

## Review Article

### Menopause and Its Therapeutics in Homoeopathy

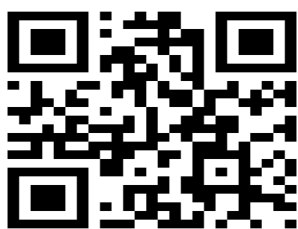
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#### ABSTRACT

Women's all around the world are familiar with the term "the transition," which refers to the changes that comes along with menopause. Many women are afraid of these changes because they imply a decrease in fertility and sexuality, as well as the start of ageing. Menopause should be referred to as "a transition in women's lives," rather than "The Change".

**Keywords:** Estrogen; Hormone therapy, Hot flashes, Menopause, Homoeopathy



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#### INTRODUCTION

Women generally spend the last third of their lifetime in menopause, after their reproductive years have ended. During menopause, women experience a variety of predictable symptoms and conditions related to changes in sex hormone levels and aging. Women generally spend the last third of their lifetime in menopause, after their reproductive years have ended. Homeopathy, defined as one of the many complementary and alternative medicines which women use to manage this transition, has been delivered within the National Health Service since its inception and has been used to alleviate menopausal symptoms both in the climacteric and more recently in breast cancer survivors. Individualized treatment by a homeopath, regarded as the gold standard of homeopathic care, is a complex intervention where the homeopathic medicine is matched to a woman presenting with a range of symptoms such as hot flushes, sleep and mood disturbance, joint pains and fatigue. After menopause, genitourinary symptoms predominate, including vulvovaginal atrophy and dryness and lower urinary tract symptoms, including urinary frequency, urgency, and nocturia.

Homeopathy is a truly holistic medicine. If a woman consults a homeopath with menopausal problems – say hot flushes only – the homeopath will still look at the person as a whole, and not just prescribe a remedy for the hot flushes. This is called a constitutional remedy.

#### Therapeutics for Menopause

##### Sepia

Sepia is female remedy. It is known as the 'washer-woman's remedy', because people who need this remedy

Are worn down

Exhausted

Weepy

Weak

Perspire profusely

Need air

Must sit down and cross their legs, as they feel their insides will fall out

Are so worn out they can appear indifferent to their loved ones

They have a sharp tongue, and almost take pleasure from hurting loved ones. This is not because they don't love their family; it's because they are just worn out and exhausted and have nothing more to give to anyone. A woman who was formerly warm and loving

is now saying 'I don't have any emotions'; sometimes she will say she can't even remember the sensation or feeling of happiness or joy. She can feel she must hold on to something to prevent herself from screaming. She can have dullness of mind; feel stupid and absent-minded, with no initiative.

Physically, during the menopause she may have a dry vagina, pain on intercourse, and lack the desire or aversion to sex. She may have flooding during periods, sudden flushes of heat, weakness, perspiration and a sinking feeling in the pit of her stomach. In general, she feels better from activity, especially in the open air, and better for warmth and from eating. She also feels better after sleep, even a short nap (this is the opposite of Lachesis). She generally feels worse in the evenings.

Sepia is a very useful remedy at the menopause. It is prepared from the liquid found in the ink sac of the cuttlefish, *Sepia officinalis*. The shape of the cuttlefish is reminiscent of the uterus. The sex organs of the cuttlefish are right down at the end.

#### **Lachesis**

Lachesis is an important remedy during the menopause, and is often called for in women who have never felt well since the onset of menopause. Other menopausal symptoms of this remedy are:

Haemorrhages

Fainting

Weakness

Melancholy

Periods every twenty-one days

Periods profuse

Generally worse before menses, and pains and mood better once the flow starts

Hot flushes, with headaches, palpitations and hot sweats

Headaches, especially in the vertex, with burning sensations

Some nausea, diarrhea or haemorrhoids

The left ovary can also be painful and swollen, and there may be prolapsed uterus.

Women may be asthmatic since reaching the menopause. They generally feel worse in the mornings, can't stand the heat and are hypersensitive to any tight clothing at the

neck or waist.

The remedy is prepared from the venom of *Lachesis muta*, the surucucu snake of South America.

