Management of Menopausal Problems Through Homoeopathy and Yoga

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Healing is in the much advanced process of passing from the domain of treating either the physical body exclusively or the mentals, at the expense of using very pertinent information from both aspects of the person, that is physical and emotional, to make an effective etiological diagnosis and an ultimate cure of the “state” rather than palliation of symptoms. It is the goal of homeopathic medicine to unblock the energetic body or “chi” and therefore restore physical health and emotional well-being to the person being treated. An energetic substance is chosen that by its very specific nature will reopen the energy channels that cannot function properly due to the disease process. From a deeply psychic place, the substance allows the unconscious to surrender an old or inappropriate idea, emotion or delusion that keeps the individual from evolving or progressing in terms of life choices.

Every organ and every tissue breathes, and if the lungs are the gate-way and the blood the carrier it to the tissues which are the ultimate recipients of the oxygen that is breathed. Each cell is alive and healthy. Pure oxygenation of each cell of the living organism is the indication of normal health in the living organism. Oxygenation of each cell is derived through homoeopathic treatment by understanding the patient’s abnormality, homoeopathic medications, regaining the normal state of health through case studies. Oxygenation of each cell of the living organism through yoga practices regularly without fail. A human being does not forget taking food which he thinks it is beneficial for nutrition; and also he should not forget practice of yoga which is utmost necessary for healthy respiration which ultimately helps in oxygenation of body tissues and cells.

Symptoms of menopause may vary considerably between different women, as will their choice of how to manage them. Liz Davidson looks at the role yoga can play during this natural life transition.

Prior to the twentieth century, menopausal women who sought help for hot flushes, difficulty sleeping and forgetfulness were stereotyped as being hysterical, hypochondriacs and, sometimes, insane. However, in a paradigm shift from illness to wellness, menopause has become understood for what it is – a natural life transition. Today there is a plethora of medical and complementary treatment available for relief of menopausal and peri-menopausal symptoms, among them yoga. How a woman wants to feel, and the lengths to which she will go in order to ‘cope’ and feel ‘in control’ can differ considerably. Symptoms are debilitating for some, while minimal or absent for others. Although it is difficult to predict who will experience which symptoms, and to what extent, we now know that lifestyle factors play a role in the menopausal experience. The absence of a ‘one-size-fits-all’ treatment plan, however, means that management of symptoms can differ from one woman to another.

Yoga is a non-invasive, non-pharmacological and effective treatment for managing peri-menopausal and menopausal symptoms. Regular practice can enhance physical, mental, emotional and spiritual wellness. It explains; ‘Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open.’

There are some yoga poses for menopausal women:

1. Child's Pose (Adho Mukha Virasana)
2. Downward- Facing Dog Pose (Adho Mukha Svanasana)
3. Seated Bound Angle Pose (Baddha Konasana)
4. Seated Wide Angle Pose (Upavistha Konasana)
5. Supported (Elevated) Legs Up the Wall Pose (Viparitta Karani)
6. Supported Bridge Pose (Setu Bandha Sarvangasana)
7. Supported Lying Down (Reclining) Bound Angle Pose (Supta Baddha Konasana)
8. Deep Relaxation Pose/Corpse Pose (Savasana)
These yoga asanas help in balancing our hormones, relieving stress, supporting pelvic health and replenishing our energy reserves during all the stages of life. These poses are vital for men and women at midlife and beyond, especially as we face the many changes that life brings.

The menopausal women should take supplementary calcium, vitamin D, vitamin B, omega-3 fats, fiber rich foods for bone health, to decrease hot flashes and mood swing.

Case -1
A woman of age 45 reported to me in early winter of 2011 having following complaints:
- Burning with dryness in vagina since 1 year
- Flushed of heat all over the body since 1 year
- Flatulence of abdomen with empty eructation since 6 months
- Soreness with pain in small joints of the body since 6 months

On further inquiry the patient had irregular menses followed by cessation since 6 months. The patient was a hot patient; desire to be alone; craving for milk, sweets and warm food. Her functional histories were normal. Sleep was disturbed due to heat sensation more at night.

1\textsuperscript{st} visit on 30/12/11:
Rx
Lycopodium 0/2 (2 pills in 2 ounce of distilled water with 20 drops of rectified spirit in 16 fractional doses to be taken once daily in empty stomach in morning for 16 days)

With the above medicine healthy diet was advised and some yoga practices were advised to the patient for regular exercise.

2\textsuperscript{nd} visit on 20/1/12
- Burning with dryness in vagina decreased
- Flushed of heat all over the body decreased
- Flatulence of abdomen with empty eructation decreased
- Soreness with pain in small joints of the body remained unchanged
- Disturbed sleep continued

Due to improvement the same medicine was repeated in next higher potency.
Lycopodium 0/3 (2 pills in 2 ounce of distilled water with 20 drops of rectified spirit in 16 fractional doses to be taken once daily in empty stomach in morning for 16 days)

3rd visit on 15/2/12:
- Burning with dryness in vagina further decreased
- Flashes of heat all over the body further decreased
- Flatulence of abdomen with empty eructation further decreased
- Soreness with pain in small joints of the body remained unchanged
- Disturbed sleep continued

Lycopodium 0/4 (2 pills in 2 ounce of distilled water with 20 drops of rectified spirit in 16 fractional doses to be taken once daily in empty stomach in morning for 16 days)

4th visit on 20/3/12:
- Burning with dryness in vagina no further improvement
- Flashes of heat all over the body no further improvement
- Flatulence of abdomen with empty eructation no further improvement
- Soreness with pain in small joints of the body remained unchanged
- Disturbed sleep continued

There is predominance of sycotic miasm and these complaints were during the climacteric period. So one dose of Sepia 1M was given.

