

A QUARTERLY HOMOEOPATHY NEWS BULLETIN

HOMOEODINSIGHT

THIS BULLETIN BASED ON
MENOPAUSAL DEPRESSION & HOMOEOPATHY

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PARUL INSTITUTE OF HOMOEOPATHY & RESEARCH
PARUL UNIVERSITY

Managing Editor's Message



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Hearty greetings from the editorial board of "Homoeo Insight". It is said that "You educate a man, you educate a man, You educate a woman, You educate a generation". I appreciate the selection of topic by the issue editor Dr. Falguni Pilot madam "Scope of homoeopathy in the management of menopausal depression" which is a burning problem in present scenario of majority women during their menopausal or climacteric period. Sometimes it ruins the future of the woman and if the lady fails to adapt the transit swing of mood because of the hormonal imbalance may attempt suicide. Menopause is normal physiology. Proper education and awareness without medicine may help to overcome the problem. Apart from the topic of the bulletin it also reflects the different co- curricular and extracurricular activities of the institution and attached hospital. I feel proud to share that the regular releasing of the institutional bulletin represents the team spirit of all the stake holders of the institution motivated by our dynamic Director Dr. Komal Patel madam and inspiration by our beloved president Dr. Devanshu Patel sir.

Wish you a happy reading, Happy Christmas and Happy New year 2021.

Editorial Message



Dr. Falguni Pilot
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Dear Readers,

"I will not be able to have any more children, and I expect some physical changes. But I feel at ease with whatever will come, not because I am strong but because this is a part of life. It is nothing to be feared." Angelina Jolie. The menopause is marked by the complete ending of menstruation and is a natural part of aging in women. This is preceded by perimenopause – the phase where your body gradually starts to produce less oestrogen and progesterone. These natural hormonal changes cause the body to gradually cease ovulation, and in turn menstruation. Emotions are the internal essence of human being which is expressed in various ways. In such a way depression at the age of menopause is very common problem due to hormonal changes in the body. With the help of homoeopathy, we can bring the emotional balance in the equilibrium, on the level of soul; mind and body. The present bulletin issue is dedicated on Menopause Depression. I am very much thankful to the management of Parul University, our Principal sir and all my colleagues for motivating me and contributing in this bulletin. The year 2020 is coming to end and I wish the same ending for the situations created by covid 19. The festival of Charismas brings warmth in snow. Coming New Year 2021 brings the hope of better world with healthy lifestyle, happiness and prosperity for humankind.

UNDERSTANDING OF MENOPAUSAL DEPRESSION

INTRODUCTION

There are many scopes of treatment of menopausal depression in homoeopathy but before that we should know what is menopause and what is depression.

- Natural menopause is defined as the permanent cessation of menstrual periods, determined retrospectively after a woman has experienced 12 months of amenorrhea without any other obvious pathological or physiological cause.
- It occurs at a median age of 51.4 years in normal women, and is a reflection of complete, or near complete, ovarian follicular depletion, with resulting hypoestrogenemia and high FSH concentrations
- Hot flashes — The most common symptom during the menopausal transition and menopause. It occurs in up to 80 percent of women in some cultures.
- Anxiety and depression symptoms may also contribute to sleep disturbances; in one study, they were predictive of subjective sleep disturbances
- In addition, perimenopausal women with hot flashes are more likely to be depressed. Primary sleep disorders are also common in this population.
- Depression — A number of reports indicate that there is a significant increased risk of new onset depression in women during the menopausal transition compared with their premenopausal years. The risk decreases in the early post menopause.

Menopausal Depression

Depression is a common yet potentially serious symptom of menopause. It involves more than the occasional period of sadness and if not treated, can lead to more severe mental disorders and effect quality of life.

Women are especially susceptible to depression and when approaching menopause are even more so. Women ages 45 to 55 are four times more likely to have depression than women who have not yet reached that stage in life.

The main reason women, especially menopausal women, are more likely to suffer from depression is because of their hormonal imbalance.

The general use of the term depression refers to a mental state characterized by a pessimistic sense of inadequacy, feelings of sadness and a despondent lack of activity.

But because depression is a clinical mental disorder, it's important to distinguish feelings of sadness and despondency from clinical depression.

Clinical depression is more severe than brief periods of sadness. It is a serious mental illness characterized by more than two weeks of extremely low moods that affect how a person feels, thinks and acts.

Types of depression

Major depression: Lasts for more than two weeks and is characterized by intense feelings of sadness, loss of interest in normal activities, withdrawal from friends and family and negative thoughts. **Dysthymic disorder:** Less intense than major depression, but often lasts for longer, normally for two years or more.

