[4].

Epidemiology

In the United States, approximately 1.3 million women become menopausal each year. It typically begins between the ages of 51 and 52.

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However, about 5% of women experience early menopause between the ages of 40 and 45. Additionally, 1% of women experience premature menopause before the age of 40, due to permanent ovarian failure that may be associated with sex chromosome abnormalities [7].

Etiology

As women grow older, their ovarian follicles diminish in number. There is a decline in granulosa cells of the ovary, which were the main producers of estradiol and inhibin. With the lack of inhibition from estrogen and inhibin on gonadotropins, follicle-stimulating hormone, (FSH) and luteinizing hormone (LH) production increases. FSH levels are usually higher than LH levels because LH is cleared from the blood faster. The decline in estrogen levels disrupts the hypothalamic-pituitary-ovarian axis. As a result, a failure of endometrial development occurs causing irregular menstrual cycles, until they stop altogether.

Menopause may occur due to surgical procedures such as a hysterectomy with bilateral oophorectomy. Menopause can be caused by treatment for certain conditions, like endometriosis and breast cancer with antiestrogens, and other cancers due to chemotherapy medications [8].

Pathophysiology

Menopause is a normal physiologic process in aging women, in which the number of ovarian, primary follicles quickly diminish, such that there are inadequate amounts to respond to the effects of FSH. In turn, there is no LH surge, and ovulation does not take place, resulting in the decline of estrogen production and the cessation of menstruation. Moreover, LH and FSH go uninhibited and remain at high levels years after the onset of menopause. Small amounts of estrogen may still be produced via conversion from testosterone released by the adrenal glands, such that symptoms other than the discontinuation of periods may be negligible in some individuals [8].

Histopathology

During menopause, histopathology is focused on the ovaries, urogenital, bones, and arteries.

Ovaries

In menopause, follicles age and the 2 structures of the ovaries (cortex and medulla) change. The cortex becomes thinner, such that the distinction between the cortex and medulla is less evident. The cortex also has fewer follicles, and there is a tendency towards the fragmentation of the corpora arenacea. Additionally, there are invaginations of the surface epithelium of the cortex, and epithelial inclusion cysts are present. The medulla develops stromal fibrosis and scars. The medulla also undergoes the hyalinization of vessel walls, with architectural changes of vessels.

Urogenital

There is also a significant change in the vagina during menopause. The vagina has several epithelial layers: mucosa (most superficial), muscularis, and the adventitia (deepest). The mucosa layer of the vagina begins to atrophy due to decreased estrogen that causes this cell layer to become drier and thinner. As a result, the vaginal mucosa loses its elasticity and becomes fragile.

Bone

Healthy normal bone is constantly remodeling via a 5-step process, which involves resorption (via osteoclasts) and production (via osteoblasts). During menopause, estrogen deficiency increases osteoclastic activity, such that there is an imbalance of osteoclastic and osteoblastic activity. This results in more bone being reabsorbed and overall bone loss. Estrogen deficiency leads the release of cytokines among them RANKK ligand (RANKL), which plays a critical role on the osteoclastogenesis cascade.

Arteries

An artery consists of 3 layers, the tunica intima (surrounding the lumen), tunica media, and tunica adventitia. Estrogen is believed to have a positive effect on the tunica intima of the artery wall, helping to keep blood vessels flexible. During menopause, estrogen deficiency causes vasoconstriction of the vessel wall and an accelerated increase of low-density lipoprotein (LDL). Thus, menopause is linked to the increased risk of cardiovascular disease, which can be denoted by increased intima-media thickness [8].

Symptoms

It may sound like a strange number, but research has shown that menopause typically comes with a list of 34 different symptoms. Some may disrupt your life rather significantly, while others may go largely unnoticed.

And, of course, the menopause is different for all women so treatment options vary.

The 34 symptoms of menopause

1. Hot flushes

One of the most common symptoms of menopause, hot flushes affect around 75% of menopausal women. Hot flushes normally appear as a rising redness on the chest, neck and face and can make you feel very overheated and sweaty.

2. Night sweats

Essentially, night sweats are hot flushes that occur at night and can disrupt sleep or can lead you to feeling unpleasant when you wake up.

