



# International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493

P-ISSN: 2616-4485

[www.homoeopathicjournal.com](http://www.homoeopathicjournal.com)

IJHS 2022; 6(4): 53-56

Received: 18-07-2022

Accepted: 24-08-2022

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## Role of homeopathy in perimenopausal syndrome

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**DOI:** <https://doi.org/10.33545/26164485.2022.v6.i4a.639>

### Abstract

The time when a woman's menstrual cycle becomes irregular and is associated with a higher risk of developing depressive symptoms is referred to as the perimenopausal phase. It is a natural process caused when ovaries gradually stop working. Symptoms are caused by the changing levels of hormones in the body.

Climacteric is the phase of waning ovaries activity, and may begin 2-3 years before menopause and continue for 2-5 years after it. The climacteric is thus a phase of adjustment between the active and inactive ovarian function and occupies several years of a women's life and involves physical, sexual and psychological adjustments.

**Keywords:** Climacteric period, perimenopausal syndrome, women, menstruation, menopause, hormonal changes

### Introduction

Perimenopause or climacteric is refers to the years of decreasing ovarian function which takes a women through decreasing fertility, the menopause and the degeneration which follow chronic estrogen deficiency.

The menopause occurs because the ovaries run out of primordial follicles and the two main functions of the ovaries fail. These are both the production of hormones and the release of an ovum each month. There is increased secretion of follicle stimulating hormone and luteinizing hormones from the pituitary in an attempt to stimulate the ovulation. The high FSH level greater than 20 iU/L is diagnostic of menopause.

The perimenopause is the time just before menopause and the first year following it. This stage is characterised by erratic and unexpected menstrual cycles, which are followed by the cessation of menstruation. After then, the menopausal symptom-producing period begins, which is brought on by a drop in hormone levels. Women often go through perimenopause between the ages of 45 and 50. It refers to the time frame just before menopause.

The transition period in women's life when her ovaries stop producing eggs is known as perimenopause. Her body produces less oestrogen and progesterone. These changes cause irregular menstruation and then menstruation becomes less frequent.

A woman transitions from the reproductive stage to the non-reproductive stage during the climacteric. This stage lasts for five to ten years each side of menopause.

Every woman goes through menopause naturally because of the age-related, slow reduction of the primordial ovarian follicles. Menstruation stops permanently when there is amenorrhea for 12 months after the last menstrual period without any other obvious explanation. The menopause and related biological changes have a detrimental effect on middle-aged women's wellbeing as well as their general health and quality of life. Fertility continues in significant number of women during perimenopause.

### Endocrinology

#### Hypothalamo Pituitary Gonadal Axis

A few years before menopause, ovarian follicles start to shrink and develop a resistance to pituitary gonadotropins. As a result of decreased estradiol synthesis, effective folliculogenesis is compromised. Serum estradiol levels significantly decrease during menopause, going from 50–300 pg/mL to 10–20 pg/mL. This lessens the influence of the Hypothalamo Pituitary axis' negative feedback, which causes an increase in FSH. Reduced inhibin is another factor contributing to the rise in FSH. The granulosa cells of the ovarian follicle release the peptide inhibin.

LH levels then rise as a result. Anovulation, oligo-ovulation, premature corpus luteum, and corpus luteal insufficiency can all be caused by disturbed folliculogenesis during this time. Even endometrial hyperplasia and the clinical manifestation of monthly irregularities before menopause could be brought on by the sustained amount of estrogens.

The mean cycle length is significantly shorter. This is due to shortening of the follicular phase of the cycle. Luteal phase length remaining constant.

Ultimately, no more follicles are available and even some exist, they are resistant to gonadotropins. Estradiol production drops down to the optimal level of 20pg/mL cause no endometrial growth leads to absence of menstruation.

Reduced inhibin, elevated FSH, oestrogen, and progesterone levels, which are associated with endometrial hyperplasia, dysfunctional bleeding, and irregular menstruation, are signs of the perimenopause.

