



Constitutional Approach in Menopausal Syndrome

Dr. Nitin S. Dhole

Foster Development's Homeopathic Medical College

Constitutional is a term used in different disciplines with different perspectives. Every individual has certain distinguishing peculiarities which gives him or her an individuality. While in general contour is similar to other members of his race he has an addition, some exceptional points or traits, which show an unmistakable differences between him and his fellowmen. These peculiarities in health also get retained when he is sick.

Thus, in homoeopathy, constitutional is defined as physical and mental makeup of individual. Constitution is a phenomenon i.e. I have antecedents; it evolves over period of times and unfolds in itself by constant interaction with the environment. Constitutional prescribing is a holistic approach of homoeopathic treatment where prescription is not based on isolated symptoms, but on the characteristics, unearthed by proper, in depth case taking; this information is then matched to a single remedy. This is the ideal homoeopathic treatment.

The concept of constitutional prescription has undergone a logical evolution from Hahnemann's time till date. "The constitutional approach" is a phrase peculiar to Homoeopathic prescription, but selection based on the sum total of his strengths and weaknesses, mentally, emotionally and physically.

The simplest definition of menopause is "that is when there is complete cessation of menstrual periods." In most cases, very much more. The mystery and magic of menopause has to do with the fact that it can be very variable among women as to just when it happens, how it behaves, and how long it lasts time it lasts. As women age, their health becomes a multidimensional issue influenced by factors such as career, changes in home life, diet and physical activity, the economy, society and the environment. These changes, together with the natural processes of ageing and the environment. These changes, together with the natural process of ageing and the hormonal changes in the reproductive system, affect the well being of women. The complex, interrelated nature of the process often makes it difficult to distinguish between the symptoms of ageing or those resulting from the loss of ovarian functions, and the factors arising out of socio-environmental conditions. It was only in the last decade that the menopausal syndrome was identified and the acknowledged as an issue that affected some women and become a matter of concern to health care providers.

Menopause begins for most women between the ages of 35 to 58 years. That's a 23 year time span and even then it marks the end of menstruation but not the beginning or the end of symptoms.

Natural menopause occurs in 25% of women by the age 47, in 25% by the age 50, and 25% by the age 55. The leaves 25% that may occur before age 35 and after age 58.

Menopausal syndrome is usually a very gradual process. Early indication can include hot and cold flushes, episodic weakness, emotional disturbances (especially a feeling of depression), excessive or scanty menstrual bleeding and short or prolonged bleeding, and the time between periods that range from a week or so to many months. Symptom may precede changes in bleeding by several years and may reoccur with decreasing frequency and severity years after all bleeding stops.

The present study, "A constitutional approach in the management of Menopausal Syndrome", is an earnest attempt to study this inevitable condition based on a Constitutional approach.

Definition:

At the thirty-fifth to the fifty-eight years, menstruation disappears permanently and this change marks what is known as the natural menopause, climacteric or change of life. The changes is sometimes abrupt, sometime very gradual, being preceded by irregularities in menstruation and it is not frequently it is not infrequently associated with psychical and physical disturbances of a serious character¹⁰.

Aetiology:

Menopausal symptoms are caused by the lack of oestrogen. The female hormone. It is the increasing shortage of progesterone (Corpus luteum hormone) which accounts for major disturbances. In some cases the first climacteric afflictions such as hot flushes & mood swings are likewise attributed to the onset of changes in the hormonal balance. The shortage of hormones affects the hormonal cycles because of the failure functions in the feedback mechanisms.

The exhaustion of the ovaries is due to the reduced reactivity of the gonadotrophins release by the pituitary gland as well as to a decrease in the follicles numbers which are the responsible for the ovulation.

The age at which menopause is reached varies with geographical, racial, nutritional and other factors. It does not depend on the age of menarche, marital status and parity, use of hormonal contraceptive, smoking or occupation¹¹.

Clinical Features :

- Amenorrhoea
- Hot flushes
- Insomnia
- Vaginal and urinary changes
- Cardio vascular changes
- Osteoporosis
- Psychological ¹²

Ruddock emphasizes on the individuality and puts forth that success in the treatments of the menopause is obtained when we abstract ourselves from the name of the ailment and study the constitutional bearing of the case and treat the woman on general principles. ⁴

Banerjea Subrata Kumar, puts forth his views of miasmatic diagnosis of menopausal syndrome, wherein he says various disturbances from imbalance of the hormonal system, particularly around puberty and the menopause are due to a sycotic base. Climacteric flush is syco-tubercular in sycosis, purities vulvae may occur with voluptuous itching, a result of an imbalance in the acidic pH of the vaginal fluid. ¹³

Karow, opines that as a rule of the homoeopathic treatment for menopausal complaints will be constitutional. An experienced Homoeopath can easily differentiate between especial climacteric type of women, as for instance the Sepia – The Pulsatilla – The Cimicifuga – and the Sanguinaria patients. ¹⁴

Kent J.T. says Lachesis is laid down as a remedy for the climacteric period. Now if you will study the cases of many women at the climacteric period you will find that many of them have the flushes of heat and urgings in the head and the great circulatory disturbances that are found under Lachesis. This is also true of the complaints, the headache etc. that comes in women at the climacteric period and at the menstrual period. Sabina is indicated during the climacteric period, when the woman is run down by over work and much child bearing.

Some of the following polycryst medicines are commonly indicated in Menopause :

1. Lachesis
2. Cimicifuga
3. Sepia
4. Calacrea Arsenic