3. Irregular periods

Because menopause is all to do with the end of your reproductive years, your periods will start to dissipate as your hormone production decreases. These can, therefore, become very erratic; sometimes you may get PMS but with no bleeding, for example.

4. Mood swings

With studies showing that mood swings affect 27% of menopausal women, this can feel like a more extreme version of the mood swings you may have experienced during your periods.

5. Vaginal dryness

Your natural lubrication is maintained by your oestrogen levels, so as these begin to drop, you may notice vaginal dryness. This can cause some pain and discomfort, particularly during sex.

6. Decreased libido

While a man's sex drive is largely controlled by testosterone, a woman's is primarily controlled by oestrogen. As we've already established, these levels drastically drop during menopause, which can reduce your sexual appetite.

7. Headaches

These are typically more common for women who experienced them during their periods.

8. Breast soreness

Any time in your life when your hormones drastically change can create the same symptoms; this is typically menstruation, pregnancy and menopause. So while breasts can become sore while on your period or pregnant, it can also happen during menopause.

9. Burning mouth

It's not quite as common as some of the other symptoms, but decreased levels of saliva during menopause can lead to what's known as 'burning mouth syndrome'. This is a hot sensation that affects the tongue, lips, cheeks and roof of the mouth.

10. Joint pain

Not all joint pain may signal arthritis, but the menopause is a common time for women to develop musculoskeletal symptoms.

11. Digestive problems

Your digestive system is one of the most sensitive systems in your body and is often the first thing to get disrupted due to any major changes to your body (new medications, new foods, nervousness). Changes to hormones are another major body change that can lead to stomach upsets such as bloating, indigestion, constipation, diarrhoea and cramps.

12. Electric shocks

Because of the erratic changes going on in your body during menopause, you may notice that you experience more electric shocks. It's also common to get these just before a hot flush.

13. Muscle tension

This can often be closely linked to stress and anxiety and presents itself as a feeling of tightness in the muscles, like a strain.

14. Gum problems

Affecting between 10 and 40 percent of menopausal women, gum problems are often accompanied by a metallic taste in the mouth.

15. Tingling extremities

It's not overly common but a tingling sensation can appear on any part of the body. This is usually in the feet, hands, arms and legs.

16. Itchy skin

Low oestrogen levels can also lead to low collagen levels. Collagen is responsible for keeping skin plump, firm and healthy so with less of it, you may notice that skin can become thin, dry and itchy.

17. Fatigue

One of the more common symptoms of menopause, many women will notice a feeling of extreme tiredness.

18. Anxiety

Along with mood swings, menopausal women may notice increased feelings of anxiety. As many as one in three women may experience this during menopause.

19. Disrupted sleep

Because of all the changes going on in your body (as well as the other menopausal symptoms), you may also experience disrupted sleep and insomnia.

20. Hair loss

While most people are aware that a lot of men lose their hair as they get older, not everyone realises that women get this too. Menopause can act as an accelerator for hair loss, leaving it looking thinner.

21. Memory lapses

These are usually only temporary but memory lapses can occur during menopause.

22. Difficulty concentrating

The brain doesn't work as hard during menopause because oestrogen is the hormone that pushes it to burn glucose for energy. With lower levels of oestrogen, you end up with a lack of focus and concentration.

23. Weight gain

Many women notice weight gain when they start taking the contraceptive pill, caused by a major change in hormones.

24. Dizzy spells

Vertigo and feeling dizzy during menopause are thought to be caused by the drop in oestrogen production.

25. Bloating

This usually occurs right at the start of your menopause and could even be one of the first symptoms you notice. If you're still having periods but are constantly feeling bloated then this could be a hint that your menopause is coming.

26. Stress incontinence

A lot of women will already have experience incontinence as a result of childbirth, but this can increase around menopause. However, this could be more related to age than the actual menopausal process.

27. Brittle nails

Lower oestrogen levels and dehydration can leave your nails feeling brittle and can make them snap or break more easily.

28. Allergies

While you may never have had a problem with certain things before, you may notice allergies or intolerances during or after menopause. This is because hormones are very closely linked to your immune system.

29. Irregular heartbeat

Lower oestrogen levels can overstimulate the nervous system and circulatory system, which can, in turn, lead to heart palpitations or an irregular heartbeat.