**Vasomotor instability:** The pathogenesis of this peripheral and central vasomotor instability is not well understood although estrogen deficiency or even a decrease in normal estrogen levels is certainly responsible. This results in lack of certain neurotransmitters leading to increased hypothalamic drive which affects thermoregulatory and cardiovascular symptoms.

#### Menstruation pattern prior to menopause

Any of the following pattern are observed.

- i) Abrupt cessation of menstruation (rare).
- ii) Gradual decrease in both amount and duration. It may be spotting or delayed and ultimately lead to cessation.
- iii) Irregular with or without excessive bleeding.

#### Symptoms

**Menstrual inequalities:** alterations in the menstrual cycle are a key indicator. Periods could be cut short. Possibly longer Women may have insufficient menstruation or excessive bleeding. Women might focus on this first. Periods will not be longer than usual. Also possible is missing periods.

During the perimenopause, physical symptoms may also be present along with irregular periods. Blood clots and excruciatingly painful cramps are typically among them. Hormone imbalance is the cause of these anomalies.

**Vasomotor instability:** The most characteristic symptoms of oestrogen deficiency are the hot flushes and night sweats due to vasomotor instability. Eighty per cent of women experience hot flushes at some point during the climacteric. They are associated with increased skin temperature, decreased skin conductivity, sweating and feeling of faintness. Insomnia and headaches are also a part of these distressing symptoms which leave the woman exhausted and depressed after nights of broken sleep. Giddiness is also a feature which may be the cause of the increased incidence of falling in women in their sixties compared with men.

**Hot flushes:** Hot flushes are heat sensations that women may feel. It is a brief feeling of heat that could be accompanied by sweating and a red, flushed face. Night sweats are defined as hot flushes that are also accompanied by nighttime perspiration. The most typical perimenopause symptoms are hot flushes and nocturnal sweats.

**Night sweats:** this refers to excess sweating during the night. It may also disturb sleep pattern. This is caused by low level of estrogen. Anxiety aggravates night sweats.

**Weight gain:** less estrogen can cause high cholesterol and weight gain.

**Hypertension:** High level of cholesterol can ultimately lead to high Blood Pressure.

**Mental symptoms:** Depression, Anxiety and irritability seen during climacteric period.

**Mood swings:** unexplainable emotions, sadness, aggression, increased stress, nervousness, depression, lack of motivation, irritability, decreased patience, anxiety.

**Loss of libido:** less interest in sexual intercourse also experience by women.

**Vaginal dryness:** It is due decrease estrogen production. Dryness causes painful and uncomfortable intercourse. Thinning of the vaginal wall. Loss of elasticity in vagina. Skin in the genital region becomes itchy and dry. Women may experience irritation, stinging and burning sensation in vagina.

Headaches, joint pains, backache also seen during climacteric period due to hormonal changes.

Dryness of skin also experienced.

#### Homoeopathic management for perimenopause syndrome

One of the most well-known holistic medical approaches is homoeopathy in this kind of conditions. By employing a holistic approach, the principle of individualization and similarity of symptoms is used to determine the best treatment. By eradicating all signs and symptoms, the condition of total health is attained. The goal of homoeopathy is to address the underlying cause and individual susceptibility to perimenopause in addition to treating its symptoms. For perimenopause symptoms, there are a number of homoeopathic medicines that can be chosen based on the aetiology, condition, sensation, and modality of the complaints.

#### Some important homeopathic medicine to treat perimenopause symptoms are as follow

**Sulphur:** This remedy is frequently beneficial for menopausal hot flashes and flushing. Wakes up joyful and sings in the morning. Shabby philosopher. Female artists. A creative individual may get the most out of the west. A person in need of sulphur frequently exhibits mental activity (or even eccentricity), a propensity for disorderly behaviour, and typically feels worse when it is warm. The worst situation for her is standing.