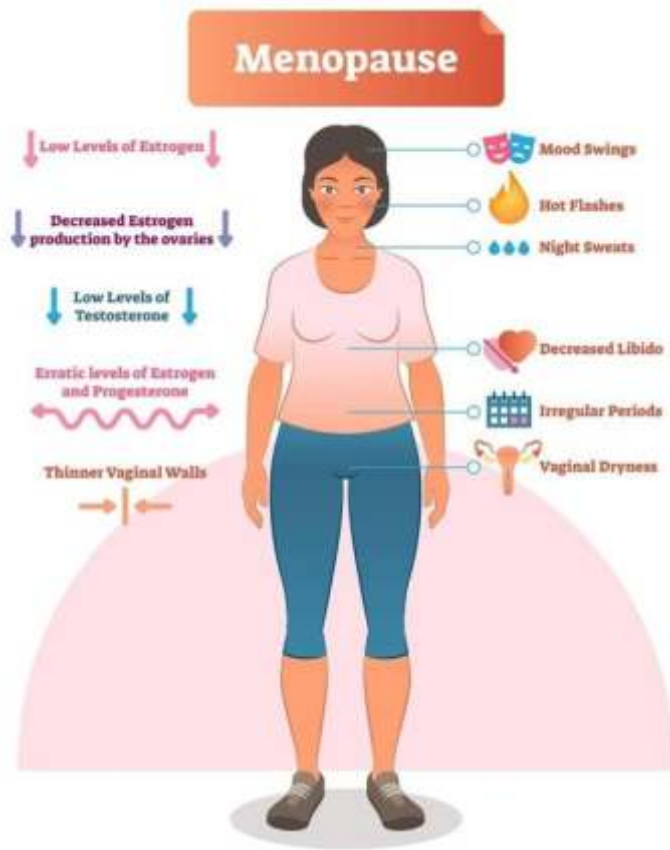
Adjustment disorder: Often brought on by a stressful event or situation. It can be acute (lasting less than six months) or chronic (lasting longer).

Seasonal Affective Disorder (SAD): A type of depression that is triggered by the seasons and most commonly caused by a lack of sunlight in the winter months.

Manic Depression or Bipolar Disorder: A brain disorder that causes unusual shifts in a person's mood, energy and ability to function. Symptoms can be very severe.

UNDERSTANDING OF MENOPAUSAL DEPRESSION

Psychotic depression: Includes some features of psychosis, such as hallucinations (seeing or hearing things that aren't there) or delusions (irrational thoughts and fears).



Signs and Symptoms of Depression

Physical symptoms

- Fatigue
- Decreased energy
- Overeating
- Appetite loss
- Insomnia
- Early-morning wakefulness
- Excessive sleeping
- Persistent aches or pains
- Headaches, cramps or digestive problems that do

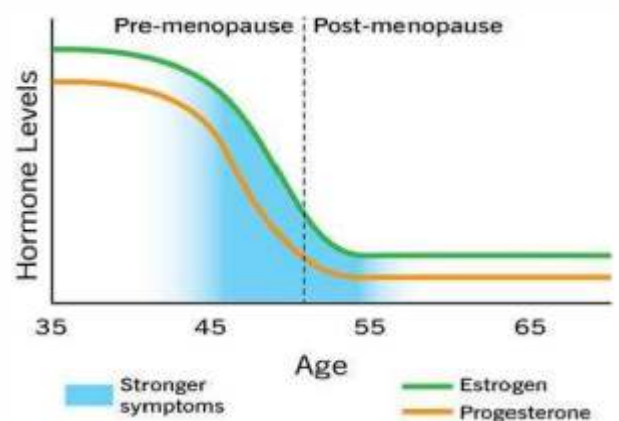
not ease even with treatment

Emotional symptoms

- Persistent sad, anxious or "empty" feelings
- Feelings of hopelessness and / or pessimism
- Feelings of guilt, worthlessness and/or helplessness
- Irritability
- Restlessness
- Thoughts of suicide/suicide attempts Behavioural symptoms
- Loss of interest in activities or hobbies once pleasurable, including sex
- Difficulty concentrating
- Difficulty remembering details
- Difficulty making decisions
- Neglecting responsibilities
- Failing to attend to one's physical appearance

Causes of Depression

The decrease in hormones, especially estrogen cortisol levels low, but when estrogen levels drop during menopause, women have production, has a myriad of effects on a woman's body and mind and is often the underlying cause of depression experienced during this period of time.



UNDERSTANDING OF MENOPAUSAL DEPRESSION

Estrogen and Serotonin:

Estrogen hormones have a significant effect on the brain chemical known as "serotonin", higher levels of cortisol than ever before.

Studies have found that high levels of cortisol can be a cause of depression.

DIFFERENTIAL DIAGNOSIS

- Hyper/hypothyroidism
- Pregnancy
- Hyperprolactinemia,
- Medications
- Carcinoid
- Pheochromocytoma
- Underlying malignancy

According to condition of the disease like mild, Moderate, severe we can Individualized homeopathic treatment.

CONCLUSION:

At the age of menopause depression is a common problem with women due to hormonal changes. This affects the Emotional & which causes feeling of happiness and helps maintain a stable mood. Estrogen helps to stimulate the production and transmission of Social behavior of the person as well.

Homoeopathic prescriptions are based on totality of symptoms, considering mental symptoms at the highest grade.



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VIEW OF ORAGANON IN MENOPAUSAL DEPRESSION

Menopause is defined as the permanent cessation of menses for one year and is physiologically correlated with decrease in oestrogen secretion resulting from loss of follicular function. It is the stage when the ovaries of the female have stopped producing ova and oestrogen leading to outburst of transitional symptoms.

Fluctuations in the level of hormones with different kind of stress and variety of emotional factors lead to mood swings. They may sometimes advanced up to the level of depression. The symptoms should not be ignored and paid proper attention.

For many females menopause is a time of isolation and frustration. Sometimes friends and family are not capable to understand the situation. Females have trouble in coping with the problems leading to development of depression.

The conventional method of treatment uses hormone replacement therapy to deal with the symptoms of fluctuating ovarian hormones ,but long term administration of hormone replacement therapy increases the possibility of endometrial and breast cancer. Homoeopathy is a better choice for the females suffering from menopausal depression as it not only relieves the sufferings of menopausal depression but also restores the whole health of the female preventing her from troublesome effects of menopause.