30. Body odour

Not only can the menopause make you sweat more, but the change in hormones can also actually change your natural scent.

31. Irritability

Your hormones play a large role in contributing to your emotions and the fluctuation can lead to feelings of sadness or irritability.

32. Depression

In more extreme cases, this change in emotions can lead to depression. Depression is four times more likely to affect women of a menopausal age than a woman below the age of 45.

33. Panic disorder

Menopausal women are actually more susceptible to panic attacks than almost anyone else.

34. Osteoporosis

Bone density can drop by up to 20% after the menopause, which puts you at risk of osteoporosis.

Although it may sound like no walk in the park, not every woman will experience all 34 symptoms of menopause.^[9]

Diagnosis

Generally, no laboratory tests are required for diagnosis of menopause. The diagnosis is clinically based on the patient's age, symptoms, and ruling out other conditions for patients older than 45 years old. Furthermore, symptoms may precede changes in laboratory values. However, an elevated serum FSH (greater than 40 mIU/mL) can be indicative of menopause (via ovarian failure), although it is insensitive. Additionally, drugs like estrogens, androgens, and hormonal contraceptives may alter lab results.

The United States Preventive Services Task Force suggests starting screening for osteoporosis at age 65 if normal risk factors are present. If osteoporosis is a concern (i.e., falls, fractures, medications), dual-energy x-ray absorptiometry (DEXA) scan can be done. A T-score on DEXA of 1.0 to 2.5 is indicative of osteopenia, while a T-score greater than 2.5 is indicative of osteoporosis^[8].

Differential Diagnosis

If menopause occurs at 45 years of age or older diagnosis of menopausal can be made clinically with no testing. In younger women, it is necessary to exclude other diagnoses that cause secondary amenorrhea. The most common cause of amenorrhea is pregnancy, and it should be ruled out first.

Anatomic Defects: Other causes of amenorrhea can be from anatomic defects, such as Asherman's syndrome, the scarring of the uterine cavity after a dilation and curettage (D and C) procedure. Obstruction of uterine outflow tract is another anatomic defect. In addition, infections and scarring (i.e., tuberculosis) can cause anatomic defects.

Hypothalamic-Pituitary-Gonadal Axis: Amenorrhea can also result from a dysfunction in hypothalamic-pituitary-gonadal axis. For this reason, hypothalamic dysfunction should be examined. Obesity, malignancy, and anorexia nervosa should be considered as they can cause a hypothalamic deficiency. Pituitary dysfunctions, such as

hyperprolactinemia, Sheehan syndrome (necrosis of the anterior pituitary), and pituitary adenoma should be worked up. Ovarian dysfunctions like ovarian tumors, polycystic ovarian disease, and premature ovarian failure.

Endocrine Gland Disorders: Amenorrhea can also result from other endocrine gland disorders, such as thyroid dysfunction, which is the most common endocrine gland disorder. Also, consider adrenal gland disorders such as congenital adrenal hyperplasia and Cushing disease/syndrome.^[8]

Other Treatments

Menopause is a normal part of aging and every woman goes through it. It can't be prevented and normally doesn't require treatment. However, some symptoms of menopause can be lessened or perhaps even eliminated with treatment. Likewise, the risk of disorders or diseases associated with menopause, such as osteoporosis and heart disease, may benefit from treatment.

Physicians used to routinely prescribe hormone replacement therapy (HRT) with estrogen and, sometimes, progesterone to treat the general symptoms of menopause. However, this is no longer routine after several large studies showed that HRT can raise the risk of breast cancer, heart attacks, strokes, and blood clots.

If you are having trouble with menopause symptoms, talk to your health care provider about the benefits and risks of what is now called menopausal hormone therapy (MHT). According to the National Institute on Aging, only women at low risk for stroke, heart disease, blood clots, and breast cancer are considered candidates for MHT—and only those who have entered menopause recently. MHT can be given in the forms of pills, creams, or skin patches. Most medical professionals recommend an individualized MHT plan for each woman based on the age of menopause. It is important to know that MHT may cause side effects, such as bleeding, bloating, breast tenderness or enlargement, headaches, mood changes, and nausea.

