
Effectiveness of Individualized Homoeopathic Medicine in Cases Of The Menopausal Syndrome In Women Above 45 Years Age Group: - A Case Series

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ABSTRACT

Background: -Menopause is the point at which menstruation permanently stops due to loss of ovarian follicular functions⁽¹⁾, marking the end of woman's reproductive cycle. This effects the women mentally and physically. **Objective:** - To study the reduction in severity of symptoms after prescribing individualized homoeopathic medicine in women with menopausal syndrome and To study the frequently used medicines effective in reducing the severity of symptoms in women with menopausal syndrome **Methods:** The study employed case series design included 45 cases selected through the simple random sampling (convenient) from the OPD of the college hospital, as well as from peripheral OPD. **Results:** The 41 patients i.e. 91% patients improved and while 4 patients i.e.9% patient did not show the marked improvement. **Conclusion:** Homoeopathic medicines are efficacious in management of the Menopausal syndrome in women above 45 years.

KEYWORDS: - Menopausal rating scale, Homeopathy, Menopause, Ovarian Follicular

INTRODUCTION: - Menopausal syndrome is marked by a set of symptoms, that are experienced by women , notably hot flushes due to vasomotor instability, which last for a year in about 80% of cases.

Climacteric is due to decreasing function of the ovaries which are visible by physical and psychological changes in the body. Menopause is a phase of climacteric Menopause occur earlier in women who are smokers and those who are nulliparous. Prevalence is 87.7% of women facing menopausal symptoms.

Common symptoms includes Anxiety , Physical and mental exhaustion ,Sleep problems ,Irritability ,Joint and muscular discomfort ,Heart problems ,Hot flushes . The QOL was decreased in 70.2% of patients. The psychological symptoms denotes 70.8% to the poor QOL. ⁽⁵⁾

Menstrual cycles stops due to depletion of ovarian follicles. This takes place around 45 years of women's life. ^[8]

Hot flushes, a typical menopause symptom, usually resolve within 3-4 years. Their exact cause is unknown, but they're associated with decrease in estrogen levels and poor blood vessel regulation. Menstrual cycle stops due to exhaustion of ovarian follicles. his takes place at and around 45 years of age

Clinical features ⁽²⁾

1. Menstrual
2. Vasomotor
3. Emotional
4. Sexual
5. Musculoskeletal -These appears

Psychological aspects of menopause management ⁽⁴⁾: - women experiences changes in

body with psychological changes Endocrine status cannot be used to know women will experience negative psychological functioning; rather psychological morbidity is effected by many factors and requires a multiple approach to its treatment.

In Homoeopathy: - Calcarea Carb⁽²⁰⁾ Lachesis Mutus⁽²¹⁾ Pulsatilla⁽²²⁾ are medicines commonly used.

Objective:- To study the reduction in severity of symptoms after prescribing individualized homoeopathic medicine in women with menopausal syndrome by using the MRS Scale ^(6,7) and To study the frequently used medicines effective in reducing the severity of symptoms in women with menopausal syndrome.

Methods :-

Study design:-

This was a case series study conducted at M(N)HMC OPD and PERIPHERAL OPD Nashik for 6 months. The sampling method was convenient sampling method. The ethical clearance was obtained from Institutional Ethical Committee (I.E.C.) of Motiwala (National) Homoeopathic medical College And Hospital, Nashik.

Participants :-

The women above 45 years of age, who had given consent and suffering from menopausal syndrome.

Sample Size :-

Out of 51 participants 45 patients were enrolled using convenient sampling method.

Intervention :-

Patients were intervene by Individualized Homoeopathic Medicine. Patients were advised to come for follow up after every 15 days. Each patient was followed up for a period of at least six months.

Outcome Measures :-

The primary outcome was to reduce the severity of symptoms after prescribing individualized homoeopathic medicine in women with menopausal syndrome, while secondary outcome was to find frequently used medicines effective in reducing the severity of symptoms in women with menopausal syndrome.