Distress could be turned into ease by homoeopathy. Low spirit and teary eyes could be turned into happy and cheerful moods.

Homoeopathy individualizes every case of menopausal depression and prescribes the remedy holistically. We have medicines for every individual

case. No two individuals are alike. The

development of vital energy differentiates one from another. Each person carries special personality and special psycho physical construction determined by interplay of hereditary tendencies and factors of diseases. Homoeopathy never separates mind and body into two separate entities. We treat every person on the basis of individualisation.

As our master Dr.Hahnemann told us:- “Totality of symptoms are the only guide for selecting a proper similimum, and by no other method we can approach to a proper remedy. A homoeopath always perceives the whole picture of individual rather than perceiving his separate organs like head, stomach, nose, or extremities etc”.

According to Dr.Hahnemann in 5th and 6th edition of Organon of Medicine:-In all cases of diseases patients emotional state should be noted as most prominent symptom along with the symptom complex so as to record the true image of the disease in order to cure it homoeopathically [Aphorism-210].

Menopausal depression is the dynamic resultant of emotional state, intellectual state & the responses to the environmental situation that effect emotional & intellectual state. Mind is the key to the inside of a man. The symptoms of mind have been followed by Dr.Hahnemann and all of his followers to be the most important symptoms in the sickness. Man consists in what he thinks and what he loves and there is nothing else in man. If these two parts of man the will and understanding be separated it means insanity, disorder and death. All dynamised medicines of homoeopathy operate upon will and understanding first affecting man in his ability to will and to think and

VIEW OF ORAGANON IN MENOPAUSAL DEPRESSION

ultimately upon the functions ,sensations and tissues of the body. In homoeopathy as the drugs are first proved upon healthy human beings ,every proved drug affect first man's mind and proceeding from the mind to the physical economy to the outermost plane that is hairs, skin, nails. A Homoeopath never prescribes sedatives, sleeping pills for soothing anxieties, frustrations and anger outbursts of diseased individual rather the remedy is prescribed suited to individual there by restoring the health without any harmful side effects.

The deviations and alterations in the mood and behavior of the menopausal female are very important symptoms for a homoeopath ,as all the alterations over the mental and emotional plane have a high value in homoeopathic prescribing as these are the true reflections of the diseased individual. Homoeopathy believes for every existing disease there is causative miasm behind it. We are having symptoms according to each maism. Symptoms like anxiety, anger, irritation, frustration, mood disturbances, insecurities, changes in appetite, and disturbances in sleep come inside the domain of psoric miasm

According to Dr.J.H.Allen ,when psoric miasm has already implanted upon the economy slight emotions like joy, grief ,overwork or any trifling cause arouse the latent psora. In these cases after perceiving the exciting causes the remedy which should be given should take into account the state of mind and disposition of the patient. According to him idiosyncrasy may enter into desires, hopes, fears, cravings, longings, mood, and manners of life .For instance we may see that the patient is extremely cautious, painfully sensitive to various mental impressions etc. All these deviated conditions from the healthy state of mind and body should always be

taken into consideration while taking the case weather acute or chronic, only then the similimum would be chosen homoeopathically.

A study named-Individualized Homeopathic Treatment and Fluoxetine for Moderate to Severe Depression in Peri- and Postmenopausal Women (HOMDEP-MENOP Study) by Emma del Carmen Macías-Cortés ,Lidia Llanes-González,Leopoldo Aguilar-Faisal, Juan Asbun-Bojalil published in March 13, 2015 A Randomized, Double-Dummy, Double-Blind, Placebo-Controlled Trial has concluded that homeopathy, but not fluoxetine, improves menopausal symptoms scored by Greene Climacteric Scale. We have remedies in material medica dealing with depression. The commonly used remedies are conium mac, pulsatilla, gelsemium, lachesis, zincum met, sepia, calcarea carb, amylenumnitrousm etc.

CONCLUSION : During menopause depression is common problem in females due to fluctuating level of hormones. There are various changes which takes place in the body. This affects the Emotional, physical, and behavioural aspect of the menopausal female. Homoeopathic prescriptions are based on the totality of symptoms, considering mental symptoms at the highest grade. Since homoeopathic medicines act dynamically and holistically they have a potential role in management of menopausal depression



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MENOPAUSAL DEPRESSION & ROLE OF REPERTORY

There are 3 times in a female's whole lifetime that she faces the hormonal fluctuation or disturbance or imbalance, which are, puberty, pregnancy, and menopause.

These periods have high hormone variations which are highly connected with stressful events and changes in personal, family and professional life. Premature menopause is before the age of 40 which is uncommon, early menopause is between 40 to 45 of age, Natural menopause is between 45 to 55 of age.

Menopause starts 12 months after a women's last menstrual period. Some researchers have proved that the depressive mood of early menopause is significantly higher than natural menopause. Common symptoms of menopause are Irregular periods, absence of periods, hot flushes, night sweats, vaginal dryness, moodiness, mental foginess, decreased sex drive, emotional changes like irritability, mood swings, mild depression, sleeplessness.

As every person is different from the other, he or she owns his/her own individuality. Now a day's life has become very fast and hectic and stressful. Everyone handles their stress by their own individual capabilities. And this individuality is expressed in the disease by symptom's expression.

There are many minute changes in the nature during menopausal phase of life which are very important mental symptoms, which we normally ignore and don't find them directly into materia medica as distinctive symptom but many a times those changes are very decisive for the selection of remedy, and we can find them into repertory. This way repertory helps in many folded way as it enhances the horizon of

selection of remedies, which even guides us for further inquiry into the patient as the variation of rubrics is huge.

