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## Menopause: The transition of life and homoeopathy

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### Abstract

Menopause is a stage of a woman's life that happens naturally. Some women have little to no difficulty during this transitional phase, but for others, the menopause can be a particularly uncomfortable time due to the fluctuating hormonal levels. Homoeopathy, with its gentle individualising approach, can provide a healthy existence in both mental and physical plane without side effects due to the complexity of the symptoms that might be encountered in each woman's journey through the menopause.

**Keywords:** Menopause, homeopathy, hormones, mental symptoms

### Introduction

The end of reproductive life is marked by menopause, which is the permanent cessation of menstruation brought on by a decrease in ovarian follicular activity. During this time, unpredictable hormone fluctuations result in long-term clinical and metabolic consequences<sup>[1]</sup>. Menopause normally starts between the ages of 45 and 55, thus women in this age range will likely face increased amounts of daily stress. Mood swings or even despair may be brought on by stress and hormonal changes in the body. These hormones not only significantly affect the reproductive system but also significantly affect your general mood. Oestrogen, stimulates serotonin and beta-endorphins, which are related to joyful mood states. It seems reasonable that as hormone levels change, many women experience substantial effects and may feel down, apprehensive, or have mood swings. Women will experience long-term clinical and metabolic complications from oestrogen deprivation for one-third of their lifespan<sup>[2]</sup>.

A woman's ovaries stop producing eggs during menopause. Estrogen and progesterone, two female hormones, are produced less by the body. Symptoms of menopause are caused by lower amounts of these hormones. Less often occurring periods finally stop. This can happen suddenly at times. However, most of the time, periods gradually end with time. Menopause is also called as 'Climacteric' or change of life. It can extend over many years, from perimenopause through menopause and post-menopause, it can last for many years<sup>[3]</sup>.

Many women find menopause to be a difficult time to adjust to since the body experiences a variety of symptoms that may be minimal for some, can have a considerable influence on quality of life for others. During menopause, about 30% and 70% of women have vasomotor symptoms such as hot flashes and nocturnal sweats. In 20-25 percent of women, symptoms, which may also include fatigue and mood disruption, might last for at least five years. During this dynamic but transient process of adjustment, the majority of women suffers from some symptoms. But with homoeopathic management, it will not become a 'change of life' but the 'healthy phase of life'.

### Pathophysiology

In older women, menopause is a natural physiological process in which the quantity of primary ovarian follicles rapidly decreases, leaving insufficient numbers to respond to FSH's effects. There is also no LH surge. When ovulation does not occur, there will be reduction in production of oestrogen and resulting in end of menstruation. Additionally, LH and FSH are unrestricted and remain high levels several years after menopause. Small quantities of oestrogen can still be created by the adrenal glands by conversion of from testosterone so that in some people signs and symptoms of menopause is negligible<sup>[4]</sup>.

### Symptoms

Symptoms may vary from person to person. Usual symptoms are Dryness of Vagina, Hot Flushes, Night Sweat, Sleep Disturbances, Mood changes, Weight gain, Weight gain, Slowness of metabolism, Thinning of hair, Dryness of Skin, Chills, Decreased libido, Fatigue, Headaches, Stress incontinence, Bloating, Irregular Heartbeat, Brittle Nails, More chances of osteoporosis, Joint pain, Gum problems Depression etc <sup>[1]</sup>.

### Homoeopathic management

Homeopathy is a most modern system of medicine, which aims to promote general health by boosting your own natural healing capacity. The following are some medicine for menopause which can be prescribed according to symptom similarity.

### Lachesis

It is an important remedy for menopause, and is often called for in women who have never felt well since the time of menopause. Haemorrhages, Fainting Weakness, Melancholy, Periods profuse. Generally worse before menses, and pains and mood better once the flow starts. Hot flushes, with headaches, palpitations and hot sweats. Headaches, beginning at the back and passing over to the front of the head with burning sensations. Sensitive to touch. Nausea, diarrhoea or haemorrhoids. The left ovary is painful and swollen, and there may be prolapsed uterus. Women may be asthmatic since menopause. They generally feel worse in mornings, can't tolerate heat and are hypersensitive to tight clothing around neck or waist <sup>[5]</sup>.

### Folliculinum

Women with hormonal symptoms can use this medicine, it is also useful for symptoms during menopause. It covers the whole range of physical and mental symptoms around menopause. Folliculinum will help to restore the will and re-empower the person. It is generally observed that after this remedy a person takes control of her life again, finds her own identity, becomes her own rescuer and won't allow herself to be used ever again <sup>[6]</sup>.

### Sulphur

This remedy is helpful for hot flashes during menopause, Woman can't tolerate covering so throws the covers off in early morning hours on waking. She is very anxious, weep a lot, and worry deeply about her health. A person needing Sulphur often is mentally active, inclined toward complex habits, and usually aggravated from warmth.

### Sepia

This remedy is helpful in woman whose periods are late and scanty, but heavy and flooding when early. Her pelvic organs feel weak and sagging, and she can have a craving for vinegar or sour foods. Women who need this remedy are usually indifferent with an irritable detachment regarding family members, and a loss of interest in daily tasks. Exercise, especially dancing, can brighten up her mood and improves her energy <sup>[5]</sup>.

### Calc carb

It is a useful remedy during menopause for pale, fat flabby, relaxed and chilly patients tired by overwork. Hot flushes, with burning sensations in vertex. Head and neck will be having more perspirations, worse during sleep. Metrorrhagia and uterine fibroids, with marked uterine haemorrhages. She will have anxiety about the future and about her health <sup>[6]</sup>.

### Camphor

Flushes of heat and sweat in a warm room. The limbs and abdomen feel very cold. She suffers from cold when uncovered and copious sweat when covered.

### Graphites

A woman who is chilly, pale, and sluggish with trouble in concentration, and a tendency toward weight gain during or after menopause will respond to this remedy. Hot flushing and sweats at night. A person who needs this remedy may have a tendency toward skin problems with oozing cracked eruption <sup>[5]</sup>.

### Aurum Muriaticum

There is perfectionism evident in women needing this remedy. They perform well. During menopause they may notice heart palpitations, hair falling out, and while their head may feel hot, their hands and feet may be cold.

### Actaea Racemosa

Suited to women for depression during menopause. Women who need this remedy is talkative and restless both physically and mentally. Pain all over the body like electric shock. They have frequent dream of impending evil which will result in depression. Throbbing headache of menopausal women <sup>[7]</sup>.

### Conclusion

Menopause is a normal physiological event taking place in a women's life, sudden withdrawal of hormones will result in physical and mental changes in her life, it is very difficult to tackle this sudden hormonal changes. With the help of homoeopathic medicine by individualization we can bring the emotional balance in the equilibrium, on the level of soul, mind and body and there will be improvement in hot flushes, fatigue, anxiety, depression and quality of life for menopausal women.

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