

Menopause And Homoeopathy-Efficacy Of Using Menopause Rating Scale (M.R.S) With The Help Of Cross Repertorization From Kent, Murphy And Boericke Repertory.

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Abstract:

Menopause is “complete cessation of menstrual periods”. It is not a disease but a transitional state of women. 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. Though menopause is a normal physiological change, yet we find majority of females undergo a many of symptoms in varying intensity, which can be termed as a “Menopausal syndrome”.

Background: Women generally experience menopausal distress during the change of their life also known as the climacteric year's i.e. between the ages of 45 to 55 years. Homoeopathic treatment is gentle and harmless without causing any side effect.

Need for Study: Most of the women are unaware or do not pay attention to menopause symptoms regular screening of such women can improve quality of their life. Also to study utility of repertories and rubrics in menopausal cases using M.R.S scale.

Aim and Objectives:

Aim -To evaluate rubric menopause through menopause rating scale (M.R.S) with the help of cross repertorization from Boericke, Kent and Murphy repertory.

Primary Objective – Change in MRS score through 26 weeks from baseline after treatment with homoeopathic medicine based on cross repertorization rubrics from Boericke, Kent and Murphy repertory.

Secondary Objectives-

- To study rubrics regarding menopause from Boericke, Kent and Murphy repertories.
- To come to a rational conclusion about use of repertories in cases of menopausal syndrome.
- To investigate changes in primary and secondary outcome measures.

METHODOLOGY:

An open clinical trial was undertaken to ascertain the role of homoeopathic medicine based on cross repertorization rubrics from repertories in menopausal syndrome. Each case was studied for 6 months with the help (M.R.S) scale.

A Case Report

A 53 year's old female patient suffering from Menopause since 2 years.

History of presenting complaint:

Patient was apparently well 2 yrs. back when the complaints started and developed gradually. She experiences excessive sweating all over the body and hot flushes anytime. She gets better by relaxing in cold environment.

Past history:

Dengue 5 yrs. back. Has taken all the vaccinations including covid vaccines.

Family history:

Father: Fatty liver grade 2; on medications since 2 yrs. Mother: weakness

Younger brother: Viral fever 1 month before Younger sister: Myopic since 15 yrs.

Personal history:

Diet: Non Vegetarian Habit: Not Specific Addiction: No Any

Physical generalities:

Appetite: Good
specific.

Sleep: sleepiness Thirst: 3-4 litres/day, interval not

Dreams: Unremembered Cravings: sugar ³⁺ Aversions: Not specific
Food /Drink; Aggravation/Amelioration: Not specific.

Elimination:

Urine-D4N1, satisfactory no complaints associated Stool- D1N0, unsatisfactory, hard

Perspiration: moderate Thermals - Chilly

Obstetric / gyanecology history:

Menarche: 12 yrs. of age Discharge: 3-5 days Flow: Moderate

Colour: Bright red Cycle: Regular Menopause: Since 2 yrs.

Obstetric history: G2 P2 A0 L2 Leucorrhoea: not currently present

MIND: She is affectionate. She has crying mood all day.

General physical examination:

Built- Average

Pallor: Absent

Clubbing: Absent

Icterus: Absent

Oedema: Absent

Cyanosis: Absent

Lymph Nodes: Not palpable

Vital data:

Temperature: 98.6°F Pulse: 84b/min

B.P.: 130/80mm/Hg R.R: 17c/min

Systemic examination:

GIT: NAD CNS: NAD

CVS: NAD RS: NAD

Physical particulars:

Head: Greying of hair along with brown long hair. Throat: No redness, no inflammation.

Eyes: Long eyelashes, no inflammation.

Back and Neck: Slight pain in back; no abnormality. Nose: No deviated septum, no polyp.

Extremity: No eruptions, no varicose veins. Mouth: Tongue moist and clean.

Skin- Dry, no any scar.

Differential diagnosis:

Menopause hyperthyroidism secondary amenorrhea

Final nosological diagnosis: menopause

Homoeopathic Disease Diagnosis: Dynamic Chronic Miasmatic Disease

Miasmatic Assessment: Psoro Sycosis

METHOD OF REPERTORIZATIION: General to Particular **REPERTORY USED:** Kent repertory, Boericke repertory, Murphy repertory **TECHNIQUE OF REPERTORIZATIION:** Computer technique **software used:** radar 10.5

Analysis and evaluation of symptoms:

Symptoms	Classification	Grading
Mind affectionate	Mental general characteristic	Grade 1
Mind- weeping	Mental general characteristic	Grade 1
Stomach desires sugar	Physical general characteristic	Grade 2

Sleep - sleepiness	Physical general characteristic	Grade 3
Generals heat flushes	Physical general common	Grade 3
Female genitalia- Menopause	Physical general common	Grade 1

Repertorial totality:

