
Effectiveness of Homeopathic Medicine Oophorinum 30CH and Individualized Homeopathic Medicine in Perimenopausal Complaints in Age Group 40 to 55 Years with the Help of Menopausal Rating Scale: Randomized Control Trial.

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Abstract

Background: Perimenopause is a time period before women has a final menses and later start with menopausal symptom that last up to 1 year after cessation of menses.^[1,2] Perimenopause refer to the period around menopause (40–55 years). **Aim and objective:** The purpose of the study was to assess, using the menopausal rating scale, the efficacy of Oophorinum 30CH and Individualized Homeopathic medicine in treating perimenopausal complaints in the age range of 40 to 55 years. **Material and methods:** 46 cases were chosen in accordance with the inclusion criteria. The menopausal rating scale has been utilized to evaluate the improvement. **Result:** The unpaired t test was used to confirm the result. **Conclusion:** The study concluded that Individualized Homoeopathic medicine is more effective than Oophorinum 30 in reducing the intensity of perimenopausal complaints in 40-55 years of age.

Keywords

Homeopathy, perimenopause, Oophorinum, MRS scale, RCT

Introduction

Menopause means permanent cessation of menstruation at the end of reproductive life due to loss of ovarian activity for 12 months, after 12 months the women will be post menopause.^[1] Menopause is a point of time when last menstruation occurs. The age of menopause ranges between 45–55 years, average being 50 years.^[3]

The highest proportion of menopause in Maharashtra were observed in the age group 45-49 years (52.9%) followed by age group 40 years and above (34.85%) and the least in the age group below 30 years (0.2%)^[4]

Perimenopause is a time period before women has a final menses and later start with menopausal symptom that last up to 1 year after cessation of menses.^[1,2] Perimenopause refer to the period around menopause (40–55 years). Premenopause refers to the period prior to menopause, post menopause refers to period after the menopause. ^[3]

Perimenopause is also called as menopausal transition. It is a period that surround the final years of reproductive life. It starts with first onset of menstrual irregularities and end after one years of amenorrhea has occurred. In early stages of Perimenopausal or menopausal transition includes symptoms like hot flushes, poor sleep, depressed mood and anxiety. In later stages of menopausal transition women suffers from vaginal dryness, dyspareunia, irregular menstrual

cycle, long periods of amenorrhea. ^[1]The main or primary goal was to study the homoeopathic medicine oophorinum 30CH is more effective than Individualized Homeopathic medicine in reducing the intensity of Perimenopausal complaints in 40 to 55 years of age group with help of MRS. The secondary objective was to study the effectiveness of homoeopathic Medicine Oophorinum and to identify the commonly prescribed homoeopathic medicine in Perimenopausal complaints in age group 40 to 55 years.

Literature Review

Laboratory tests are not required for diagnosis of menopause. It can be clinically diagnosed by the age, symptoms, and ruling out other conditions like pregnancy and secondary amenorrhea^[5] Menopausal symptom in most of the patients can be manage with calcitonin, Bazedoxifene, Clonidine, Paroxetine, Phytoestrogens and Hormone Therapy which has adverse effects on health and can lead to vital organ involvement^[1]. In homoeopathy selection of the remedy is based on Individualization, the only way to regain complete health by removing all the signs and symptoms of patient^[5] Many articles are published where the action of Homoeopathic medicine is seen in the cases of climacteric ^[6,7,8] and also we have observed the action of oophorinum in cases of PCOS^[9]. In many of the Homeopathic literatures, the action of Oophorinum in climacteric sufferings, flushings, nervous breakdowns in women during climaxis is mentioned^[10,11,12,13]. This study completed the existing knowledge about the effects of oophorinum in the perimenopausal age group.