#### **Sulphuric Acid**

This is another very useful remedy during menopause. Like all the acids, weakness and debility are common to this remedy, especially in the digestive tract, giving a very relaxed feeling to the stomach, and a craving for stimulants. They feel a weakness out of all proportion to the problem. It affects the blood and blood vessels, causing haemorrhages of thin, black blood. Other symptoms of this remedy are:

Prolapse of vagina and uterus from weakness  
Flushes of heat, followed by sweating and a trembling all over

Irritability

Weepiness over the slightest thing.

They can have nightmares before or after periods. They must do everything in a hurry. They get angry and impatient because things move so slowly. No one does anything to please them.

This remedy is made from sulphuric acid.

#### **Calcium Carbonicum**

Calcium carbonicum (*Calc. carb.*) is a very useful remedy during the menopause. The typical *Calc. carb.* Woman is responsible, dutiful and hard-working, 'a pillar of the community'. She can take on too many responsibilities and become overwhelmed by them. Mentally, she can be tired and unable to hold onto thoughts or details, and then she feels that she is going mad and worries that other people will realize it. She has always worried about what others think of her and even more so now. She has a strong focus on security, with lots of anxieties around money and health. When she is ill, she can despair of ever recovering her health.

You can imagine a *Calc. carb.* Woman if she develops troublesome symptoms during the menopause. She will worry about her health; she can think she will never feel 'normal' again. She will worry about her family; her children and her husband should anything happen to her. She will be anxious about the future.

Some physical menopausal symptoms experienced by women who need Calc. carb. are:

Hot flushes, with burning sensations in the vertex

Head and neck wet with perspirations, worse during sleep

Metrorrhagia and uterine fibroids, sometimes with marked uterine haemorrhages.

This remedy is prepared from the middle layer of the oyster shell. The soft, white, calcareous substance is secreted by the mantle of the mollusk, and is a deposit of finely crystalline calcium carbonate.

### **Pulsatilla**

Pulsatilla is a very important remedy for women's complaints and is often of use during the menopause. The woman needing this remedy is of a gentle, mild disposition. She is emotional and easily moved to laughter or tears. Her moods are changeable; she can cry at every little thing and loves to be comforted. She can also be easily irritated and has a tendency to feel slighted, or be fearful of being slighted. In general, she feels better in the fresh air and feels worse in a warm, stuffy room and in the evenings.

Physical problems include irregular menstruation, whether it is too early or too late, too scanty or too profuse. The menses can be painful enough to cause nausea or vomiting, and bending double can help the pains. Unusually, the bleeding can happen during the day only. She can have difficulty sleeping because of hot flushes and anxious thoughts, and her legs can be very restless at night. The remedy is prepared from *pulsatilla nigricans*, the windflower.

### **Best natural Homeopathic remedy for Menopause with change in temperament**

There are many natural Homeopathic remedies to consider, but *Sepia* tops them all when it comes to the treatment of symptoms associated with Menopause. For women requiring *Sepia*, a change in temperament requires a special mention. From being calm and gentle before Menopause, she becomes very irritable and is not able to show affection towards family members. The feeling of sadness, with no desire to meet

friends and no interest in daily activities, makes her feel worse. She feels easily tired. Flushes of heat (sensation of heat) in various parts of the body, which may also be associated with excessive perspiration, are common. She has an aversion to sex, and may experience a dragging or bearing down sensation in the uterus, feeling as if she has to cross her legs to hold it in. Backaches are often part of the symptom pattern. Homeopathic remedy *Sepia* can work wonders, making this transition through Menopause a comfortable one and bringing back the vivacious woman in her.

### **Lachesis: Homeopathic treatment for Menopause with extreme heat flushes**

*Lachesis* is one of the best natural homeopathic remedies for menopause. *Lachesis* is the ideal remedy for extreme heat flushes during Menopause. The woman cannot bear tight clothing mainly around neck or waist. *Lachesis* can also control the headache accompanied by heat. The next sphere where *Lachesis* works wonders is mental depression during Menopause. The key symptom arising out of depression is an aversion to social interaction. Such a woman wants to run away from the world. She doesn't want to do any business and lacks interest in daily routine work.

