

Importance Of Homoeopathic Rubrics In Management Of Menopause With Different Repertories - A Review Article

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INTRODUCTION

Menopause is a natural physiological event marking the end of a woman's reproductive years, characterized by the permanent cessation of menstruation. It is a pivotal transition in a woman's life, typically occurring around the age of 50, and is associated with a myriad of physical, psychological, and social changes. While menopause is a universal phenomenon, its impact can be highly individualized, with symptoms ranging from mild discomfort to severe disruption in a woman's quality of life. Clinical evaluation and management of menopause play a crucial role in addressing these diverse experiences and improving women's well-being during this life stage.

In recent years, the Menopause Rating Scale (MRS) has gained significant recognition as a valuable tool for assessing and quantifying the menopausal experience. Developed by Heinemann and colleagues in the late 1990s, the MRS provides a structured and standardized framework for evaluating the severity of various menopausal symptoms. These symptoms encompass somatic (physical), psychological, and urogenital domains. The MRS has since become an essential instrument in clinical practice and research to better understand, diagnose, and treat the challenges faced by women during the menopausal transition.

This review article aims to provide an in-depth exploration of the clinical evaluation of menopause through the Menopause Rating Scale and Homoeopathic rubrics from different repertories. We will delve into the development and validation of the MRS, its components, and its role in clinical practice. Through a comprehensive examination of research findings and evidence, we will highlight the clinical applications of the MRS, its implications for healthcare providers, and its potential impact on women's health. Furthermore, we will identify areas for future research and advancements in the field of menopause assessment and management. As we navigate the complexities of menopausal clinical evaluation, it is important to recognize the importance of the MRS in improving the lives of women experiencing this significant life transition. The insights gained from this review can serve as a valuable resource for healthcare professionals, researchers, and women themselves as they embark on the journey through menopause, ensuring a healthier and more informed transition for all.

The Role of the MRS in Clinical Practice

Structured Assessment: The MRS offers a structured and standardized approach to assessing menopausal symptoms. This structured assessment allows for consistent and systematic evaluation, facilitating a more precise understanding of a woman's menopausal experience.

Efficiency and Time-Saving: Healthcare providers often have limited time for each patient. The MRS is a self-administered questionnaire, making it a time-efficient tool for gathering critical information about menopausal symptoms. This efficiency can enhance the quality of clinical evaluations.

Quantification of Symptoms: The MRS quantifies the severity of menopausal symptoms by assigning a numerical score to each symptom. This quantification aids in tracking changes over time, monitoring treatment effectiveness, and comparing symptom severity across different patients.

Patient-Centered Care: The MRS encourages a patient-centered approach to care. By involving women in self-assessment, it empowers them to actively participate in their healthcare decisions. This engagement can lead to more satisfying healthcare experiences and improved patient-provider communication.

Clinical Decision Support: The MRS can serve as a decision support tool for healthcare providers. Based on the scores, clinicians can identify the most bothersome symptoms and prioritize treatment strategies,

ensuring that interventions are tailored to the individual's needs.

Clinical Applications of the MRS in Homeopathy Practice

Homeopathy, with its holistic and patient-centered approach to healthcare, finds valuable applications in the clinical evaluation of menopause, particularly when employing the Menopause Rating Scale (MRS). This section delves into the clinical applications of the MRS in homeopathy practices, emphasizing its role in symptom assessment and severity, tracking changes over time, personalized treatment planning, and monitoring treatment effectiveness.

Homoeopathic Remedies of rubric menopause in different repertories

The rubrics regarding menopause from different repertories are as follows BOERICKE REPERTORY
Menopause-amyl, bell, bellis, cact, caul, cim, con, gels, glon, ign, jabor, kali.c, kreos, lach, mancin, murex, nux m,nux v, oophor, puls, sang, sep, sul, ustil, zinc.v.

KENT REPERTORY –

Menopause- agar, apis, arg-n, chin, cocc, con, croc., crot c, croth, cucl, gels, graph, helon, lach, mang, murx, phos, psor, puls,sel, sep, sulph, sul-ac, tab, verat

MURPHY REPERTORY–

Menopause- 2 agar, 2aml-n, 2 apis, 2 arg-n, 2 bell, 2 bell-p, 2 bry, 2 cact, 2 calc-ar, 2 caul, 2 chin, 2 cimic, 2 cocc, 2 con, 2 croc, 3 CROT-C, 2 cycl, 2 gels, 2 glon, 3 GRAPH, 2 helon, 2 hydr, 2 ign, 2 jab,2 kali bi, 2 kali-c, 2 kali-s, 2 kreos, 3 LACH, 2 manc, 3 MANG,2 murx, 2 nux-m, 2 nux – v, 2 ov, 2 ph ac, 2 phos, 3 PSOR, 3 PULS, 2 sabin, 2 sang, 2 sec, 2 sel, 3 SEP, 2 stront c, 3 SULPH, 2 sul-ac, 2 tab, 2

ter, 2 ther, 2 ust, 2 verat, 2 zinc-val.