The loss of estrogen may also be associated with changes in cholesterol levels and increased risk of heart disease. If you have high blood pressure or diabetes or are overweight, your health care provider may prescribe dietary changes or drugs to reduce your risk of heart disease, heart attack, and stroke. There are a variety of options available to help treat the symptoms of menopause. The National Institute on Aging provides detailed information on some treatments for menopause. In addition, the Department of Health and Human Service's Office on Women's Health also provides information about menopause treatments. The sections below provide some additional information.

Treatment for Osteoporosis and Bone Loss Related to Menopause

Because bone loss increases in the first two years after menopause, health care providers may order a bone density test, such as a dual-energy X-ray absorptiometry (DEXA) scan. If you have osteoporosis or are at risk for it, your health care provider may prescribe bone-strengthening drugs or supplements to help prevent future bone loss and fractures.

Medications commonly prescribed to treat osteoporosis include

- I. Bisphosphonates
- II. Calcium + vitamin D
- III. Calcitonin
- IV. Parathyroid hormone
- V. Raloxifene

There are also many things you can do as part of a healthy lifestyle to help prevent bone loss

- I. Eat a healthy, low-fat, low-cholesterol diet that features lots of vegetables, fruits, and whole-grain foods.
- II. Make sure to get at least 1,200 mg of calcium and 800–1,000 international units (IUs) of vitamin D each day.
- III. Avoid drinking more than one alcoholic drink per day.
- IV. Don't smoke.
- V. Avoid consuming caffeine.
- VI. Achieve and maintain a healthy weight.
- VII. Exercise most days of the week, including exercise that elevates your heart rate, and weight-bearing exercises such as weight lifting or walking.

Treatment of Hot Flashes and Night Sweats

Several prescription drugs are available to relieve hot flashes and night sweats

- I. Clonidine, a blood pressure drug
- II. Gabapentin, a seizure drug that has been shown to reduce hot flashes
- III. Menopausal hormone therapy (MHT)

There are also several practical things you can do on a daily basis to relieve these symptoms

- I. Sleep in a cool room in light clothing.
- II. Keep a fan on in your bedroom at night.
- III. Sip a cold drink of water or juice.
- IV. Avoid smoking, caffeine, and alcohol.
- V. When you feel a hot flash coming on, take several slow, deep breaths.

Treatment of Irregular or Missed Periods

While irregular or missed periods are normal during perimenopause or the menopausal transition, women with very heavy bleeding or periods close together may want to talk to a health care provider about regulating their periods with one of the following:

- I. Low-dose birth control pills to regulate menstrual bleeding
- II. MHT

Treatment of Vaginal Dryness

- I. A water-based lubricant (not petroleum jelly)
- II. MHT

Treatment of Sleep Problems

- I. Be physically active most days of the week during the day.
- II. Go to bed and get up at the same time each day.
- III. Set aside time to wind down and relax before bed, whether by reading or taking a warm bath.
- IV. Avoid alcohol or eating a large meal right before bedtime.
- V. Avoid caffeine after the morning.
- VI. Avoid drinking fluids before bed^[10].

Homoeopathy and Menopause

Homeopathy is one of the most popular holistic systems of medicine. The selection of remedy is based upon the theory of individualization and symptoms similarity by using holistic approach. This is the only way through which a state of complete health can be regained by removing all the sign and symptoms from which the patient is suffering.

The aim of homeopathy is not only to manage the symptoms of menopause but to address its underlying cause and individual susceptibility. As far as therapeutic medication is concerned, several well-proved remedies are available for symptoms menopause that can be selected on the basis of cause, condition, sensation and modalities of the complaints. For individualized remedy selection and treatment, the patient should consult a qualified homeopathic doctor in person. Some important homeopathic remedies are given below to treat menopause symptoms:

Absinthium

- Premature menopause^[11, 13].

Aesculus hippocastanum

- Haemorrhoids, with sharp shooting pains up the back; blind and bleeding; worse during climacteric^[11, 13].

Aloe socotrina

- Climacteric haemorrhage^[11, 13].