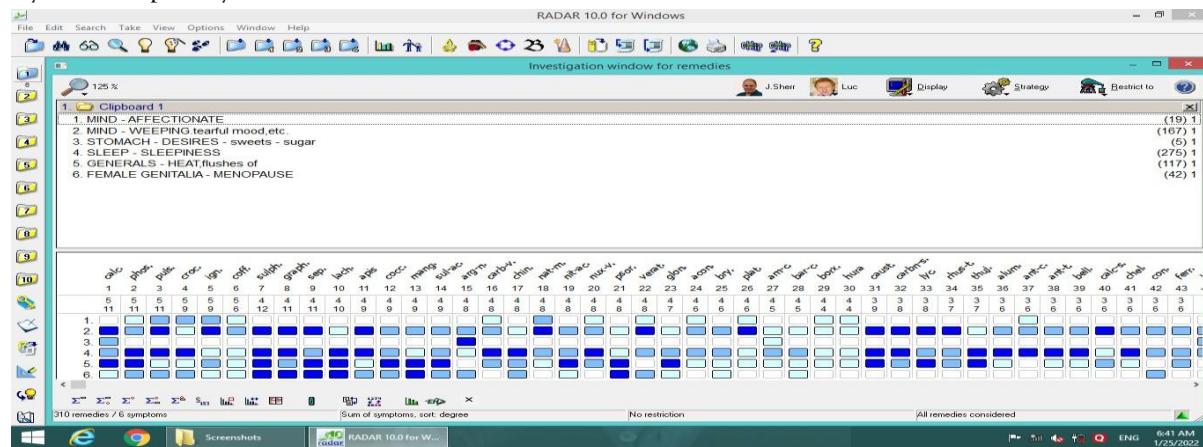
Mind – affectionate

Mind – weeping tearful mood Stomach – desires sweets Sleep – sleepiness

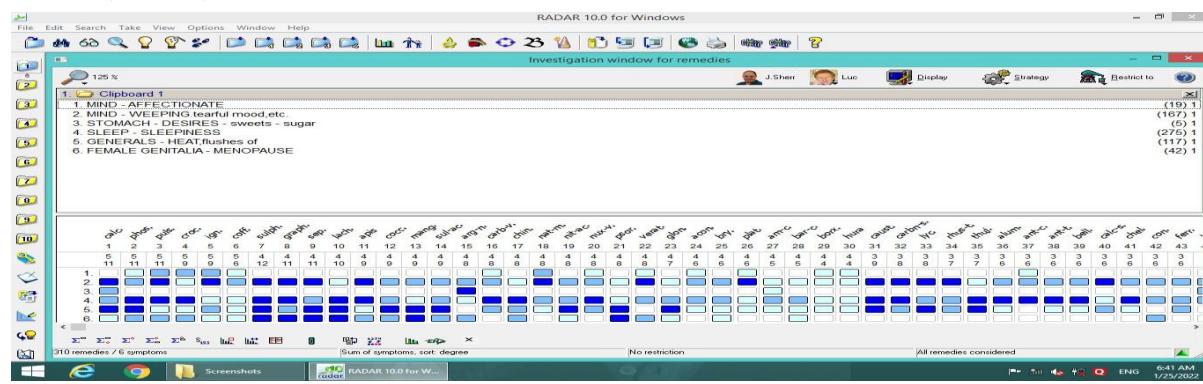
Generals – heat flushes Female genitalia- Menopause

Repertorization:

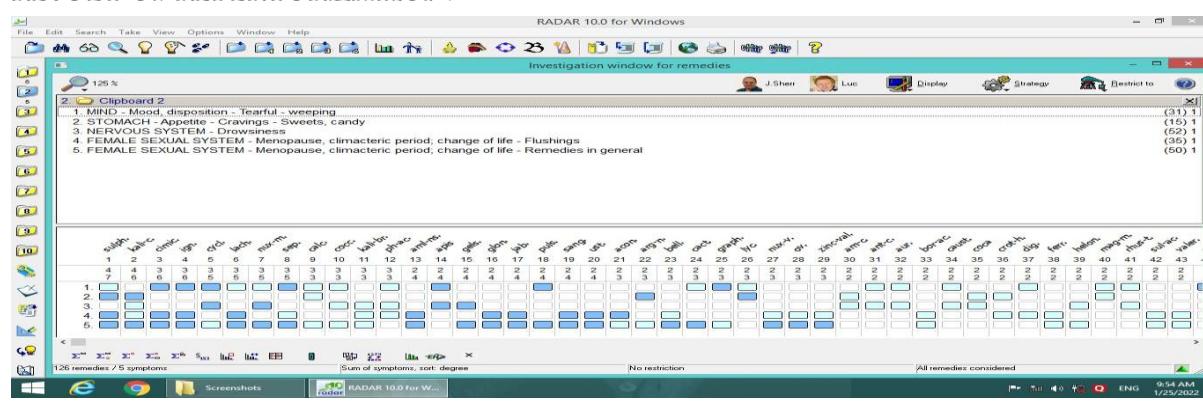
By Kent's repertory



By Murphy's repertory



By Boericke's repertory:
RESULT OF REPERTORIZAION:



Calcarea Carb 11/5	Phosphorus 11/5	Pulsatilla 11/5	Crocus Sativa 9/5
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Remedy Selected: Calcarea Carb 200 40 no. 4 glb/ single dose S /L / TDS/ 1 month .

COMMENTS FOR SELECTION OF REMEDY: The remedy was selected on the basis of symptom totality, it covers the desires and mental picture of the patient along with the complaints. **Menopause Rating Scale (M.R.S) Before Score: 19 score**

Menopause Rating Scale (M.R.S) After Score: 3 score after 6 months Follow up for 6 months done
Sac Lac continued for 6 months. Sleepiness reduced .Heat flushes reduced completely. Improvement in all complaints. Patient feels better physically and mentally.

RESULT AND CONCLUSION:

The result between baseline score and score after 6 months of treatment, revealed a significant improvement in symptoms of distress during menopause. The reduction in score resulted when medicines were prescribed taking in consideration of cross repertorization from Kent, Murphy and Boericke repertory. Menopause Rating Scale could be used as an effective tool while examining the patients of menopausal cases with the help of Kent, Murphy and Boericke repertory. Total 120 cases enrolled and completed study which suggests that homoeopathic medicine are useful in menopausal cases.

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