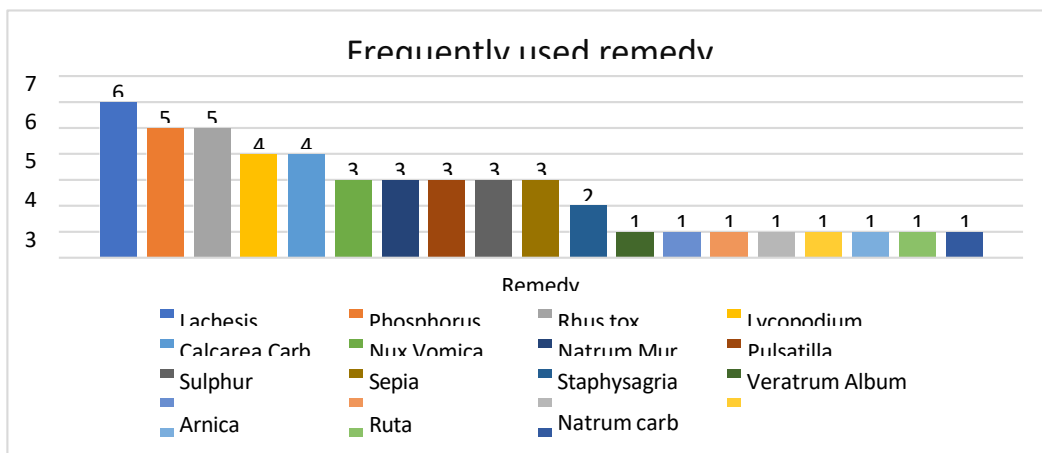
Statistical Analysis :-

The primary outcome was to reduce the severity of symptoms after prescribing individualized homoeopathic medicine in women with menopausal syndrome was assessed using scores of MRS. The data analysis basically included by comparisons of before and after treatment scores. And Paired t test was used.

RESULT: -

Out of 51 participants for menopausal syndrome 45 patients were enrolled and 6 patients had to be discontinued from the study due to non-compliance to treatment and follow ups. Among these 45 patients 41 patients i.e. 91% patients improved and while 4 patients i.e. 9% patient did not show the marked improvement.

Frequently Used Remedy: -



X- axis: - Remedy

Y- axis: - No. of patients

FIG NO. 2: - Bar Graph Representing Frequently Used Remedies in Cases of Menopausal Syndrome

Improved And Not Improved :-

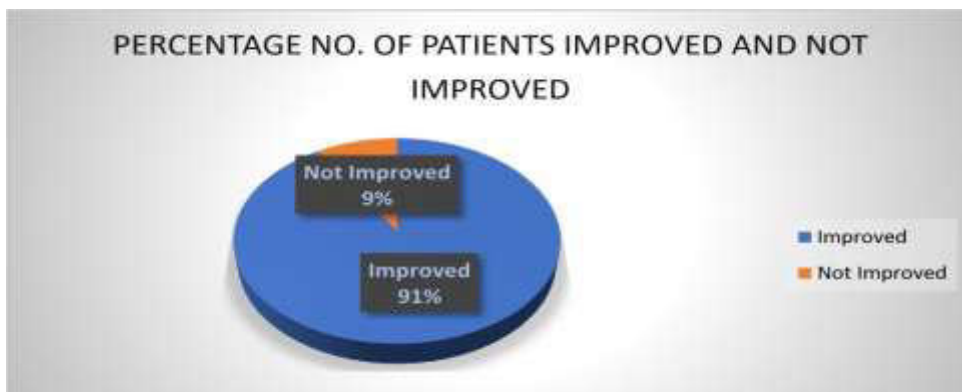


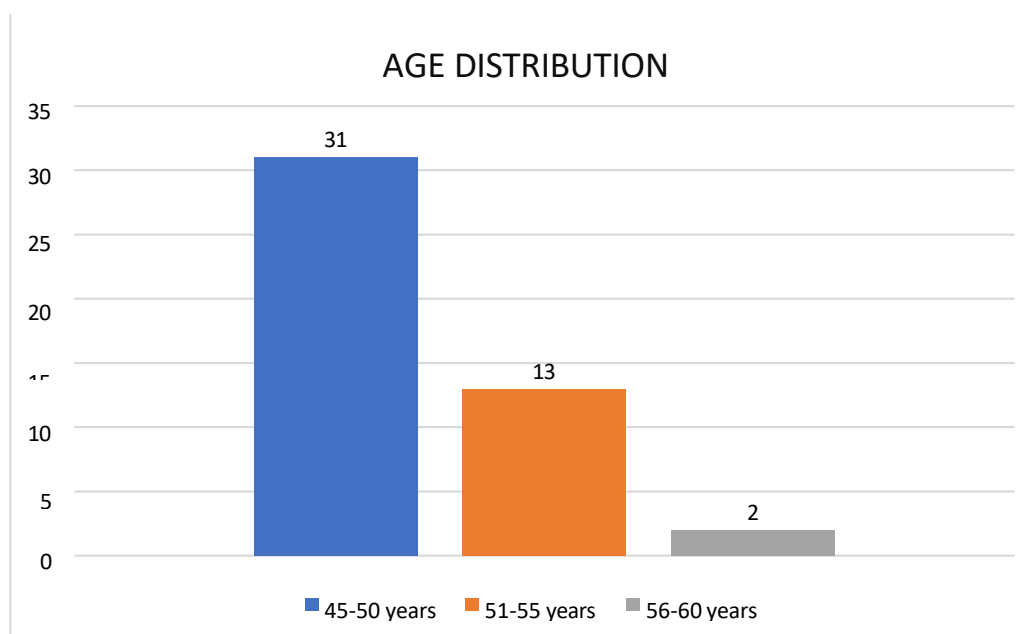
FIG. NO. 3: - Pie Chart of improved and not improved Patient

