

Role Of Individualized Homoeopathic Medicines in the Management of Menopausal Syndrome: A Prospective Observational Study

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Abstract—Background: Menopausal syndrome is a physiological transition in women characterized by vasomotor, psychological, and urogenital symptoms resulting from declining ovarian function. Homoeopathy offers individualized treatment aimed at reducing menopausal symptoms and improving quality of life. **Objective:** To evaluate the effectiveness of individualized homoeopathic medicines in the management of menopausal syndrome. **Materials and Methods:** A prospective observational study was conducted on 30 women diagnosed with menopausal syndrome. Patients received individualized homoeopathic medicines based on symptom totality and constitutional characteristics and were followed for six months. Clinical assessment included frequency of hot flushes, sleep disturbances, mood changes, joint pain, and overall improvement. **Results:** Twenty-six patients (86.7%) demonstrated marked to moderate improvement. Significant reduction was observed in hot flushes, irritability, insomnia, and musculoskeletal complaints. **Conclusion:** Individualized homoeopathic medicines demonstrated encouraging results in the management of menopausal syndrome and significantly improved quality of life.

Index Terms—Menopause, Menopausal syndrome, Homoeopathy, Hot flushes, Individualization.

I. INTRODUCTION

Menopause is defined as the permanent cessation of menstruation due to the loss of ovarian follicular activity. It usually occurs between 45 and 55 years of age.

Declining oestrogen levels result in numerous symptoms including:

- Hot flushes

- Night sweats
- Irritability
- Anxiety
- Depression
- Insomnia
- Joint pains
- Vaginal dryness

Hormone Replacement Therapy (HRT) is effective but may not be suitable for all women because of potential adverse effects and contraindications.

Homoeopathy treats menopausal syndrome by considering the individual patient's physical, mental, and emotional symptoms. Frequently indicated medicines include:

- Sepia officinalis
- Lachesis mutus
- Sulphur
- Pulsatilla nigricans
- Calcarea carbonica
- Sanguinaria canadensis

II. MATERIALS AND METHODS

Study Design

Prospective observational study.

Sample Size

30 patients.

Study Duration

6 months.

Inclusion Criteria

- Women aged 45–60 years.

- Natural menopause.
- Presence of menopausal symptoms.
- Willing to participate.

Exclusion Criteria

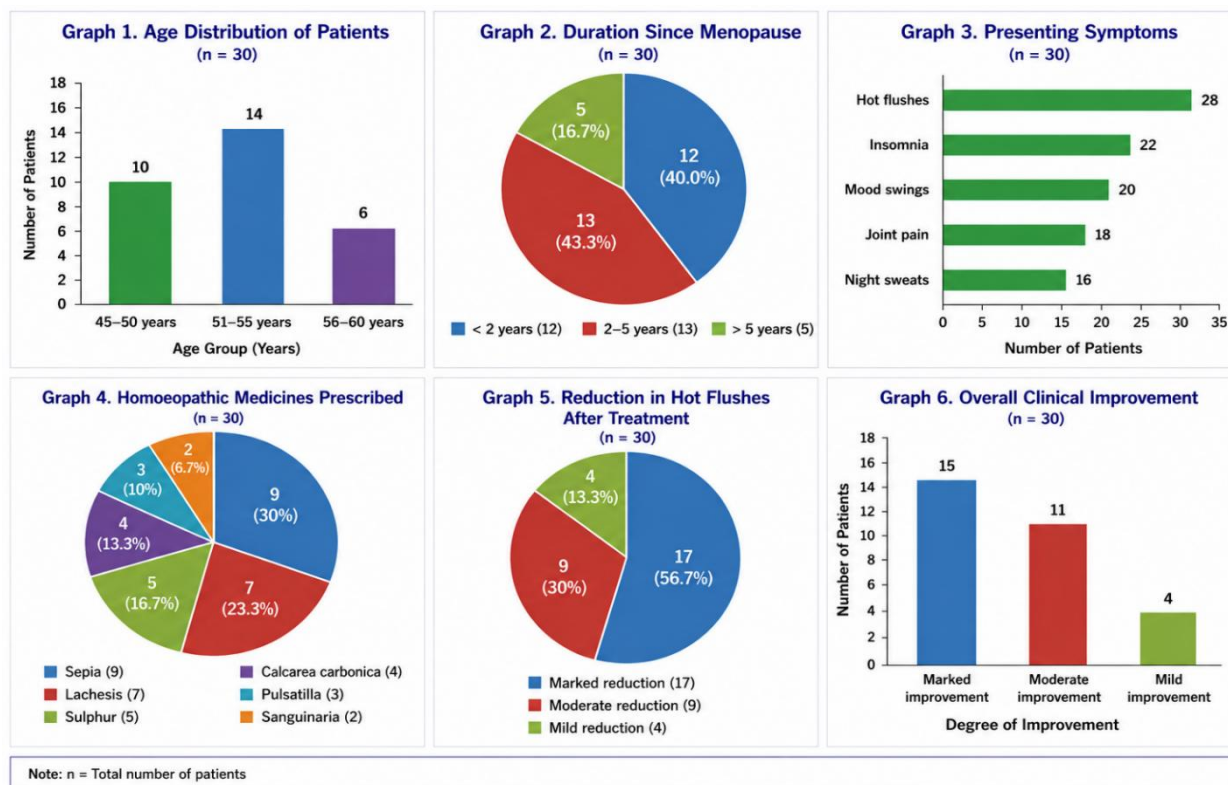
- Surgical menopause.
- Malignancy.
- Hormone Replacement Therapy.

- Severe psychiatric illness.

Assessment Parameters

- Frequency of hot flushes
- Sleep quality
- Mood disturbances
- Joint pain
- Quality of life
- Overall improvement

III. OBSERVATION AND RESULTS



IV. STATISTICAL ANALYSIS

Chi-square (χ^2) = 14.16

P-value = 0.001

($p < 0.05$)

V. DISCUSSION

Most participants belonged to the age group of 51-55 years. Hot flushes were the most frequent complaint, followed by insomnia and mood disturbances.

Sepia officinalis was the most frequently prescribed medicine because of its characteristic indications such as indifference, pelvic bearing-down sensation, hot flushes, and exhaustion. Lachesis was commonly

indicated in women experiencing intense hot flushes aggravated by tight clothing and after sleep.

After six months of individualized homoeopathic treatment, 86.7% of patients showed marked to moderate improvement. The frequency of hot flushes, sleep disturbances, irritability, and joint pain decreased significantly.

VI. LIMITATIONS

- Small sample size.
- Single-centre observational study.
- No control group.
- Six-month follow-up.

VII. SUMMARY

- Thirty women with menopausal syndrome were studied.
- The majority were between 51 and 55 years of age.
- Hot flushes were the commonest presenting complaint.
- Sepia officinalis was the most frequently prescribed medicine.
- Twenty-six patients (86.7%) showed marked to moderate improvement.
- Statistical analysis demonstrated significant clinical improvement ($p < 0.05$).

VIII. CONCLUSION

Individualized homoeopathic medicines demonstrated beneficial effects in reducing vasomotor, psychological, and musculoskeletal symptoms associated with menopause. The study suggests that homoeopathy may serve as a complementary therapeutic option for menopausal syndrome. Larger randomized controlled trials are recommended.

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