### **Amylenum Nitrosum: Homeopathic medicine for Menopause with profuse sweating and acute headache**

*Amylosum Nitrosum* is an excellent natural Homeopathic medicine for women in menopausal stage with heat flushes followed by profuse sweating. She desires cool air. The flushes can be accompanied by palpitations of heart. *Amylenum Nitrosum* can also relieve the headache with a marked congestion in head. Such women with a headache feel that the head would burst out due to pain and congestion.

### **Ignatia: Top Homeopathic medicine for depression during Menopause**

*Ignatia* is the most efficient natural Homeopathic medicine for coping with depression and mood variations during Menopause. Women with extreme

sadness and weeping tendencies can greatly benefit from Homeopathic remedy Ignatia. Such women cut themselves off from society and do not wish to talk to anybody. They want to be left alone all the time. Homeopathic medicine Ignatia can also best control the mood changes during Menopause. The woman needing Ignatia has sudden changes in her mood. The mood shifts rapidly from happiness to sadness without any apparent cause. Here, natural Homeopathic remedy Ignatia definitely helps in providing mental stability.

#### **Graphites: Homeopathic medicine for obesity during Menopause**

Graphites is another very useful natural Homeopathic medicine for menopausal sufferings. The main sphere for the use of Graphites is that it helps in controlling obesity during Menopause. It suits women who have been through the worst kind of constipation till now. The woman has a marked sensitivity to cold air. Mentally she remains sad and cannot make decisions easily. Such women feel melancholic and hopeless. They may begin to weep on even listening to music.

#### **Best Homeopathic medicines for heat flushes during Menopause**

One of the symptoms that may cause great discomfort during Menopause is heat flushes – it is a feeling of extreme heat, mostly in upper parts of the body, accompanied by drenching sweat. The top natural Homeopathic medicines to control these heat flushes are Amylenum Nitrosum, Sepia and Lachesis. Amylenum Nitrosum is one of the top Homeopathic medicines for excessive heat flushes experienced at the time of Menopause. After heat flushes, excessive perspiration follows. The women desire fresh open air. The bed coverings are always unbearable. A few women requiring Amylenum Nitrosum may also complain of palpitations and headache along with heat flushes. Sepia is another top natural Homeopathic medicine for heat flushes during Menopause. Sepia is very beneficial when women suffer from extremely hot flushes with fainting spells. Such women get

drenched with sweat over the whole body and have fainting spells after the hot flushes. Yet another top natural Homeopathic medicine for hot flushes is Lachesis. It is a very beneficial remedy in cases where a woman suffers from excessive heat sensation with a need to loosen the clothing. Slightly tight clothing is unbearable, mostly around the waist and neck.

#### **Homeopathic remedies for menopause with decreased libido and vaginal dryness**

The loss of vaginal lubrication and elasticity during Menopause results in difficult intercourse and irritation in the urinary tract. Natural Homeopathic medicine Sepia is recommended for a decreased libido and low sexual energy, and Lycopodium has proved to be one of the best homeopathic remedies for vaginal dryness.

#### **Calcarea Carb: Homeopathic Remedies for Menopause with osteoporosis**

One of the main effects of Menopause is Osteoporosis. It refers to the progressive loss and weakening of bones. Bone mass loss averages 1-2 per cent every year after Menopause and results in easy fractures and other symptoms related with Osteoporosis such as backache and pain in bones. Natural Homeopathic medicine Calcarea Carb is the top remedy for women who are undergoing Osteoporosis. It helps in decreasing the loss of calcium from bones and also increasing its absorption from food.

#### **Sepia and Lycopodium: Homeopathic Remedies for Menopause with Hair fall**

Sepia is the top natural Homeopathic medicine for halting the hair fall in women during Menopause. Hair falls in most cases is accompanied by the worst kind of headache. Along with the hair fall, heat flushes are always present in women needing Sepia. Homeopathic medicine Lycopodium is of great help for women who have suffered from gastric troubles all their life till date and now in addition are facing the problem of hair fall at menopause age. Women requiring Lycopodium may have an excessive craving for sweet and hot drinks. And they always suffer from gas in

abdomen.

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