Out of 45 patients 41 (91%) were improved and 4 were not improved (9%)

Table :- Improved & Not Improved

Result	Frequency
Improved	41
Not Improved	4

**Demographic Data:-
Age Distribution: -**



X- axis: - Age of Patients Y- axis: - No. of Patients

FIG. NO. 1: - Bar chart representing age distribution

DISCUSSION :-

This study was conducted at M(N) HMC, OPD AND PERIPHERAL OPD Nashik, aims to evaluate the effectiveness of individualized homoeopathic medicine in cases of menopausal syndrome in women above 45 years of age (case series). We attempted to study a case series, where 51 participants were included in the study based on MRS scale. Out of which 6 were dropped out because of inconsistency and 45 participants continued the study.

The Greek word meaning of MENOPAUSE is “men’s” (month) and “pauses” (cessation). It is one of the transitional stages in woman life where female suffered from the physiological and psychological alteration mainly due to hormonal imbalance i.e. hot flushes, irritability, sleep problems, mood swings, heart discomfort, anxiety, restlessness, sexual problems, joint and muscular discomfort.

Throughout the course of study, improvements were seen in symptoms of menopausal syndrome. Among 45 patients under study 41 patients (91%) were improved. However, 4 patients (9%) were not improved. If the grade changes higher to lower it is considered as improved, if the score decrease but the score ranges between the same grade it is considered as not improved. In this study 41 cases were improved in which 20 cases i.e. 48.7% (moderate to mild), 11 cases i.e. 26.8% (moderate to nil), 5 cases i.e. 12.19% (severe to mild), 3 cases i.e. 7.3% (severe to nil), 2 cases 4.8% (severe to moderate) and 4 cases i.e. 9% were not improved (moderate to moderate) but their post score decreases as compare to pre scale score but both score ranges between same grade. The mean of MRS score decreases to 5.68 after the completion of the study which was 14.42 at the start of study it shows us individualized homoeopathic medicine are effective in reducing the severity of symptoms of menopausal syndrome in women above 45 years of age.

In sample size of 45 patients 31 patients age ranges between 45-50 years, 13 patients age ranges between 51-55 years and rest of the 2 patients age ranges between 56-60 years.

The study revealed and it is observed that homeopathic medicines are effective in the management of menopausal syndrome. The frequently prescribed homeopathic medicines were Lachesis - 6/45 (13.3%), Phosphorus – 5/45 (11.1%), Rhus tox – 5/45 (11.1%), Lycopodium – 4/45 (8.8%), Calcarea carb – 4/45 (8.8%), Nux vomica – 3/45 (6.6%), Natrum mur – 3/45 (6.6%), Pulsatilla – 3/45 (6.6%), Sulphur – 3/45 (6.6%), Sepia – 3/45 (6.6%), Staphysagria – 2/45 (4.4%)

Paired t test was used to for statistical analysis. The calculated t value (17.2) significantly greater than the table value of t (2.02). Hence we rejected the null hypothesis. Thus, Individualized homoeopathic medicine is effective in reducing the severity of symptoms in women with menopausal syndrome.

CONCLUSION: -

This study shows that among 45 patients the effectiveness of individualised homoeopathic medicines in females above 45 age suffering from menopausal syndrome a notable improvement in 41 patients and slight improvement in 4 patients. This justifies that individualized homoeopathic medicine is effective in reducing the severity of symptoms in women with menopausal syndrome.

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