Boricke and Murphy repertories have given maximum rubrics directly about menopause

and mind related changes, particularly For psychosomatic conditions in depressive patients. Boericke repertory gives much direction

Synthesis repertory and Kent repertories have few menopause related but many menses related mental changes are given , which are very important for the pre menopausal depressive cases, as in those cases many mental symptoms are related or depends on the before, during and after menstrual flow as these are the moments when a female faces maximum fluctuations in the menstrual cycle.

Some examples of rubrics related to menopausal depression in different repertories:

BOERICKE

FEMALE SEXUAL SYSTEM - Menopause, climacteric period; change of life: FEMALE SEXUAL SYSTEM - Menopause, climacteric period; change of life - Anxiety: (0) + (3) 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: (0) + (2) FEMALE SEXUAL SYSTEM - Menopause,

climacteric period; change of life - Fainting spells: (0) + (9) FEMALE SEXUAL SYSTEM - Menopause,

MENOPAUSAL DEPRESSION & ROLE OF REPERTORY

climacteric period; change of life - Falling of hair: (0) + (1) FEMALE SEXUAL SYSTEM - Menopause, climacteric period; change of life - Fatigue: FEMALE SEXUAL SYSTEM - Menopause, climacteric period; change of life - Fatigue - persistent tiredness, fagged womb: (0) + (1) FEMALE SEXUAL SYSTEM - Menopause,

climacteric period; change of life - Fatigue - without cause, muscular weakness, chilliness: (0) + (1) FEMALE SEXUAL SYSTEM - Menopause, climacteric period; change of life - Flushings: (0) + (35) FEMALE SEXUAL SYSTEM - Menopause, climacteric period; change of life - Globus hystericus: (4) FEMALE SEXUAL SYSTEM - Menopause, climacteric period; change of life - Headache: (0) + (13) FEMALE SEXUAL SYSTEM - Menopause, climacteric period; change of life - Hysterical tendencies: (3) FEMALE SEXUAL SYSTEM - Menopause, climacteric period; change of life - Mental depression or irritability: (0) + (8) FEMALE SEXUAL SYSTEM - Menopause, climacteric period; change of life - Nervous erethism: (12) FEMALE SEXUAL SYSTEM - Menopause, climacteric period; change of life - Pains in uterus: (0) + (6) FEMALE SEXUAL SYSTEM - Menopause, climacteric period; change of life - Palpitation: (0) + (10) FEMALE SEXUAL SYSTEM - Menopause, climacteric period; change of life - Perspiration, profuse: (10) FEMALE SEXUAL SYSTEM - Menopause, climacteric period; change of life - Pruritus: (0) + FEMALE SEXUAL SYSTEM - Menopause, climacteric period; change of life - Sexual excitement: (2) FEMALE SEXUAL SYSTEM - Menopause, climacteric period; change of life - Sinking at stomach: (0) + FEMALE

SEXUAL SYSTEM - Menopause, climacteric period; change of life - Vertigo, tinnitus: (0) + (4) FEMALE SEXUAL SYSTEM - Menopause, climacteric period; change of life - Weakness: (0) + (4) NERVOUS SYSTEM - Insomnia - causes - menopause; women with prolapsus or uterine irritation: (0) +

MURPHY

- [Mind]Menopause, mental ailments, from, (see Female, chapter) :
- [Mind]Menses, during, mental symptoms, (see Female, chapter) :
- [Female]Menopause, period, ailments, from:
- [Female]Menopause, period, ailments, from :Agg.
- [Female] Menopause, period, ailments, from Fatigue, causeless, muscular weakness and chilliness, with :
- [Female] Menopause, period, ailments, from Mental, ailments from :
- [Female]Menopause, period, ailments, from : Premature :
- [Mind]Anger, general, (see Irritability, Rage) Delusions, during menopause, with :
- [Mind]Anxiety, general :Fear, with Menopause, during :
- [Mind]Climacteric, period, (see Menopause):
- [Mind]Crying, weeping :Menopausal, period, at:Menopause, during :
- [Mind]Depression, sadness, (see Despair)

MENOPAUSAL DEPRESSION & ROLE OF REPERTORY

:Anxious :Menopause, during :

- [Mind]Depression, sadness, (see Despair) :Menopause, during :
- [Mind]Excitement, mental, e m o t i o n a l :Menopause, during :
- [Mind] Fears, phobias, g e n e r a l :Agoraphobia, (see crowds, outdoors, public places) :Menopause, during :
- [Mind] Fears, phobias, general :Insanity, of :Menopause, during :
- [Mind]Irritability, general:Menopause, during :
- [Mind]Laughing, general:Menopause, during :
- [Mind]Mania, general, (see Bipolar) :Menopause, with :
- [Mind]Menopause, mental ailments, from, (see Female, chapter) :
- [Mind]Sensitive, mental, oversensitive, emotional, (see Generals, chapter) :Menopause, during :
- [Mind]Sighing, emotional, (see Respiration, chapter) :Menopause, during :
- [Mind]Slowness, mental :Menopause, during :
- [Mind]Talking, talks, general: Excessive, loquacity :Menopause, at and during :
- [Fainting]Palpitations, during :Menopause period, in :
- [Female]Menopause, period, ailments, from :Hot, flashes, with, perspiration :
- [Female]Menopause, period, ailments, from

:Mental, ailments from :