Rubrics for Menopause in Boericke's repertory

- Mind – mood, disposition- Anxious
- Mind – mood, disposition- Apathetic, indifferent to everything
- Mind – mood, disposition- Aversion to mental and physical work
- Mind – mood, disposition- Fault finding, finicky, cautious
- Mind – mood, disposition- Fretful – cross. irritable, peevish, quarrelsome, whining
- Mind – mood, disposition- Melancholic, despondent, depressed, low- spirited, gloomy, apprehensive
- Mind – mood, disposition- Nervous, excited, fidgety, worried
- Mind – mood, disposition- Restless, mentally and physically
- Mind – mood, disposition- Tearful, weeping
- Mind – mood, disposition- sad- sentimental, sighing
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Remedies in general
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Anxiety
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Breasts enlarged, painful
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Burning in vertex
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Burning in vertex
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Burning of palms and soles
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- congestions
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Cough, burning in chest, periodical neuralgia
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Earache
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Fainting spells
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Falling of hair

- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Fatigue
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Fatigue- persistent tiredness, fagged womb
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Fatigue – without cause, muscular weakness, chilliness
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Flooding
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Flushing's
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Globus hystericus
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Headache
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Hysterical tendencies
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Inflammatory plans
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Liver disorders
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Mental depression or irritability
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Nervous erethism
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Pains in uterus
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Palpitations
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Perspiration, profuse
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Pruritus
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Salivation
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Sexual excitement
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Sinking at stomach
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Ulcers, superficial, sores, on lower limbs
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Vertigo, tinnitus
- FEMALE SEXUAL SYSTEM – Menopause, climacteric period, change of life- Weakness
- FEMALE SEXUAL SYSTEM – Uterus – Haemorrhage – with – nervous erethism at menopause
- FEMALE SEXUAL SYSTEM – Vagina -Itching
- FEMALE SEXUAL SYSTEM – Vulva, labia – Itching
- FEMALE SEXUAL SYSTEM – Desire – Diminished or lost
- FEMALE SEXUAL SYSTEM – Desire - Increased (nymphomania)
- FEMALE SEXUAL SYSTEM – coition – Painful
- FEMALE SEXUAL SYSTEM – Vagina – dryness
- FEMALE SEXUAL SYSTEM – Vagina – Burning, heat- after coitus
- Skin – Pruritus – of - genitals
- Respiratory System- Lungs – Haemorrhage – during menopause
- Skin- Eczema – Worse – at menstrual period, menopause
- Nervous system – Insomnia – causes – menopause; women with prolapses or uterine irritation
- Nervous system- Adynamic- general weakness, debility
- Nervous system – Sleepless – in evening, before midnight

- Nervous system – sleepless – after 2-3 a.m.
- Nervous system – Drowsiness – during day
- Nervous system – Drowsiness – during day – wakeful at p.m.
- Generalities – Dropsy – From – menstrual; women with prolapses or uterine irritation