Agaricus muscarius

- Severe bearing-down pains, especially after menopause.^[11]

Amylenum nitrosum

- Palpitation of the heart and similar conditions are readily cured by it, especially the flushings and other discomforts at climacteric^[11].
- Flushings, followed by sweat at climacteric^[11, 14].
- Climacteric headache and flushes of heat, with anxiety and palpitation^[11, 13].
- Climacteric blushing^[14].

Apocynum cannabinum

- Uterine haemorrhage, blood expelled in large clots or sometimes in fluid state, at climaxis^[13].

Aquilegia vulgaris

- Women at climaxis, with vomiting of green substance, especially in the morning^[11].

Aquilegia vulgaris

- "Clavus hystericus of women in climaxis, with vomiting of green substance, especially morning.^[14]

Argentum metallicum

- Climacteric haemorrhage^[13].

Aurum muriaticum

- Particularly valuable in haemorrhages from the womb at climacteric and after, which are frequently of sycotic origin^[13, 14].

Boricum acidum

- Climacteric flushings^[11, 14].

Calcarea arsenicosa

- Fleshly women at climacteric, slightest emotion causing palpitation ^[11, 13].
- Suited to lymphatic, scrofulous, and tuberculous persons; fat women, approaching the climaxis; fat persons; complaints of drunkards after leaving off alcohol ^[14].

Camphora officinalis

- It is useful in the climacteric period with flushes of heat and sweat in a warm room; the limbs and abdomen are very cold and she suffers from cold when uncovered and sweats copiously when covered ^[12, 13]

Cantharis vesicatoria

- Pruritus, with strong sexual desire; at climaxis ^[13].

Capsicum annuum

- Climacteric disturbances with burning of tip of tongue. ^{[11][13]}
- Uterine haemorrhage near the menopause, with nausea. ^[11]

Cimicifuga racemosa

- Worse - Puberty and climaxis ^[13].
- It is suited to the climacteric period; to nervous persons; to children during dentition ^[14].

Cochlearia armoracia

- Since climaxis cramp in stomach ^[14].

Collinsonia canadensis

- Palpitation of the menopause ^[14].

Crocus sativus

- Throbs, pulsates, during climacteric; worse during menses ^[11 13].

Crotalus horridus

- Chronic biliousness, climacteric conditions ^[13].
- There is great trouble at the climacteric period ^[12].
- Flushing and sinking of menopause ^[14].

Cypripedium pubescens

- Headaches of elderly people and during climacteric ^[11].

Digitalis purpurea

- Flushes of heat, then great nervous weakness, at climacteric period ^[13, 14].

Eucalyptus globulus

- Sudden flushing of face with much flatulence in women at climacteric ^[14].

Ferrum metallicum

- Women suffer much from haemorrhage from the uterus, especially during and after the climacteric period ^[12].

Glonoinum

- Excellent for the intercranial, climacteric disturbances, or due to menstrual suppression ^[11, 13, 14].
- Climacteric flushing ^[11, 13].
- At climaxis, flushes of heat, pressure in head, nausea, loss of senses, vertigo, swelling of feet ^[14].

Helonias dioica

- Debility attending the menopause ^[11].
- The relation of the remedy to the climacteric period is indicated in the provings by alternate sensations of heat and cold ^[14].
- Aching, dragging weakness in sacral region, with prolapsus; also at climaxis, with marked debility, profound mental gloom ^[14].
- Profuse flooding, with serous leucorrhoea, much uterine and ovarian pain; climaxis ^[14].

Hepar sulphur

- Profuse perspiration at the climacteric ^[11].

Hydrastis canadensis

- Uterine haemorrhage; menorrhagia and metrorrhagia, with fibroid tumours; at menopause ^[14].
- Tumour in hard palate, painful to touch, hard, somewhat elastic, disposed to bleed and discharge offensive matter; climacteric ^[14].
- Aching pains in small of back at climaxis; uterine affections with debility and digestive disorders ^[14].

Kalium bromatum

- Painful flushing of the face, during climacteric ^[13].

Kalium carbonicum

- You must remember that there is natural tendency for a fibroid to cease to grow at the climacteric period, and afterwards to shrivel and that this takes place without any treatment, but the appropriate remedies will cause that haemorrhage to cease, will cause that tumor to cease to grow and after a few days there will be a grand shrinkage in its size ^[12].

