

“Study of Efficacy and Utility of Homoeopathic Medicines In Management Of Hot Flushes In Menopausal Age Group.”

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I. BACKGROUND:

Menopause is a broad term where it is defined as persistent absence of menstruation for more than 12 months. Many changes occur in a women’s body during menopause. There are three phases during this period: 1) Pre- menopause, 2) Menopause, 3) Post-menopause. Hot flushes are defined as sudden feeling of heat, sometimes red, and flushed face and sweating. Probable cause of this is unknown, but may be due to changes in circulation. It is the most common symptom of menopausal age group which is 45-55 years.

Hot flushes are mostly described by patients as “Profuse perspiration with heat”. Some women may also experience palpitations and chills, sometimes redness of skin too. On an average basis, it may last for few seconds to minutes, can occur randomly or during specific part of the day. Menopause is not only about hot flushes, but also other symptoms such as depression, anxiety, constipation, weight gain and menorrhagia, occur during this phase. Various factors do influence the severity and intensity of hot flushes, although the aetiology is yet unknown. Some studies show that reduction in oestrogen and the thermoregulation mechanism situated in hypothalamus is involved.

OBJECTIVE:

This study is aimed at assessment of the effectiveness of homeopathic medicine.

SELECTION CRITERIA:

Randomised controlled trials (RCTs), cohort and case control studies that prove the efficacy homeopathic treatment in women with hot flushes.

AETIOLOGY FOR HOT FLUSHES:

As mentioned earlier, no specific aetiology is present. Researches are going based upon the studies which indicates the low levels of hormones i.e oestrogen and thermoregulatory mechanism. The other probable factors are:

- 1 Stress
- 2 Caffeine
- 3 Hyperthyroidism
- 4 Spicy food
- 5 Warm environment
- 6 Any spinal lesion
- 7 Alcohol

SYMPTOMS OF HOT FLUSHES:

- 1 Redness of skin
- 2 Profuse perspiration
- 3 Heat sensation on the affected part
- 4 Itchy skin
- 5 Palpitation

It can occur in any part of the body. Some women have reported even as Vaginal hot flushes.

EFFECT OF HOMOEOPATHY:

Homoeopathy aims at the immune system, by correcting the harmonious functions of the body. Homoeopathic remedies are selected from the totality of symptoms. When the remedy is being selected based on it, the medicine covers both the emotional and physical sphere of the person and produces cure.

There are well selected constitutional homoeopathic medicines, which maintain the equilibrium in terms of glands of the body and also the emotional aspect as well. These action and reaction can gradually decrease the intensity and severity of hot flushes.

II. ANALYSIS:

Randomised control trials which included 100 participants. No cohort or case control studies were identified. A metanalysis of 100 participants shows 70 %participants presented with profuse sweating and palpitations. Found a statistically and marked improvement by constitutional homoeopathic medicine at follow up of 20 days. 70% of the patients in homoeopathic constitutional treatment feels better than the other pathy treatment and 20% of the patients, responded late. The remaining 10% were status que.

There was drastical improvement seen with the remedies Lachesis, Amyl nitrosum, Pilocarpine, Placebo. Changes in their lifestyle and diet were also been recommended.

III. CONCLUSION:

Miasmatic diagnose if very necessary in course of treatment of Hot flushes, mainly when the best selected remedies fail to produce the improvement in ceases after a certain extent. Then suitable anti-miasmatic medicine can remove the obstacles in cure and speed up cure to an incredible extent. Homoeopathic is the best and safest treatment in terms for the hot flushes, as it also covers the psychological aspect of this condition.