- [Female]Sex, female: Aversion, to sex :Menopause, during :
- [Female]Sex, female:Suppressed, desire :Menopause period, in :
- [Generals]Reaction, lack of :Menopause, at :
- [Heart]Palpitations, general, (see Heartbeats) :Emotional, causes: Menopause period, during :
- [Sleep]Insomnia, sleeplessness :Menopause, period, during :
- [Weakness]Menopause, weakness, during :

SYNTHESIS

- MIND - ANGER - delusions during menopause; with: (0) + (3) MIND - ANXIETY - fear; with - menopause; during: (0) + (1) MIND - ANXIETY - health; about - own health; one's - menopause; during her: (0) + (2) MIND - ANXIETY - menopause; during: (0) + (9) MIND - COMPLAINING - menopause; during: (0) + (1) MIND - DOUBTFUL - recovery, of - menopause; during: (0) + (1) MIND - ESTRANGED - menopause; during: (0) + (10) MIND - FEAR - crowd, in a - menopause; during: (0) + (1) MIND - FEAR - insanity - menopause; during: (0) + (1) MIND - FEAR - open spaces; fear of - menopause; during: (0) + (1) MIND - FEAR - recover, he will not - menopause; during: (0) + (1) MIND - FORGETFUL - menopause; during: (0) + (2) MIND - HYSTERIA - menopause; at: (0) + (7) MIND - INDIFFERENCE - menopause;

MENOPAUSAL DEPRESSION & ROLE OF REPERTORY

in: (0) + (2) MIND - INSANITY - menopause, during: (0) + (11) MIND - IRRITABILITY - menopause; during: (0) + (5) MIND - LAUGHING - weeping - same time; weeping and laughing at the - menopause; during: (0) + (1)

- MIND - LOQUACITY - menopause; during: (0) + (1) MIND - MENOPAUSE AGG.: (0) + (19) MIND - MOROSE - menopause; at: (0) + (1) MIND - RESTLESSNESS - menopause; at: (0) + (2) MIND - SADNESS - menopause, during: (0) + (34) MIND - SUSPICIOUS - menopause; during: (0) + (1) MIND - WEEPING - menopause; at: (0) + (1) FEMALE GENITALIA/SEX - MENOPAUSE - never well since: FEMALE GENITALIA/SEX - MENOPAUSE - sadness; with:
- SLEEP - SLEEPLESSNESS - menopause; during: (0) + (13) GENERALS - REACTION - lack of - menopause; during: (0) + (1) GENERALS - SEXUAL DESIRE - suppression of sexual desire - agg. - menopause; during: (0) + (1) GENERALS - TREMBLING - Externally - menopause; during: (0) + (3) GENERALS - TREMBLING - Internally - menopause; during: (0) + (2) GENERALS - WEAKNESS - menopause; during:

(0) + (16) GENERALS - WEARINESS - menopause; during: (0) + (2)

KNERR

- [Sensorium] Giddiness: Menopause, at:
- [Serobiculum and Stomach] Stomach: Weakness: Sinking, in menopause:
- [Heart, Pulse and Circulation] Palpitation: Sudden: Menopause, during:
- [Stages of Life and Constitution] Constitution (diathesis): Weakly: Menopause:



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FIVE SOLUTIONS FOR MIDLIFE WOMEN

- 1. Mood Changes:** Increased irritability, anxiety, fatigue, and blue moods are not uncommon. Relaxation and stress-reduction techniques, including deep-breathing exercises and massage, a healthy lifestyle (good nutrition and daily exercise), and enjoyable, self-nurturing activities may all be helpful. Some women try to treat their menopause symptoms with St. John's wort or vitamin B6.
- 2. Urinary Incontinence:** Urinary incontinence is an unfortunate, unwelcome, unwanted annoyance. Luckily, there are certain strategies which help us to improve the various forms of incontinence without medication or surgery. Try drinking adequate water to keep urine diluted (clear and pale yellow), and avoid foods or beverages with a high acid or caffeine content, which may irritate the bladder lining. These include grapefruit, oranges, tomatoes, coffee, and caffeine-containing soft drinks. Also try Kegel's exercise to strengthen pelvic floor muscles and reduce incontinence episodes.
- 3. Night Sweats :** To get relief from night sweats (hot flashes that occur during sleep), try different strategies to stay cool while you sleep: Dress in light night clothes. Use layered bedding that can easily be removed during the night. Or, try wicking materials for both. Cool down with an electric fan. Sip cool water throughout the night. Keep a frozen cold pack under your pillow and turn over the pillow often so that your head is always resting on a cool surface, or put a cold pack on your feet.
- 4. Trouble Falling Asleep :** Establish a regular sleep schedule and sleep routine: Wake up and go to

bed at consistent times, even on weekends. Relax and wind down before sleep by reading a book, listening to music, or taking a leisurely bath. Milk and peanuts contain tryptophan, which helps the body relax. A cup of chamomile tea may also do the trick. Keep bedroom light, noise, and temperature at a comfortable level -- dark, quiet, and cool places are the conditions that support sleep. Use the bedroom only for sleep and sex. Avoid caffeine and alcohol late in the day.

- 5. Sexual Discomfort :** Menopause contributes to sexual dysfunction due to decreases in ovarian hormone production which may lead to vaginal dryness and a decline in sexual function. Vaginal lubricants: Available without a prescription, these products decrease friction and ease intercourse when the vagina is dry. Only water- soluble products should be used because oil- based products such as vaseline may actually increase irritation. Only products designed for the vagina should be used; avoid hand creams and lotions containing alcohol and perfumes as well as warming/tingling and flavored lubricants which may irritate tender tissue. Vaginal moisturizers: These products improve or maintain vaginal moisture in women with mild vaginal atrophy (when tissues of the vulva and the lining of the vagina become thin, dry, less elastic, and less lubricated as a result of estrogen loss).