Kreosotum

- It is suitable to lean persons, old women (post climacteric diseases); over grown poorly developed children; marasmus ^[13].
- Post-climacteric diseases ^[11].
- Teething is a crisis, and the things that are within will come out at the time, just as there are troubles that are likely to come out at the time of puberty and at the climacteric period ^[12].

Lachesis muta

- Very important during the climacteric and for patients of a melancholic disposition ^[11].
- Climacteric troubles, palpitation, flashes of heat, haemorrhages, vertex headache, fainting spells; worse, pressure of clothes ^[11, 14].
- Now if you will study the cases of many women at the climacteric period you will find that many of them have the flushes of heat and the surging sin the head and the great circulatory disturbances that are found under Lachesis ^[12].
- This is also true of the complaints, the headaches, etc., that come in women at the climacteric period and at the menstrual period ^[12].
- Never well since climaxis ^[13].

Laurocerasus

- Uterine haemorrhage, with flow dark and clotted during climaxis ^[12].

- Menorrhagia, blood dark, in large clots, during climaxis^[14].

Lycopodium clavatum

- Metrorrhagia; at menopause; dark blood with large clots pour from her.^[14]

Manganum

- It is a useful remedy for those flashes of heat that occur at the climacteric period^[12, 13].
- Chronic eczema, with amenorrhoea, agg. menses or menopause^[13, 11].

Magnesium carbonicum

- Broken-down, "worn-out" women, with uterine and climacteric disorders^[11].

Mancinella

- This remedy produces marked skin, throat and mental symptoms esp. depressed states at puberty and climaxis with exalted sexuality^[13, 11].

Murex purpurea

- Suited to: the melancholic, or sanguine, lymphatic temperament; to climacteric sufferings^[14].

Morphinum

- Urticaria appearing at climaxis^[11].

Nitricum acidum

- Coffee-ground, offensive discharge from uterus at climaxis, or after labour^[14].

Ovininum

- Nervousness, climacteric^[14].
- In myxoedema, has been used with much success in cases of suffering following excision of the ovaries, and for the climacteric sufferings of women^[14].
- Gave to women suffering from acne rosacea and other skin disorders of the climacteric^[14].

Persicaria hydropiperoides

- Superficial ulcers and sores on lower extremities, especially in females at climacteric^[11, 13].

Phosphoricum acidum

- Climacteric flushes and vertigo^[14].
- Head sinks forward or backward; on closing eyes; at climaxis with flushes and sweat^[14].

Phosphorus

- Copious haemorrhages from uterus, bright red, clotted blood after confinement, during menstruation or during the climacteric period^[12].

Plumbum metallicum

- Metrorrhagia with sensation of strong pulling from abdomen to back; during climacteric, dark clots alternating with fluid blood or bloody serum.^[14]

Psorinum

- Dysmenorrhoea; near climaxis^[13, 14].

Pulsatilla pratensis

- Ranges over the whole sexual period, from puberty to the climacteric, including disorders of menstruation, pregnancy, the puerperium and lactation^[14].

Sabina

- Worse – Climacteric^[13].
- At another time, during the climacteric period, a woman is run down by overwork and much child bearing; she has repeated uterine haemorrhages of this character, bright red intermingled with clots; pain from sacrum to pubes; she becomes exhausted and anaemic, but after a while she again builds up, her face becomes plump and she becomes plethoric, only to be broken by another haemorrhage^[12].

Salicylicum acidum

- Rheumatic pain or rheumatoid arthritis, occurring in some women during climaxis; the pains disappeared, the engorgements of fingers subsided, and the hands could again be used^[14].