Methodology

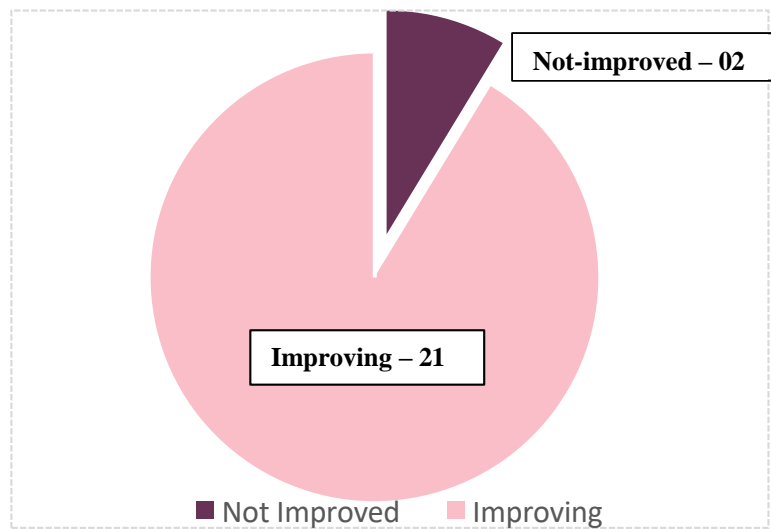
The study design was a randomized control trial. The study was conducted in the outpatient department of Motiwala (National) Homeopathic Medical College and peripheral camp. Ethical approval was obtained from the institution's ethics committee. Screening was performed using MRS at the first visit. Samples were selected based on the inclusion criteria and consent.

Females in age group 40-55 years, with any of the somatic, psychological and urogenital symptoms stated in MRS^[14], having LMP less than 1 year and Not attained menopause yet were enrolled in study. Females below 40 ages, Females above 55 ages, LMP more than 1 year, Pregnant women were excluded from study. Samples technique used was convenience sampling. Sample size (n) = 46 were included and further divided into two groups, 23 each. Experimental Group A was prescribed Oophorinum 30CH and Control Group B was prescribed Individual Homeopathic Medicine with help of case taking and repertorization. Using the MRS tool, the assessment was repeated at the 7th visit. ^[14]

Result

1. Result after treatment of both the groups.
Two Cases were not improved in group A were as two cases were improved in group B, rest 21 from each group were improving.