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CASE OF MENOPAUSAL DEPRESSION

A patient of age 48 yrs., reported on 21st July 2020 to outpatient department with complaints of irregular menses since 8 months, & feeling of sadness.

PRESENTING COMPLAINTS :

Since last 8 months she is having irregular menses Up to 5th jan. menses were regular after that menses came on 20th march, then after 20 days on 10th april, & now for last 3 & ½ month she didn't have her menses.

During menses bleeding is for 5 to 6 days which is profuse, dark. No other complaints during bleeding. Since menses become irregular she had always remains sad, not interested even in regular activities, feels depressed. Feeling very lonely, doesn't want to speak even to family members or friends, she becomes irritable easy.

She feels very weak during the day time with much fatigue. Disturbed sleep due to sweating & depression, sometimes hot flushes at night.

PAST HISTORY :

She has a history of hypertension since last 6 years for which she is taking conventional treatment. No other any major illness in past.

FAMILY HISTORY :

Father died at the age of 75 years and was a known diabetic. Mother died at the age of 70 years and was a known diabetic.

PERSONAL HISTORY :

In general physicals Patient is averagely built & nourished.

Desire for spices++ thirsty ++for large quantity constipation with soft stool mixed diet sleep is disturbed no pallor or oedema.

GENERAL PHYSICAL EXAMINATION :

Fair complexion medium built,

- Weight- 65 kg
- Height-167 cm
- Anaemia-nil
- Jaundice-nil
- Cyanosis-nil
- Generalised lymphadenopathy- nil
- Pulse-84/min
- BP-140/90 mmHg
- Temperature-98.6F
- Respiratory rate- 16/min
- Diagnosis --Menopausal Depression

MENTAL GENERALS :

- sad,
- Feeling very lonely,
- Doesn't want to speak even family members, friends.
- Irritable

SYSTEMIC EXAMINATION :

- Respiratory System- NAD
- Cardiovascular System- NAD

CASE OF MENOPAUSAL DEPRESSION

- Gastro-intestinal System-NAD
- Locomotors System-NAD

In this case symptoms considered for repertorisation are

- Depression & irritability during menopause
- Desire for spices,
- Sleep is disturbed during menopause
- Hot flushes & generalized weakness during menopause.
- Menopausal, irregular menses, profuse, dark bleeding.

PRESCRIPTION :

SEPIA 30, BD 1 SINGLE DOSE

REPORTORSION

Reportorial result Sepia 26/8 Lachesis 25/7 Sulphur 25/7 Phosphrus 19/7

Considering repertorial totality ,
mentals, menopausal age Sepia is selected.

On 21st jully. Sepia 30 is given 2 doses once a week for 15 days.

Advised to have nutritious diet, routine morning walk & meditation.

5th Aug. her irritability is reduced by 20%, according to family members she is slowly coming out of sadness. For further improvement Sepia 30 one dose given & ask to come after 15 days.

20th Aug. She is looking quite fresh, smile on face, Menses only for 2 days. Sleep is improved. She is

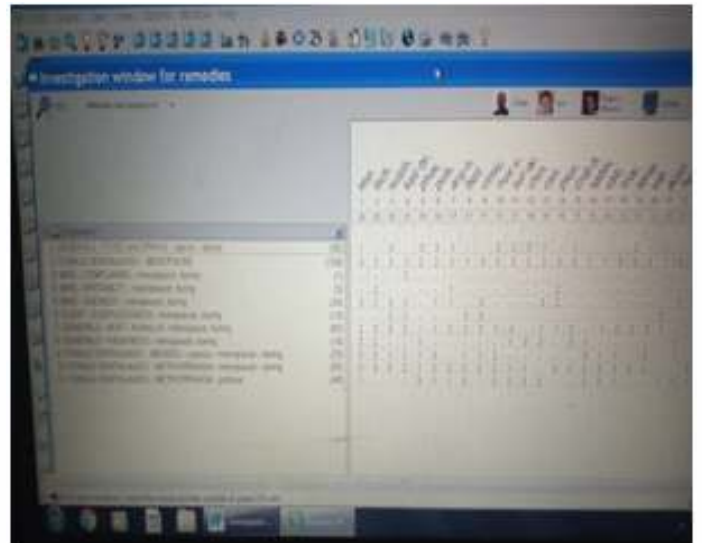
only on S. L.

10th Sept. 80% improvement .she is looking very happy, no weakness, rarely gets depression. S. L. Patient came after nearly 1 month

9th Oct. She is happy, no other complaints. Sound sleep. S.L. given for a 1 month.

CONCLUSION

If detail case taking, proper analysis, & reportrisation done we can give complete improvement to the patient with Homoeopathy without any side effects.



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MENOPAUSE AND MENTAL HEALTH AT TIME OF MENOPAUSE

INTRODUCTION:

Menopause is thought to increase the risk for depression. Unpredictable hormone fluctuations plus stress, body image, sexuality, infertility, or aging any one or a combination of these causes emotional distress that may result in mood swings or in more severe cases, depression. Determining the cause and extent of your “menopause blues” is very important. It is common myth that as women enter the menopausal year it is normal to feel depression. Cheerful times followed by crabby days.

