

# meno- pause



**M**enopause is a gateway into a new phase of life as a woman's body ends its child-bearing years and adjusts to lower hormone levels. Oestrogen production, primarily the job of the ovaries during reproductive years, is largely taken over by the adrenal glands.

## menopause

During this transition some women experience symptoms such as hot flushes, heavy and irregular periods, vaginal dryness, extreme tiredness, and emotional disturbances including depression, which can make this a very distressing time.

As we begin to age, we often find that things just don't work as well as they used to. Circulation may become sluggish causing puffy hands and ankles, dizziness and vertigo may be associated with hardening of the arteries, and muscles & joint problems may occur. As well as using homoeopathy, lifestyle choices must figure into the picture. Stabilising other hormones like insulin through attention to diet and exercise and cortisol through stress management is important in maintaining a state of balance.

Home prescribing can be a great help during this transition however chronic or complicated issues require the attention of a qualified practitioner to prescribe appropriate treatment to restore balance.

**Belladonna** for hot flushes that are sudden and intense. Pulsation and throbbing in the head and a sweating face with redness and congestion.

**Bryonia** is indicated for dryness and thinning of the mucous membranes expressing as dry eyes, vagina, skin, chest weakness and constipation with dry, hard stools as if burnt. There is irritability and aversion to motion, being disturbed and touch.

**Calc carb** feels anxious and may feel that they are going mad. They have a craving for sweet foods, with a tendency to thrush, and swelling of the finger joints. Symptoms often better in the morning.

**Lachesis** is helpful for flushes of heat with sweating that are worse after sleep. Often suited to women that are very talkative, with feelings of anxiety and suspiciousness. Also for violent headaches on the top of the head and painful

## Homoeopathic FactSheet

## menopause

PMS that is relieved by the menstrual flow. Symptoms worsened by the pressure of tight clothing.

**Nat mur** for irregular menstrual periods that are either scanty or profuse. For dryness of the vagina, fluid retention and a tendency to prolapse. Emotionally, they feel trapped, resentful and irritable, yet aggravated by consolation.

**Pulsatilla** experiences changeable symptoms that are worse from heat and better for fresh air. Symptoms of hot flushes, mood swings, weepiness, self doubt, low confidence, poor concentration. The face feels hot, yet body is chilly. Person seeks comfort and consolation.

**Sepia** is similar to **Nat mur** but tending to heavy bleeding with a dragging, bearing down feeling, hot flushes, fainting and anxiety. Very irritable, indifferent to family and wants to run away or at least to be left alone. Vaginal dryness with aversion to sex.

**Staphysagria** indicated for vaginal dryness with pain from intercourse. Person is easily offended, broods silently, feelings of resentment and indifference.

**Sulphur** is useful for hot flushes, there is heat and burning throughout the body especially in the palms and soles. The feet feel better when they are put out of bed to cool. Drowsiness during the day with frequent waking during the night.

Also consider **Calc phos**, **Ferrum phos**, **Glonoine**, **Graphites**, **Kali carb** and **Sulph acid**.

When in a period of transition, such as menopause, we may need quite regular remedy doses to keep our hormones in balance. Although generally speaking once you are symptom-free you should stop taking the remedy there can be wisdom in returning to an infrequent dose at the first sign of imbalance rather than wait until your hormones are completely awry.

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