Rubrics from Murphy's repertory

- Abdomen – Pain, abdomen – menopause, during with sadness
- Bladder – BURNING, pain, urethra – menopause, during
- Bladder – URGING, to urinate- frequent – menopause, at
- Blood – BLEEDING, general – menopause period, in
- Blood - Circulation, general – menopause, in affected
- Blood – CONGESTION, of blood – menopause, during
- Breasts – CANCER, breast – cancer, breast, scirrhus – hard as cartilage and uneven, which has grown to size of a hen's egg, during menopause
- Breasts – HYPERTROPHY, of – menopause at,
- Breasts- PAIN, breasts – infra-mammary – menopause, during
- Breasts – PAIN, breasts – under - menopause, during
- Breasts – SORE, pain – menopause, at
- Breasts – SWELLING, of – menopause, at
- Chest – CONGESTION, hyperaemia of lungs – menopause at
- Constitutions -ELDERLY, people – menopause period, after
- Constitutions- HAIR -, general, head and body – falling out, of hair - menopause
- Constitutions- OBESITY – menopause, during
- Constitution – REACTION, lack of, - menopause at
- Constitutions- WEAKLY, sickly, constitutions - menopause
- Constitutions- WOMEN, general – menopause, have not recovered from
- Constitutions – WOMEN, general – menopause, have not recovered from – long past, passive uterine haemorrhage
- Diseases – CANCER, general – breast, cancer, scirrhus – hard as cartilage and uneven, which has grown to size of a hen's egg, during menopause
- Diseases- EDEMA, general, external – menstrual disorder, from puberty or menopause
- Diseases- GOUT, general – menopause, during, period
- Diseases- OBESITY – menopause, during
- Ears – PAIN, ears – menopause, during
- Face - DISCOLORATION, face – menopause, during
- Face – HEAT – flashes – menopause, during
- Face- HEAT – menopause, during
- Face- RED, face – menopause, during
- Feet – BUNRNING down pain, genitalia and uterus – menopause, after
- Female – BEARING down pain, genitalia and uterus – menopause after
- Female- BLEEDING, uterus, metrorrhagia – menopausal period, during
- Female- BLEEDING, uterus, metrorrhagia - menopausal period - after
- Female- BLEEDING, uterus, metrorrhagia -menopausal period - before
- Female- DISCHARGE, vagina – itching – menopause, in
- Female- DISCHARGE, vagina - menopause
- Female- DISCHARGE, vagina – menopause – continues, after menses cease
- Female- DISCHARGE, vagina – yellow – menopause, at
- Female- DRYNESS, genitalia – dryness, vagina – menopause, during
- Female – DYSMENORRHEA, painful menses – menopausal, period

- Female – MENOPAUSE, general
- Female – MENOPAUSE, general – agg.
- Female – MENOPAUSE, general – ailments since
- Female – MENOPAUSE, general – cough, burning in chest and periodic neuralgia, with
- Female – MENOPAUSE, general – fatigue, causeless, muscular weakness and chilliness, with
- Female – MENOPAUSE, general – fatigue, causeless, muscular weakness and chilliness, with – persistent tiredness and fagged womb, with
- Female – MENOPAUSE, general – headache, with
- Female – MENOPAUSE, general – heat with, in vertex of head
- Female – MENOPAUSE, general – hot flashes, with, perspiration
- Female – MENOPAUSE, general – hypertrophy of one side
- Female – MENOPAUSE, general – obesity, with
- Female – MENOPAUSE, general – premature
- Female – MENOPAUSE, general – ulcers, superficial scores, on lower limbs, with
- Female – MENSES, general – frequent, too early, too soon – 14 days, every – menopause, after
- Female – MENSES, general – frequent, too early, too soon – menopause, after
- Female – MENSES, general – menopause, during
- Female – MENSES, general – profuse – menopause during – long, after
- Female – MENSES, general – return after having ceased, the periods – menopause after
- Female – PAIN, uterus – menopause period, during
- Female – PROLAPSED, uterus – menopause, during
- Female – SEXUAL, behaviour – aversion to sex – menopause – during
- Female – SEXUAL, desire – increased – menopause, at
- Food – APPETITE -, general – ravenous – menopause, at
- Food – COFFEE, general – agg. menopause period, during
- Generals – WEAKNESS, sensation of being – menopause, during
- Head – HEAT, sensation – menopause, at
- Head – HEAT, sensation, vertex – menopause, during
- Head – HEAT, sensation, vertex – burning, vertex – menopause, during
- Headaches – BURNING, pain – menopause, during – prolapse uterus, with
- Headaches – BURNING, pain – burning, vertex – menopause, during
- Headaches – MENOPAUSE, at, heart troubles
- Headaches – VIOLENT, pains – menopause, during
- Heart – MENOPAUSE, at, heart troubles
- Heart – PALPITATIONS, general – menopause period
- Joints – GOUT, general – menopause, during period
- Liver- LIVER, remedies – menopause, complaints
- Liver- LIVER, remedies – menopause, complaints – intercostal neuralgia, with
- Lungs – EXPECTORATION, general – bloody, splitting up – menopause, during
- Mind – ANGER, general – delusions during menopause, with
- Mind – ANXIETY, general – diseases, about – menopausal period, in
- Mind – ANXIETY, general – fear, with – menopause, during
- Mind – ANXIETY, general – health about – especially during menopausal period
- Mind – ANXIETY, general – menopausal period, during
- Mind – COMPLAINING – menopausal period, during
- Mind – CRYING, weeping – laughing at the same time, and – menopausal period, at
- Mind – CRYING, weeping – menopausal period, at