Rx

1. Sepia 1M / 1 dose to be taken early in the morning in empty stomach
2. Lycopodium 0/5 (2 pills in 2 ounce of distilled water with 20 drops of rectified spirit in 16 fractional doses to be taken once daily in empty stomach in morning for 16 days)

The second medicine was to be taken after 7 days of taking one dose of first medicine i.e. Sepia 1M.

5th visit on 16/4/12:
- Burning with dryness in vagina improved
- Flushes of heat all over the body improved
- Flatulence of abdomen with empty eructation improved
- Soreness with pain in small joints of the body decreased
- Sleep improved
Rx

Lycopodium 0/6 (2 pills in 2 ounce of distilled water with 20 drops of rectified spirit in 16 fractional doses to be taken once daily in empty stomach in morning for 16 days)

6th visit on 16/4/12:
There was further improvement of all the symptoms.

Rx

Lycopodium 0/7 (2 pills in 2 ounce of distilled water with 20 drops of rectified spirit in 16 fractional doses to be taken once daily in empty stomach in morning for 16 days)

7th visit on 30/4/12:
Burning with dryness of vagina was no more. Flushes of heat all over body and flatulence with empty eructations were reduced completely. Sleep was also improved. soreness of all the joints decreased much.

Rx
Placebo once daily for 1 month

Case 2
A woman aged about 48 reported on 20/10/11 with the complaints below:

- Flushes of heat all over the body since 1 year
- Coldness feeling on vertex since 1 year
- Profuse perspiration all over body by doing little work since 1 year
- Thin watery discharge from vagina since 4 months
- Soreness of lower abdomen on little exertion since 3 months

The patient had amenorrhoea since 2 years. The patient was a chilly patient; desire to be alone; irritable; desire for sour things and cold drinks. Her functional histories were normal.

1st visit on 20/10/11:

Rx
Sepia 0/2 (2 pills in 2 ounce of distilled water with 20 drops of rectified spirit in 16 fractional doses to be taken once daily in empty stomach in morning for 16 days)

With the above medicine some yoga practices were advised to the patient for regular exercise and dietary advice was also given.

2nd visit on 10/12/12

- Flushes of heat all over the body remained unchanged
- Coldness feeling on vertex remained unchanged
- Profuse perspiration all over body by doing little remained unchanged
- Thin watery discharge from vagina reduced mildly
- Soreness of lower abdomen on little exertion reduced mildly

**Rx**

Sepia 0/3 (2 pills in 2 ounce of distilled water with 20 drops of rectified spirit in 16 fractional doses to be taken once daily in empty stomach in morning for 16 days)

3rd visit on 12/1/12:

- Flashes of heat all over the body reduced mildly
- Coldness feeling on vertex reduced
- Perspiration not changed
- Leucorrhoea reduced
- Soreness of lower abdomen was no more

**Rx**

Sepia 0/4 (2 pills in 2 ounce of distilled water with 20 drops of rectified spirit in 16 fractional doses to be taken once daily in empty stomach in morning for 16 days)

4th visit on 20/2/12:
Flushes of heat all over the body reduced further
Coldness feeling on vertex was no more
Perspiration reduced mildly
Leucorrhoea was no more
Soreness of lower abdomen was no more

Rx
Sepia 0/5 (2 pills in 2 ounce of distilled water with 20 drops of rectified spirit in 16 fractional doses to be taken once daily in empty stomach in morning for 16 days)

5th visit on 13/3/12:
There was overall improvement in the condition of the patient with improvement in general health.

Menopause is a stage of life but not disease. Menopausal symptoms that may arouse as a triggering of uncomfortable symptoms from the fluctuations of oestrogen and progesterone levels. Among the most common symptoms are anxiety, hot flashes, irritability, insomnia fatigue, depression, mood swing memory lapses or disturbances along with irregular menstrual cycle.
As hormones are very powerful, they affect every tissue of the body by giving rise to various conditions that arise as the body is in continuous process for the adjustments with the hormonal shifts or imbalances. The menopause has been regarded as a time of psychological and biological crisis and of emotional upheaval, and as a life event first-time for women. A more optimistic standpoint views menopause as a period that brings troublesome feelings both physically and psychologically. Although the individual experience may vary between these extremes, menopause has potentially important short- and long-term implications for women's health, well-being and social roles. Through Homoeopathic treatment menopausal complaints can be well managed along with some yoga practices and by taking a healthy diet regularly.
A regular yoga practice can make a world difference in a woman's experience of menopause. A Woman who practices yoga during pre menopausal period can confront the menopause just as that of a supportive old friend. Homoeopathy carries the victory flag while yoga marches with a supportive victory slogan.