RESULT AFTER OOPHORINUM 30CH TREATMENT



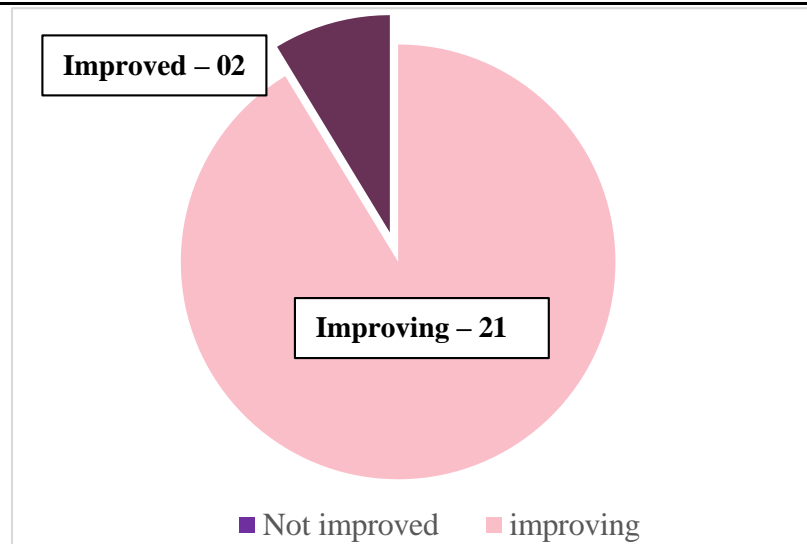
GRAPH NO. 1

Result after Oophorinum 30CH treatment

RESULT	OOPHORINUM 30 CH
Not improved	2
Improving	21
Improved	0

Table no.1

RESULT AFTER HOMEOPATHIC SIMILIMUM TREATMENT



GRAPH NO. 2

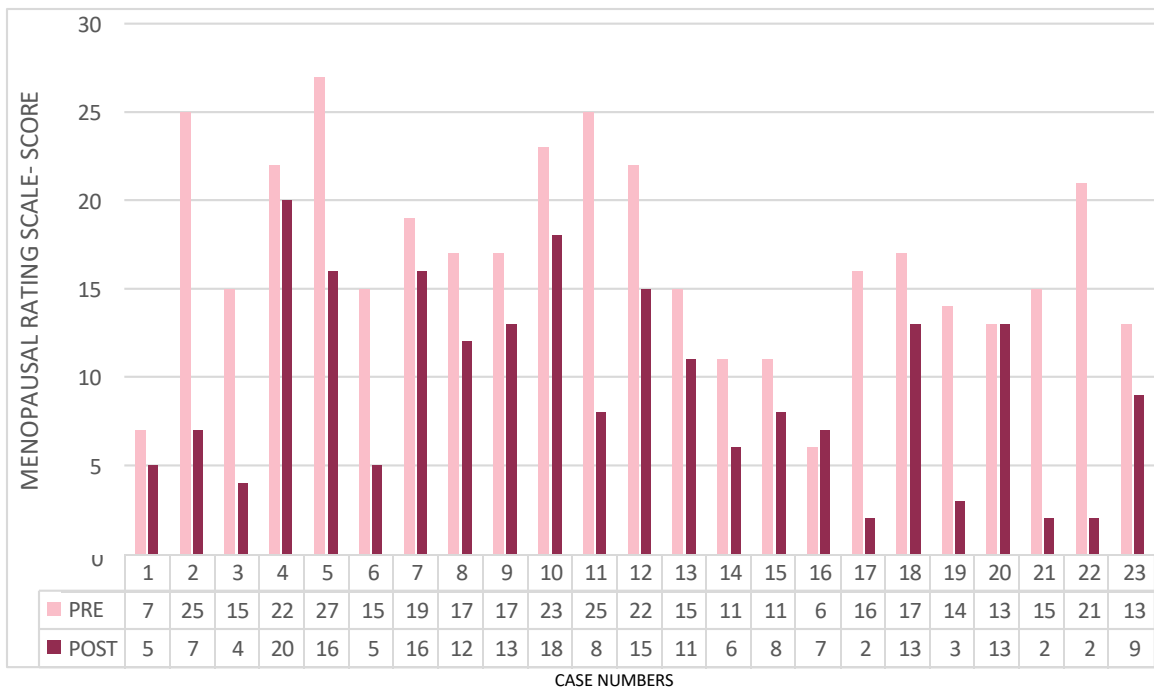
Result after homeopathic similimum treatment

RESULT	SIMILLINUM
Not improved	0
Improving	21
Improved	2

Table no.2

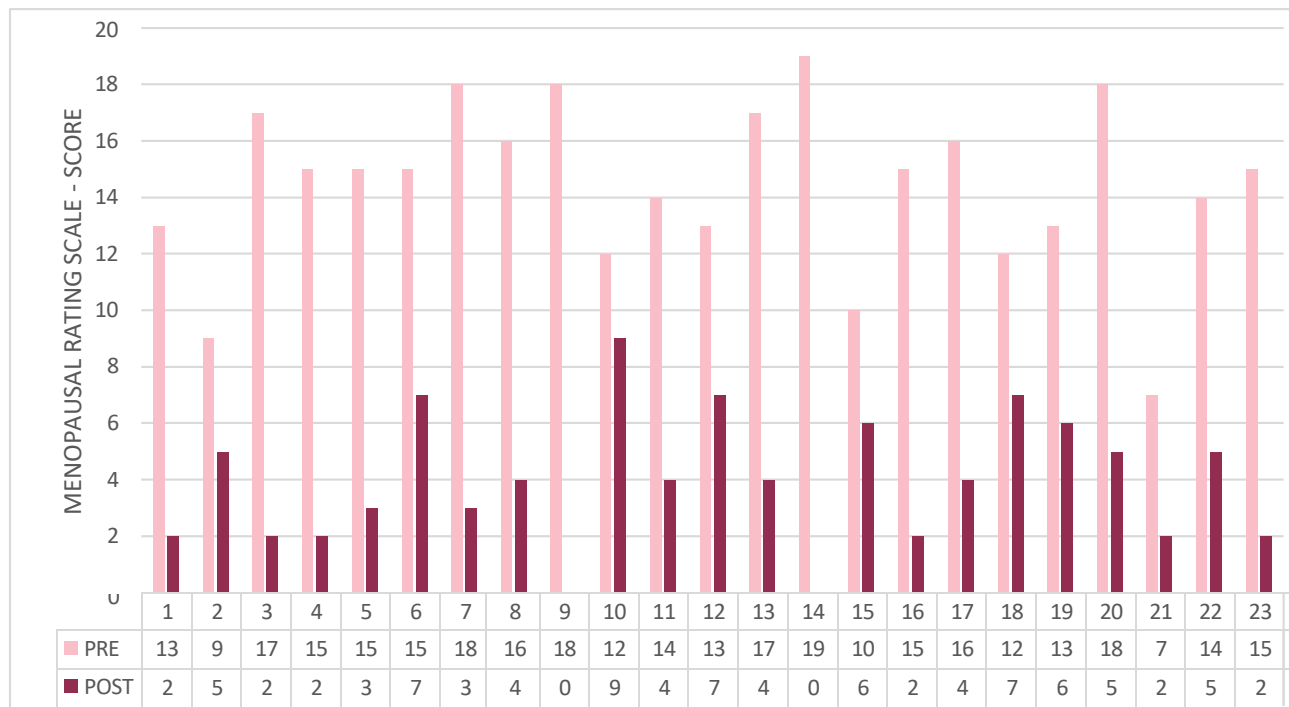
- Mean of difference in Pre and post MRS score of both the groups,
 Oophorinum 30CH- 7.4
 Individualized homeopathic medicine- 10.4