MENOPAUSE :

Menopause literally means “the end of monthly cycles”. The word menopause came from the Greek word “MENS” meaning “MONTHLY” and “PAUSIS” meaning “CESSATION”. The Modern Greek medical term is emmenopausis in Katharevousa or emmenopausi in Demotic Greek. Menopause is a part of a women's natural ageing process. All women experience menopause between ages 45 and 55. The average age of menopause is 51.

DEFINITION:

Menopause means permanent cessation of menstruation at the end of reproductive life due to loss of ovarian follicular activity. It is the point of time when last and final menstruation occurs. It is the point at which a woman has not had a period in 12 consecutive months.

PHASES OF MENOPAUSE :

The phases of menopause is usually broken down into FOUR categories –

- Pre – menopause
- Peri – menopause
- Menopausal phase
- Post – menopausal

ETIOLOGY:

Menopause occurs when the ovaries are totally depleted of eggs and no amount of stimulation from the regulating hormones can force them to work.

Menopause may occur due to surgical procedures such as a hysterectomy with bilateral oophorectomy. Menopause can be caused by treatment for certain conditions, like endometriosis and breast cancer

COMMON SYMPTOMS:

Hot flushes Night Sweats Loss of libido Vaginal Dryness Irregular Periods

MENTAL SYMPTOMS:

Anxiety, Irritability Panic Disorders, Difficulty Concentrating Mood Swings, Foggy Brain Depression

PHYSICAL CHANGES:

Fatigue, Hair Loss, Trouble Sleeping, Dizziness, Weight Gain, Bloating Allergies, Brittle Nails, Osteoporosis, Irregular Heartbeat, Body Odour

Bladder Problems :

PAINS:

Breast Pain Headache Joint Pain Burning Mouth Electric shocks, Muscle Tension Dry & Itchy skin, Tingling Extremities,

DEPRESSION:

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Depression is a common yet Potentially serious symptom of menopause. It involves more than the occasional period of sadness and if not treated, can lead to more severe mental disorders and effect quality of life.

TYPES OF DEPRESSION:

Major Depression, Dysthymic Disorder, Adjustment Disorder, Seasonal affective disorder (SAD), Manic Depression OR Bipolar Disorder Psychotic Depression

SIGNS AND SYMPTOMS OF DEPRESSION:

Emotional symptoms: Persistent sad, anxious or “empty” feelings Feelings of hopelessness, Feelings of guilt, worthlessness Irritability, Restlessness, Thoughts of suicide / suicide attempts

Behavioral symptoms:

Loss of interest in activities or hobbies once pleasurable, including sex, Difficulty concentrating Difficulty remembering details Difficulty making decisions Neglecting responsibilities, Failing to attend to one's physical appearance

CAUSES OF DEPRESSION:

Estrogen and serotonin estrogen and cortisol

FACTORS LEADING TO DEPRESSION AT THE AGE OF MENOPAUSE:

Prolonged exposure to work Long term unemployment Living in abusive and uncaring relationship Hormonal changes contribute to mood swings Low social economic status, Past history of depression and History of chronic illness

MANAGEMENT:

A. LIFE STYLE MANAGEMENT:

Relaxation, Meditation, Yoga, Take proper Nutritious diet, Take, Advise regular Exercise, Listening music, Playing game, Spent time with family and friends, Proper support from the family, Cessation of smoking and alcohol, 11 important supplements given

B. MEDICAL MANAGEMENT:

Hormonal treatment antidepressant, Hormonal replacement therapy (HRT), Advice for counseling from professional psychologist.



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EQUILIBRIUM OF TRINITY OF LIFE AND MENOPAUSAL DEPRESSION

Introduction :

Menopause is Greek word, menos means menstruation and pause means stop. Menopause is defined as the point in time then menstrual cycle ceases due to the natural depletion of ovarian oocytes from aging.

Menopause is not a disease but it is a transitional state of a woman though almost 80% of women experience different changes at physical level and also on psychological level which generally results in menopausal depression with different intensity in different individuals. Menopausal depression is related to certain biochemical and endocrinological changes in brain. There is fluctuation at the level of ovarian hormones during menopause.

Philosophical aspect of Herbert A. Roberts on endocrinology and homoeopathy :

Body, mind and spirit are so correlated as to act freely and without impediment when vital principle, the spirit like force or dynamis is in equilibrium, yet if the equilibrium of health be thrown out of the balance by the dysfunction of one member the whole is affected to a greater or lesser degree.

The function of some of ductless glands is to secrete a minute quantity of specialized products in to system, a secretion that has a vital bearing on the health of whole constitution. With this concept of the importance of endocrine glands in the maintaining health, and with the almost infinitesimal amount of some of these glandular secretions, we can hardly fail to see the important relationship the homeopathic remedy may hold to the manifestations of endocrine dysfunction and to the balance of the ductless glands

themselves.

Our remedies directly affect the vital energy, which in itself established equilibrium, that part which is susceptible because of imbalance become after treatment with our remedy a part of normal healthy functioning of the whole unit. A consideration of mental and emotional states is our indication for similimum in case of menopausal depression also.

Repertorisation

Boericke repertory :

Mental depression or irritability –Cim., Ign., Kali br., Lach., Mancin., Psor., Val., Zinc. v.