- Mind – CRYING, weeping - menopausal period, at – menopause during
- Mind – DEPRESSION, sadness – anxious – menopause, during
- Mind – DEPRESSION, sadness – menopause, during
- Mind – DOUBTFUL, feelings – doubtful, of recovery – menopausal period, during
- Mind – EXCITEMENT, excitable – menopausal, during
- Mind – GLOOMY, morose – menopausal period, at
- Mind – FEAR, general, phobias – insanity, of – menopause, during
- Mind – FEAR, general, phobias – menopause period, during
- Mind – FEAR, general, phobias – recover, he will not – menopausal period, during
- Mind – HYSTERICAL, behaviour – menopausal period, at
- Mind – INDIFFERENCE, apathetic – menopausal period, during
- Mind – IRRITABILITY, general – menopausal period, during
- Mind – INSANITY, general – menopausal period, during
- Mind – LAUGHING, general – menopause. during
- Mind – MEMORY, general active – forgetful – menopausal period, during
- Mind – RESTLESSNESS -menopausal period, at
- Mind – SENSITIVE, general – menopausal period during
- Mind – SEXUAL, behaviour – nymphomania, women – menopausal period, at
- Mind – SIGHING, emotional – menopause, during
- Mind – SUSPICIOUS, mistrustful – menopausal period, during
- Mind – TALKING, general – excessive, loquacity – menopause, at and during
- Mouth – SALIVATION, general – menopause, during
- Nerves – CHOREA, general – menopausal period, during
- Nerves – FAINTING, faintness – menopausal period, during
- Nerves – NUMBNESS, sensation – external – menopause, during
- Nose – NOSEBLEEDS, epistaxis – menopause
- Perspiration – CLAMMY, sticky, viscid – menopause, at
- Perspiration – PROFUSE – menopause, during
- Rectum – DIARRHEA, general – menopause, during
- Rectum – DIARRHEA, general – menopause, during - morning
- Rectum – HAEMORRHOIDS – menopause, agg.
- Skin – ECZEMA – menopause agg.
- Skin – ITCHING – menopause, during
- Skin – ULCERS, general – flat – menopause, at
- Skin- URTICARIA, hives – menopause at, agg.
- Sleep – INSOMNIA, sleeplessness – menopause period, during
- Sleep – INSOMNIA, sleeplessness – menopause period, during – prolapses uteri or uterine irritation, with
- Stomach – EMPTINESS, weak, hungry feeling – menopause period
- Stomach – NAUSEA, general – menopause, during
- Stomach – SINKING, sensation – menopause. during
- Stomach – VOMITING, general - menopause
- Throat – LUMP, plug, sensation – menopause, during
- Toxicity – COFFEE, agg, - menopause period, during
- Urine – ODOR, general – putrid – menopause, during
- Vertigo – MENOPAUSE, during
- Vertigo – MENOPAUSE, during - after

- Vision – DIM, vision – uterine, derangement, in – hemorrhage at menopause
- Vision – WEAK, vision – menopause, during

Rubrics for Menopause from Kent 's Repertory

- Female Genitalia – MENSES, copious – menopause, during
- Female Genitalia – PAIN, vagina – coition during
- Female Genitalia – COITION, aversion to
- Female Genitalia- COITION, aversion to – menses after
- Female Genitalia- COITION, enjoyment absent
- Female Genitalia- COITION, orgasm delayed
- Female Genitalia – DESIRE, diminished
- Female Genitalia- DESIRE, increased
- Female Genitalia – DESIRE, violent
- Female Genitalia – DRYNESS, vagina
- Female Genitalia – ITCHING
- Female Genitalia – ITCHING, Vagina
- Female Genitalia – Heat, flushes
- Mind – ANXIETY
- Mind – INDIFFERENCE, apathy etc
- Mind – ANGER, irascibility
- Mind – MEMORY, weakness, of
- Mind- Forgetful
- Mind – MOOD, changeable, variable, etc
- Mind – RESTLESSNESS, nervousness
- Mind – RESTLESSNESS, nervousness - heat during
- Head – HAIR, falling – menopause
- Head – HEAT, flashes of
- Head – HEAT, vertex – menopause, during
- Head – PAIN, menses – cessation, on
- Chest – PALPITATION, heart
- Chest – PALPITATION, heart – anxiety, during
- Bladder – URGING to urinate (morbid desire)
- Bladder – URGING, night
- Bladder – URGING, constant
- Bladder – URGING, frequent
- Bladder – URINATION, dribbling
- Bladder – URINATION – dysuria
- Bladder – URINATION, frequent
- Bladder – URINATION, Frequent – night
- Bladder – URINATION, Incomplete
- Bladder – URINATION, involuntary
- Bladder – URINATION, involuntary – night (incontinence in bed)
- Generalities – HEAT, flushes of
- Generalities – HEAT, flushes, of – perspiration with

Thus through different Homoeopathic repertories there are various rubrics which cover Menopause and its symptoms .Homoeopathy is very useful menopause cases .