**Capsicum:** Suits patients with lax muscle fibre and diminished vital heat. It affects the mucus membrane producing a sensation of constriction, burning pains and general chilliness. Fear slightest drafts. Wants to be alone. Sleeplessness, especially at the climacteric. Uterine haemorrhages. Nausea near the menopause. Sticking sensation in the left ovary. Worse - open air, draft, uncovering. Better while eating, from heat.

**Anacardium:** Anxious tendencies, poor memory, sadness, and irritability are all symptoms of *anacardium*. The reduction of smell, sight, and taste. Fixed concepts with sadness. Mentally absent. Itching along with leucorrhoea.

Restless periods that last for several nights and worrying dreams. Application of hot water is worse. Better: sleeping on side, massage, and fasting.

**Pulsatilla:** A person in need of this remedy is typically kind, emotional, and affable, with mood swings and a propensity for crying. Women are very devoted to their family and struggle to accept the idea of their kids growing up and moving out. They frequently experience severe age insecurity. Butter and dessert cravings can frequently result in weight issues. Mood swings, irregular periods, nausea, chills and heat spells, and a lack of thirst are all very typical. The selection of Pulsatilla may be confirmed by the aggravation of stuffy rooms and the improvement of outdoor air. Better from consolation.

**Sepia:** Sepia is frequently used as a remedy for discomfort brought on by a change in one's way of life. There is a feeling of sinking in the stomach, vertex discomfort, and irritation. Strong morning weakness, menstrual periods that are regular but scant and only last one day, (>) in the open, (<) indoors. Weakness, a yellow complexion, and a pressing sensation, particularly in women, whose bodies are most noticeably affected. Menopausal hot flashes accompanied by fatigue and sweating. The symptoms' tendency is upward. Simple fainting one of the most crucial uterine remedies. People with tuberculosis who have uterine reflexes and ongoing liver issues. Mornings, evenings, wetness, the left side, after perspiring, the chilly air, and just before thunderstorms are the worst. Better if done after sleeping, after exercise, under pressure, in a warm bed, with hot applications, and by drawing limbs up.

**Lachesis:** It is especially suitable for women who have life changes but never recover; she frequently stated, "I haven't felt good since that time." Morning sadness with no desire to interact with others Suspicious. Disturbance of the senses. Religious madness climatic issues, such as palpitations and hot flushes. Bleeding, headaches, dizziness, and weak and brief menstrual cycles. Very painful and enlarged left ovary. Breasts are swollen. Acts particularly well towards the start and conclusion of the menstrual cycle. Worse: Left-sided, pressure, and neck tightness after sleeping Better: discharge appearance; warm applications.

**Natrum muriaticum:** This remedy is for a woman who appears reserved but is actually hiding intense emotions. She frequently experiences intense grief, may linger on the passing of joyful memories from the past or wallow in injuries and disappointments. She may experience irregular menstrual cycles throughout the menopause, along with headaches or backaches. Usually, a person in need of this remedy has a salt need and worse in sun. Aspires to solitude.

**Calcarea Carb:** This remedy may be beneficial for a lady experiencing excessive menopausal weight gain, nocturnal sweats, flushing, and heavy flooding (despite feeling generally chilly). Those in need of this remedy are often hard-working and responsible, yet they can be a little sluggish or plodding and easily worn out. Strong anxiety could result in a brief collapse, as could being overworked or under stress. Other signs of calcarea include stiff joints or leg and foot spasms, as well as cravings for sweets and eggs. neck perspiration, particularly at night

**Sanguinaria:** Flushes at climaxes; headache with heavy menstruation. Leucorrhoea is acidic and foetid. Unpleasant, excessive and offensive menstruation breast discomfort uterine polyps. The axilla itches prior to menstruation. diseases of the climatic age.

**Amyl Nitrite:** hot flushes with a shift in life are caused by amyl nitrite. After-pain; bleeding associated to facial flushing. Anxiety and palpitations are present, along with a climatic headache and heat flushes. This medication rapidly dilates all arterioles and capillaries upon inhalation, resulting in facial flushing, fever, and head pounding. hyperaemia of the superficial arteries. It quickly relieves heart palpitations and related problems, especially the flushing and other discomforts at climacteric.