PRE AND POST MRS SCORE - OOPHORINUM 30CH



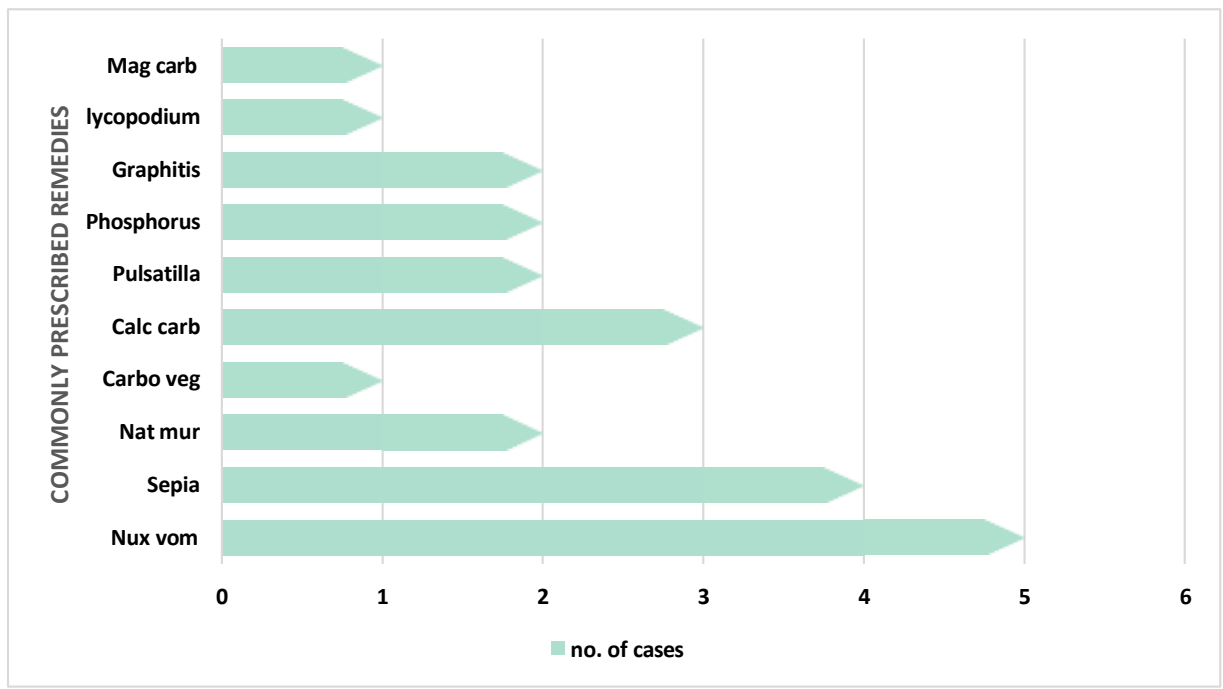
GRAPH NO. 3

PRE AND POST MRS SCORE – HOMOEOPATHIC SIMILIMUM



GRAPH NO. 4

3. Commonly prescribed Homeopathic Medicines.



GRAPH NO.5

Commonly prescribed homoeopathic medicines

HOMOEOPATHIC MEDICINES	NUMBER OF CASES
Nux vomica	5
Sepia	4
Natrum mur	2
Carbo veg	1
Calc carb	3
Pulsatilla	2
Phosphorus	2
Graphitis	2
Lycopodium	1
Mag carb	1

Table no. 3

OBJECTIVES AND RESULT WITH INTERPRETATION:

OBJECTIVES	RESULTS WITH INTERPRETATIONS
To study the effectiveness of Homoeopathic medicine Oophorinum 30 and Individualized Homoeopathic medicine in perimenopausal complaints in 40-55 years of age.	Individualized Homoeopathic medicine is more effective than Oophorinum 30 in reducing the intensity of perimenopausal complaints in 40-55 years of age. Calculated t value 4.522 was greater than the table value (0.05) at 5% level of significance. Hence, null hypothesis is rejected.
To study the effectiveness of specific Homoeopathic medicine Oophorinum 30 in perimenopausal complaints.	From group A (23 CASES); 21 Cases were improving, 2 cases did not improved. Calculated t value 6.1 was greater than the table value (0.05) at 5% level of significance. Hence, null hypothesis is rejected. Thus, Oophorinum 30 is effective in perimenopausal complaints.
To identify commonly prescribed Homoeopathic medicines.	Nux vom in 5 cases followed by sepia 4, nat mur 2, carbo veg 1, calcarb 3, pulstilla 2, phosphorus 2, graphitis 2, lycopodium 1, mag carb 1

Table no. 4

Discussion

The present study was primarily aimed at finding out whether Homeopathic medicine Oophorinum

30 is more effective than Individualized homeopathic medicine in reducing the intensity of perimenopausal complaints in 40 to 55 years of age group. With the help of the menopausal rating questionnaire, we screened around all together 61 females in M(N)HMC OPD

and camp at khutwad nagar, Nashik. 46 samples were selected. With the help of case record format and menopausal questionnaire, data of case were collected and prescribed. Oophorinum 30 was prescribed to Group A (experimental group) and based on the totality of symptoms the Homoeopathic Simillimum was prescribed to Group B. It was observed that patient complaints did not significantly decrease in the majority of cases in Group A (the experimental group) following the prescription of Oophorinum 30. Recurrence and frequent repetition of complaints have been noted. Patients with complaints about their sleep were observed to have improved sleep after being prescribed Oophorinum 30, while patients with good sleep were observed to be excessively drowsy. However, we found that repeated repetition was not always required in Group B (control group). Patients' complaints decreased, for the most part. According to data collected, statistical analysis was done using paired t test and unpaired t-test.

Paired t test for Group A was done, calculated t value of was 6.1, greater than table value 2.07 at 5% level of significance. Hence, Oophorinum was significantly effective. Using unpaired t test, calculated t value 4.974 which was greater than table value value 2.02 at 5% level of significance. So, null hypothesis rejected. Hence, Homeopathic individualized medicine is more effective than Oophorinum 30 in reducing the intensity of perimenopausal complaints in 40 to 55 years of age.

After oophorinum 30 CH treatment the results were, 2 cases not improved, 21 cases were improving and 0 cases improved. Whereas after homoeopathic simillimum treatment 2 cases were improved, 21 were improving and 0 not improved.

Pre and post MRS score of both the groups were compared. It was observed that the difference between pre and post MRS Score of homoeopathic simillimum was more as compared to oophorinum 30 CH. That is, mean difference in MRS score after oophorinum 30 = 7.4 and mean difference in MRS score after Homoeopathic simillimum = 10.4.

During the study, in Group-B the most prescribed medicine was Nux vomica (5 cases), secondly sepia(4 cases), followed by cal. Carb(3cases). Each 2 cases for Nat mur, Phosphorus, Graphitis, Pulsatila. And 1 each for Carbo veg, Lycopodium, Mag carb.

In study population, the psychological symptoms were more prominent. Followed by somatic symptom, and urogenital symptoms. 59% of the patient came with complaint of irritability, 54 % with joint and muscular discomfort, 49 % with hot flushes, 45% with physical and mental exhaustion, 38% with sleep problems, 36% with heart discomfort, 35% with Depressive mood, 34% with anxiety, 19% with bladder problem, 8% with sexual problem, 7% with vaginal problems.

During the study of sample population, maximum participants were of age 40 (6 cases) and 47 (6 cases). Minimum participants with 1 case each were of age 44, 51 and 53. There were no participants from age above 53.

Conclusion

According to the study, Oophorinum 30CH is significantly effective but Individualized Homoeopathic medicine is more effective than Oophorinum 30 in reducing the intensity of perimenopausal complaints in 40-55 years of age.

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