

Case Study

To Study the Application Constitutional Prescription through Clinical Cases of Menopausal Syndrome

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ABSTRACT

Menopause is the stage in women's life her ovaries permanently stop producing ova and estrogen leading to the outburst of transitional symptoms. The belief is that this "change of life" is largely filled with negative experience, which is attributed to the social and personal circumstance and not the endocrine events of menopause. The present study was taken up to fulfill the following objectives.

1. To study the clinical presentation of menopausal complaints.
2. To assess the homoeopathic management in menopausal complaints.
3. To understand the problem of menopausal group (understudy) in the social, economic and psychosomatic planes.

Methods:

In this randomized study, thirty diagnosed cases of menopause were selected on the basis of fixed inclusion and exclusion criteria. Case taking was performed according to the case format, with special emphasis on the past history, family history and mental state evaluation. Symptoms analysis and repertorisation was done as per the adaptability of the philosophy. Follow up criteria and parameters for evaluating the results of the study were formulated during this work. The prescription was based on totality of the symptoms, reportorial totality and analysis. All the cases were reviewed fortnightly during the first two months and once a month during the remaining period of the study (This is not the strict order and few had to be called in as per the requirement for the case and progress was recorded).

The following parameters were fixed for the assessments of the cases:

- a) Recovered: Feeling of mental, physical and social well-being and no recurrence of these symptoms observed for a period of six to ten months after the treatment.
- b) Improved: Feeling of mental, physical and social well-being significantly.
- c) Not improved: No response.

Results:

In the present study of 30 cases, it was observed that 19 cases accounting to 63.33% of total recovered, 08 cases (26.66%) improved, 03 cases (10.00%) showed no improvement.

Keywords: Menopausal Syndrome, Homoeopathy, management



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INTRODUCTION

Menopausal Syndrome includes symptoms concerned with the physiological changes that take place in a woman's body as period of fertility ends. Menopause is a normal occurrences of the ageing process and is a natural female hormone deficient state that occurs at the age of 45-55 years. In this stage ovaries gradually become less active and decrease their production of sex hormone (oestrogen and progesterone). As a result, menses cease permanently.

Women are usually considered to be menopausal if she has not had a menstrual period for one year without any sign and symptoms. Some women experience mild problems or some none at all but some women have severe symptoms in this period. It is become an inevitable phenomenon in a women's life and many years are spent in the postmenopausal phase.

Menopause is a normal physiological process, defined as the permanent cessation of menses for 12 months or more due to cessation of ovarian hormone production. According to the World Health Organization classification, premenopausal women are those who have experienced regular menstrual bleeding last 12 months, premenopausal women are those women who have experienced irregular menstrual bleeding within the last 12 months or the absence of menstrual bleeding for more than 3 months but less than 12 months, and postmenopausal women are those who have not experienced menstrual bleeding for 12 months or more. Women with iatrogenic menopause are those for whom periods have stopped as a result of medical or surgical intervention, for example, due to chemotherapy and radiation of ovaries, hysterectomy or oophorectomy, or both. The age at natural menopause between 45 years and 50 years. Early menopause occurring before the age of 45 years, while premature menopause occurs before the age of 40 years.

When a woman menstrual periods stops forever, she has reached the stage of life called menopause. Often called the change of life, this phase signals the end of a woman's ability to have children. Many healthcare

providers actually use this term menopause to refer to the period of time when a woman's hormone levels start to change. Menopause stage said to be complete when menstrual periods have ceased for one continuous year. The transition phase before menopause is called pre-menopause. During this time, the supply of mature eggs in a woman's ovaries is decreased and ovulation becomes irregular. At the same time, the production of hormones oestrogen and progesterone decreases. It is the big drop in secretion of oestrogen that causes most of the symptoms of menopause.

Constitution is defined as "the genotypic inheritance of an individual person the physical makeup of his body including its functional ability, metabolic activity, reaction to stimuli and "resistance of infection". Constitution comes from a latin word "constituere" or "constitute" means to set up, to establish or to make up.