Murphy repertory :

Menopausal depression, sadness—*anac.arg met.arg-n.arist-cl.aur.aur-m.buth-a.cimic.con.hydrophone.ign.kali-br.LACH. lil-t.magn-gr.manc.natm.penic.Psor.puls. SEP.SULPH.Tab.v erat.zinc.zinc-val.*

Menopausal depression, sadness, anxiety--*kali-br.*
Synthesis repertory : Menopausal depression, sadness, fear—*anac, arg-met, agr-n, arist-cl, aur-m,buth-a, cimic,con, helon, hydroph, ign, kali-br, lach, mag-c, magn-gr, manc, murx, nat- c, nat-m, penic, psor, puls, sep,sulph, tab, thyr, verat, zinc, zinc-val.*



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HOMEOPATHIC THERAPEUTICS OF MENOPAUSAL DEPRESSION

1. Conium Mac - Depression during mensuration pregnancy and menopause. Excitement cause mental depression. Timid weak memory, afraid to be alone. No inclination for business or study.. Memory weak, unable to sustain any mental effort.
2. Pulsatilla: - Depression due to hormonal change. There is extreme tendency to cry and craving for sympathy, Fresh air, cold drink desire. Weeps easily. Timid, irresolute. Fears in the evening of being alone, ghosts. Likes sympathy. Morbid dread of the opposite sex.
3. Zincum met: - Depression on account of a disease. Very sensitive to noise. Aversion to work, talking.
4. Gelsemium: - Earache during menopause, insomnia during menopause. Desire to be quite, to be left alone. Apathy regarding his illness. Absolute lack of fear. Delirious on falling asleep.
5. Lachesis: - Very important during climacteric and for patients with a melancholic disposition. Sensation of tension in various parts, Cannot bear anything tight anywhere. Flooding at climacteric and in Pre-Cancerous flowing, Palpitation, Hot flushes, headache and Haemorrhage or Mental trouble. Jealous. Sad in the morning, no desire to mix with the world.
6. Sepia: - Unusual bleeding during menopause, Hot flushes at menopause with weakness and perspiration. Symptoms travel upwards. Symptoms travel upwards. Easy fainting. Ball like sensation in inner parts. Indifferent to those loved best. Irritable, easily offended.

Dreads to be alone.

7. Calc Carb: - disease of women around climatic pituitary and thyroid dysfunction. Apprehensive, worse towards the evening, fears loss of reason, misfortune, contagious diseases. Forgetful, confused, low spirited. Anxiety with palpitations. Averse to work or exertion.
8. Amylenum Nit: - Climacteric headache and flushes of heat with anxiety and palpitation.
9. Ignatia: -Nervous debility during menopause. Women of sensitive, easily excitable nature, dark, mild disposition, quick to perceive, rapid in execution. Rapid change of mental and physical condition, opposite to each other.

Great contradictions. Alert, nervous,

10. Sulphur: This remedy is often helpful for hot flashes and flushing during menopause, when the woman wakes in the early morning hours and throws the covers off. She may be very anxious, weep a lot, and worry excessively about her health. A person needing Sulphur often is mentally active (or even eccentric), inclined toward messy habits, and usually feels worse from warmth



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PIHR COCURRICULAR ACTIVITIES



Virtual Symposium organized by department of Repertory on 10.10.20



Virtual Symposium organized by department of Organon on 26.10.20



Virtual Symposium organized by department of Obstetrics & Gynecology on 6.11.20



Expert Lecture by Dr. Avilas Tiwari Practice of Medicine on 29.09.20



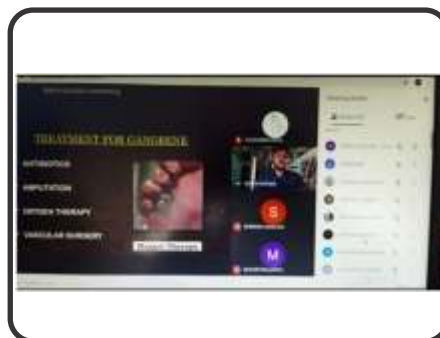
Expert Lecture by Dr Akil Saiyed, FMT on 17.10.20



Expert Lecture by Dr Ashish Jawarkar, Pathology on 14.12.20



Expert Lecture by Dr. Saptarshi Chaudhury, Practice of Medicine on 05.12.20



Virtual Symposium organized by department of Pathology on 7.12.20

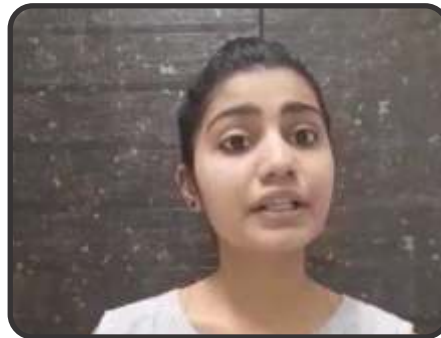


Expert Lecture by Dr. Amit Patel, Reportery on 04.12.20

PIHR EXTRACURRICULAR ACTIVITIES



TEACHER'S DAY
celebrated on
5th September 2020



Suicide prevention day
celebrated on
10th September 2020



Garba competition
held on
25th October 2020



Gandhi Jayanti
celebrated
on 2nd October 2020



National unity day
celebrated on
31st October 2020



International day
for violence against women
held on 29th October 2020



National Mammography Day
held on
16th October 2020



Indian constitution day
celebrated on
26th November 2020



World AIDS Day
celebrated on
1st December 2020

PIHR HOSPITAL ACTIVITIES



Screening camp held on 30th August 2020 at Jambudiyapura village



Quiz competition on nutritional week 1st to 7th September 2020



Speakup for masks speakup against corona



Corona awareness preventive camp at various places in Waghodia dist.



Jan andolan program held on 1st December 2020



Hand washing awareness training held on 7th to 12th December 2020



World psoriasis day celebrated on 29th October 2020



NABH Training on regular basis



World AIDS awareness camp held on 1st December 2020

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