**Hepar sulphuris:** Sluggish constitution, weakened muscles, and unhealthy skin. a propensity for suppuration. Pulling blankets about themselves while sweating Cold and too sensitive. Craving foods with strong flavours and acidity. Nipples that itch more during menstruation. Infrequent and late menses. Leucorrhoea that smells strongly of stale cheese. Excessive sweating during the climactic. Worse: a dry; chilly breezes; a faint draught. Better: after eating, in moist weather, with a warm blanket over the head.

**Glonoine:** marked nerve disorders, in Glonoine. Great laziness and no desire to work. Extreme anger and impulsivity when faced with adversity. Headaches with congestion. Blood rushing to the heart and head. Head heaviness prevents lying on the pillow. Flushing. Worse: lying down, exposure to gas or a fire, and left-side, sunlight exposure, from 6 a.m. to noon. Brandy is desired.

**Strontiana Carbonica:** Head complaints associated with heat waves are eased by enveloping it in a warm blanket. Apoplexy was threatened by high blood pressure, a flushed face, and throbbing arteries. Violent uncontrollable begins. diseases of the bones, particularly the femur. Night time unease and a suffocating sensation. Better when submerged in hot water; worse when the weather changes; when began to move; and extremely sensitive to cold.

**Caladium:** Menopausal itchiness. The vaginal organs and the pruritus in this area are both significantly affected by this remedy. Coldness in specific areas and a need to lie down, with left-side lying causing the most discomfort. A slight noise awakens one from sleep. Fear of movement. Reduces the desire for cigarettes. Gnawing in the stomach orifice, which stops eructations and deep breathing. Stomach feels overstuffed with dry food and is fluttering. Vomiting that is acidic, lack of thirst, and only tolerates warm beverages, Sighing respiration.

**Veretrum Viride:** Veratrum Viride may be the only remedy that effectively curbs the hot flashes that women experience during major life transitions. Auricular fibrillation paroxysms causes both the systolic and diastolic blood pressure to decline. Nausea and vomiting along with congestion, particularly in the lungs and base of the brain. Convulsions and twitching. Specifically made for full-blooded, multiracial people. Great prostration

**Cimicifuga:** It is frequently used as a remedy for suffering brought on by a change in one's lifestyle. There is a feeling of sinking in the stomach, vertex discomfort, and irritation. The patient is agitated, disgruntled, depressed, and grieving.

**Rubrics related to climacteric period and perimenopause symptoms:** [Kent] Genitalia Female; metrorrhagia; Climacteric period.

[Kent] Mind; Insanity, madness; Climacteric period during [Kent] Stomach; emptiness, weak feeling, faintness, goneness, hungry feeling; climacteric period

[Kent] chest; palpitation heart; climacteric period

[Kent] Mind; anxiety; health about; especially during climacteric period.

[Kent] Head pain; headache in general; violent pains; during climacteric period

[Kent] Head pain; headache in general; burning; climacteric, during the

[Kent] chest; pain; mammae; left; climacteric, during

[Kent] Extremities pain; pain; Burning; foot; climacteric

[Boenning] Aggravation and amelioration; Climacteric Age

[Boenning] Sweat; Aggravation; climacteric, during

[Boenning] circulation; palpitation; climacteric, during

[Boenning] sensation and complain in general; weakness; Climacteric

[Boerike] Female Sexual System; menopause, climacteric period, change of life, remedies in general

[Boerike] Head; Headache cephalgia; type; climacteric

#### Conflict of Interest

Not available

#### Financial Support

Not available

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#### How to Cite This Article

Desai K, Kher H, Patel S. Role of homeopathy in perimenopausal syndrome. International Journal of Homoeopathic Sciences. 2022;6(4):53-56.

DOI: <https://doi.org/10.33545/26164485.2022.v6.i4a.639>

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