Constitution is defined as the structure, physical make up, composition or nature of a person, comprising inherited qualities and modified by the environment.

Constitutional homoeopathy is a system based upon a deep understanding of the patient's basic energetic stage. Symptoms will fall away when this stage is understood and corrected with a constitutional remedy.

A constitutional Homoeopathic remedy treats your whole constitution. This remedy is fundamentally important to the health of an individual for his or her entire lifetime.

In homoeopathy, the choice of remedy is based upon the consideration of the totality of an individual's symptoms and circumstances, including personality, behaviors, fears, responses to the physical environment, food preferences and so on.

Homoeopathic prescriptions are made based on the totality of the patient's life span that includes past illnesses, family history, constitution & temperament, miasmatic background and peculiar symptoms of the present illnesses. Based on these a portrait of the patient is created in the mind of the treating physician and he co relate this diseases partite with that of the portrait of a remedy.

The constitution of an individual persons play an important role in the drug proving and also in the occurrence of natural diseases. Hence the role of constitution is crucial in treatment and achieving a cure. The knowledge of constitution of a medicine and person on the part of a physician helps to arrive at a greater level of similarity between the person and medicine.

A constitutional prescription should be based on the totality of the mental or physical reactions. It should be capable to cover the level of susceptibility, the tendencies, the behavioral pattern and the underlying miasms.

S. close defines constitution as “that aggregate of hereditary characteristic, influence more or less by the environment which determines the individuals reaction, successful or unsuccessful, to the stress of environment”.

J.T Kent says “physical constitution is the external disorder following disorder in the man, the vital force.

Dr Small defines “constitution is the codification or influence that any class organ or humors may exert when it predominates in the system”.

Dr N.C Bose says “physical constitution is the soil on which grow the idiosyncrasies, susceptibilities, diathesis, dyscracia etc.

Aims and objectives

Aim

To establish the role of constitutional prescription through clinical cases of menopausal syndrome.

Objectives

The overall objective of the study the application of constitutional prescription through clinical cases of menopausal syndrome ,the study attempted to find out the following.

1. To study the constitution & its prescription in menopausal syndrome.
2. To study the clinical presentation of menopausal syndrome.
3. To explore role of homoeopathic medicines through constitutional prescription in menopausal syndrome.

Research question

whether Constitutional prescription having any significant role in management of

menopausal syndrome?

Hypothesis

Null hypothesis

Constitutional prescription having no significant role in the management of menopausal syndrome.

Result and conclusion

My study was done on the topic “constitutional prescription through clinical cases of menopausal syndrome.”

The study is conducted in college OPD and IPD. For the purpose of study patients were selected from college OPD and IPD patients.

Design for my research study is a prospective studies before and comparison studies after research. Samples for study were selected randomly according to inclusion and exclusion criteria.

The sample size of 30 cases was divided into two groups, each of patients. First group was treated with constitution prescription and second group was treated with placebo. Regular follow up’s were done for knowing the effects of medicine before and after treatment.

Age incidence

The highest incidence of menopausal complaints is seen in the age group of 45-50 years and the least incidence is seen in the age group of 40-45 years.

Fundamental miasms

According to table No. out of 30 cases, fundamental miasmas of most of cases are psora in background, as compared to sycosis and syphilis. From this we could understand that majority of menopause cases present in Psoric phase.

So after study, the conclusion is made that total recovered cases are 19 in number i.e. 63.33%, improved cases were in number 08 i.e. 26.66%, not improved cases were 03 in number that is 10%.

Thus after doing the analysis of the results obtained it is found that constitutional remedies gave maximum relief to the patients. Homoeopathic management of menopausal syndrome is able to annihilate the symptoms and helps to reduce the intensity of the manifestation. There is always an excellent scope in homoeopathic system for the treatment of menopausal complaints, as the philosophy of the system

is based upon holistic and individualistic approach.

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