Sanguinaria canadensis

- It has marked vaso-motor disturbances, as seen in the circumscribed redness of the cheeks, flashes of heat, determination of blood to head and chest, distention of temporal veins, burning in palms and soles, agg. covers and has been found very applicable to climacteric disorders^[11, 13, 14].
- Humming and roaring in the ear; painfully sensitive to sounds, at climaxis^[13, 14].
- Foetid, acrid leucorrhoea^[13, 14].
- Headaches return at climacteric; every seventh 11 day. They are (1) periodic - every seventh day; (2) begin in the morning, increase to noon, and then diminish; (3) are bursting, or as if the eyes would be pressed out; (4) begin at occiput, spread upwards and forwards, and settle over right eye; (5) like a flash of lightning in occiput; (6) >> by sleep; (7) return at climacteric.^[14]
- Vertigo : terrible; when moving head rapidly and looking upward; with nausea, fainting, and headache; with ringing in ears; on rising from a sitting or stooping position; on quickly turning the head; with dim vision; with dull, heavy feeling in stomach as if caused by some hard substance there; in cold weather; during sleep; at climaxis^[14].
- Painful enlargement of breasts at climaxis^[13, 14].

Sarracenia purpurea

- Watery or milky leucorrhoea, foul-smelling, with spasmodic pains in uterus; pulsative pains in womb with swelling as if from a tumour or dropsy; uterus swollen as if full of cysts, esp. right side; cervix swollen, hot; miliary eruption and heat in vulva; bloody discharge at other times than menstrual period, as during climaxis^[14].

Sarsaparilla officinalis

- In climaxis, asthma agg. lying sown, back pains agg. by pressure^[14].

Sepia officinalis

- Hot flashes at menopause with weakness and perspiration and great tendency to faint.^{[11][13][14]}

- Metrorrhagia during the climacteric or during pregnancy, especially at the fifth and seventh months [12, 13].
- Hair falls out; after chronic headache, at climaxis [13].

Strontium carbonicum

- Profuse perspiration at night; climacteric [13].

Strophanthus hispidus

- Aching pain through hips and thighs during climacteric [11].

Sulphur

- Congestions to single parts: eye; nose; chest; abdomen; ovaries; arms; legs; or any organ of the body, marking the onset of tumours or malignant growths, especially at climacteric [14].
- Hot flushes at climaxis, with hot head, hands, and feet, and great goneness in stomach [14].

Sulphuricum acidum

- Suited to toppers; old persons esp. women; in climacteric years [13].
- Pains at climacteric [14].
- Climacteric age with constant hot flushes, and a feeling of tremor all over body, with great debility, and as if everything must be done in a hurry; spitting of blood; constipation; symptoms are agg. by smelling (not drinking) coffee [12, 14].

Sumbulus moschatus

- Nervous palpitation; in hysterical subjects or at climaxis; agg. least exertion and thinking of it. [13][14]

Tabacum

- In climacteric period, also during menses; subjective coldness; epigastric sinking, palpitation, severe diarrhoea, muscular relaxation, excessive sense of wretchedness [13, 14].

Tellurium metallicum

- Menses too early in climacteric years [14].

Theridion curassavicum

- Hysteria; during puberty and at climaxis [13, 14].
- Headache felt during sleep agg. jarring; with nausea and vomiting, at climaxis [13].

Thuja occidentalis

- A very much vaccinated lady developed at the climacteric indurations in both breasts, especially the right [14].

Trillium pendulum

- It is a haemorrhagic remedy, haemorrhages of all kinds; ante partum; postpartum; in climacteric; fibroid tumours; gushing, bright red; with great faintness and dizziness [13].
- Metrorrhagia at climacteric; pale; faint; flow returns every two weeks [14, 11].
Climaxis with weak sight; anxious look [14].

Ustilago maydis

- Congestion to various parts, especially at climacteric

[11].

- Adapted to tall, thin women; at climaxis [13].
- Vertigo; with white spots before the eyes; at climaxis; with profuse menses [13, 14].
- Menses copious, bright red, not coagulating easily (in a woman who thought she had passed the climacteric, as there had been no discharge for over a year), it stopped as suddenly as it began, no pain, only faintness and confused feeling in head. [14]
- Menorrhagia at climaxis [14].

Valeriana officinalis

- Insomnia especially during pregnancy and menopause [11].

Vinca minor

- Menses; profuse, flowing like a stream; without interruption; with great weakness; at climaxis [13].
- Passive uterine haemorrhages. Menorrhagia; continuous flow, particularly at climacteric [11, 13, 14].

Vipera berus

- Climacteric haemorrhage; flow red with dark clots; not profuse but continuous; with prostration and faintness; from nursing the child [13].

Wiesbaden aqua

- Menses return after climacteric [14].

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