

Review Article

Menopause and Homoeopathy

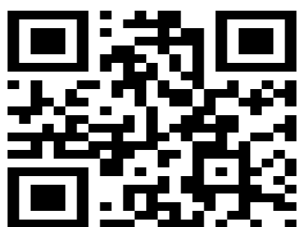
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ABSTRACT

Menopause is one of the physiological permanent cessation of menstrual activity in women. Various treatments are there for cure for it but considering the homoeopathy been effective. It is a saying that Homoeopathy acts based on children and female. When we deal with female patients, we face many problems that come after the cessation of their menstrual cycle. This phase in the life of the female is called climacteric period or menopause. Homoeopathy acts marvellously in the problems that arise during menopause.

Keywords: Menopause, homoeopathy, atherosclerosis



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INTRODUCTION

Definition: The term, menopause (pronounced as “meno-o-pawz”, menopause pertaining to menses or menstruation and pause to cessation) means the permanent cessation of the menstrual activity. The menses may stop suddenly or rather slowly, the latter being the dominant course. As a rule, there is a gradual lengthening time between menstrual periods, or diminished blood flow either in terms of amount, number of days or both at each period, until a final cessation of menstruation.

Why menopause? Undoubtedly, this is a hormonal phenomenon and follows cessation of the functions of the ovaries, the female gonads responsible for producing eggs, which eventually meet the sperms to cause conception. As the young woman advances in age (say, she is around 40 years) her ovaries too begin to have gradually declining function. Marginally reduced ovarian function may not cause any significant manifestation. But several years later, reduction in ovarian function becomes considerable, leading to cessation of menstruation. Even after menopause, some

ovarian function continues for some time. The rapidity of reduction in ovarian function, the state of a woman’s nervous system, her physical and emotional health, and her social movements determine the symptoms that may accompany her menopause.

In relation to menopause, three overlapping periods are recognized, namely premenopausal period, menopausal period and postmenopausal period. Premenopausal period is characterized by skipped menstrual periods and scanty menstrual flow. Menopausal period characterized by cessation of menses together with a variety of accompanying problems. During postmenopausal period, the woman typically has good health, assurance and more stability of thought and action. This period, contrary to the popular thinking may enhance the enjoyment of sex life since the couple welcomes the release. Premenopausal, menopausal and the postmenopausal together “climacteric”.

Whether there is an equivalent of a climacteric in men is yet not clear. Hence, as a middle-aged lady puts it, “life is certainly

unfair to women on this front as well as compared to the men.” But then, mind you, just like women, men too experience, diminution in sex hormone secretions with reduction in the sex activity. Interestingly, even though continual sexual enjoyment ceases in case of men at a certain stage, it may still be possible for women. Remember that every woman has got to have menopause sooner or later and hence, must learn to approach it with understanding. On an average, menopause occurs at the age of 44 or 45 years though a wide variation around this mean age is a rule rather than an exception. According to conservative estimates by the American Medical Association, natural menopause occurs in 26 per cent of the women by 47 years, in 50 per cent by age 50 years, in 75 per cent of the women by age 52 years, and in 95 per cent of women by age 55 years. In case of acute (abrupt) cessation of ovarian activity, the withdrawal symptoms may be severe. Following gradual cessation, the symptoms may be hardly visible or minimal. Most subjects fall somewhere in between these two extremes. Manifestations include nervousness, apathy, palpitations, headaches, bodily pains, numbness, vertigo, tingling, digestive problems, urinary disturbances like frequency of micturition, incontinence and local itching etc. Hot flushes need a special comment. The phenomenon is related to the dilation and contraction of the surface blood vessels, especially of the face. It begins though not always - with an aura followed by a feeling of abdominal discomfort, a chill and a feeling of heat passing on the head. Then, the face becomes flushed and red. Shortly, there occurs sweating followed by exhaustion. Occasional subjects may suffer from severe vasomotor hot flushes, their frequency exceeding 15 to 20 times during the day and so often at night as to disturb sleep.

Mary Williams in her well-known treatise, *Female Sexuality*. She concludes that menopause is no cause for conjugal relations touching a new low in a women’s life. A word about the complaints that are coincidental with, rather than the result of, menopause though these are still considered

as menopausal by lay folks, Examples of such problems are arthritis, high blood pressure (hypertension) atherosclerosis (hardening of blood vessels), heart and kidney disease, digestive disturbances and bronchitis. Understandably, these conditions *are* not the exclusive property of the women and *are* due to causes other than the reduced activity of the sex glands. Mind you, in addition to the natural menopause, we just talked of surgical removal of the ovaries along with the uterus (hysterectomy) also causes menopause, the so-called “surgical menopause”. This may be responsible for severe symptoms since operative removal of the ovaries leads to more abrupt changes than does their gradual aging in case of natural menopause. Since surgical menopause may occur in relatively younger women, the psychological aspects of the situation may well be aggravated, particularly in relation to the sexual aspects. What kind of therapy is available for menopause? Most women who experience just minor complaints need not have any therapy altogether. Others may respond favorably to as simple a medication as mild sedatives. Those experiencing distressing symptoms are usually in need of hormonal replacement. This particular therapy may be extremely beneficial in cases of severe vasomotor disturbances such as hot flushes. Such a therapy, nevertheless, requires to be given under strict medical supervision. Else, it may cause serious side effects.

Granted that the doctor can alleviate menopausal symptoms leading to gratifying sense of wellbeing in the woman. Yet, remember, the responsibility for a serene menopause and balanced later life rests first and foremost with the woman herself. No one can stop the aging process. But she certainly can have a much more calm, sensible and practical approach to menopause. As has been well said, a healthy outlook is earned through intelligent thinking, approach and endeavor. This will help her stay young in spirit.

Homoeopathic Treatment

In homeopathy treatment depend upon totality of symptoms. In my experience Lachesis, Medorrhinum Nat Mur and Mere

Sol are very important, reliable and effective, provided symptom agree.

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