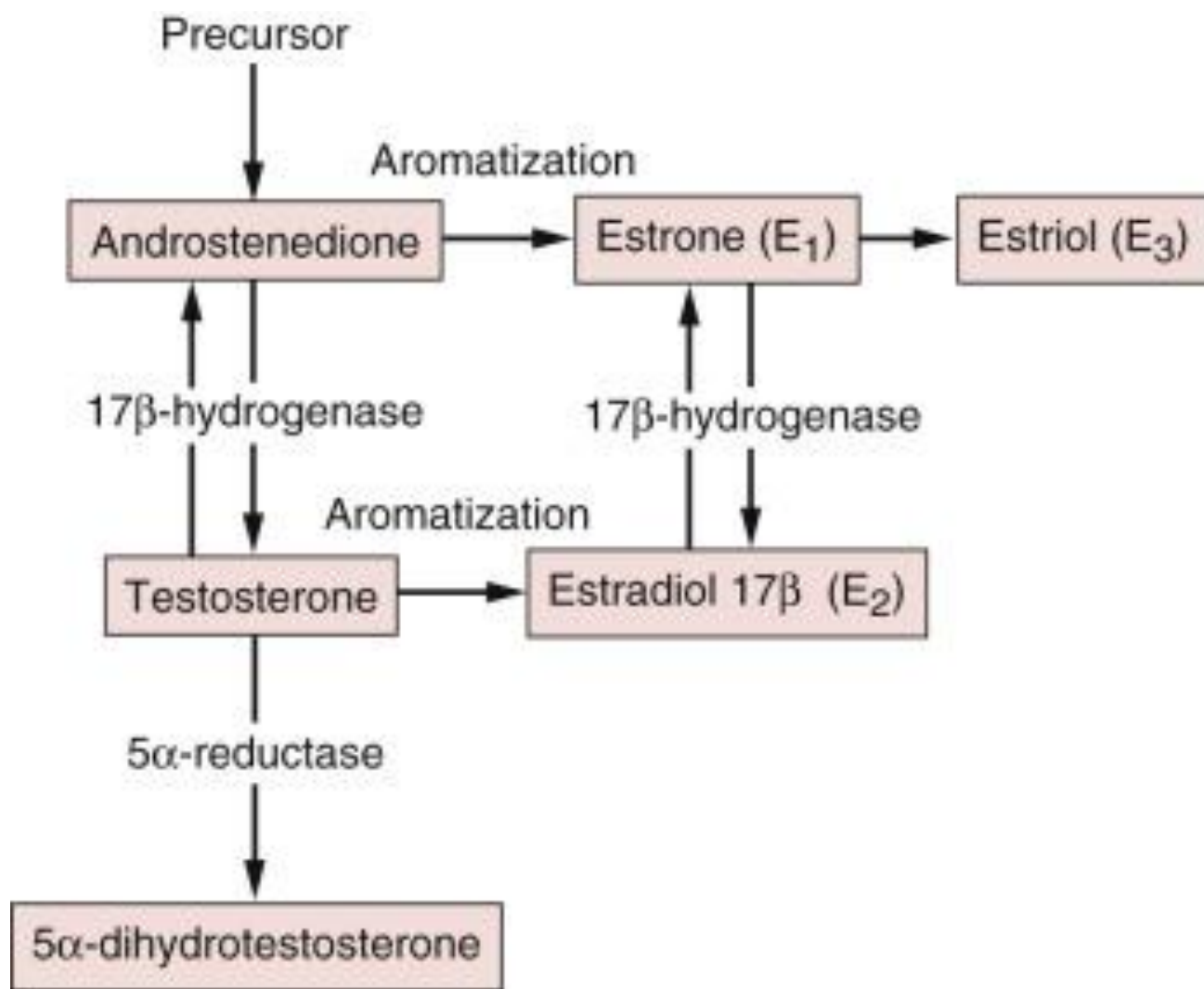
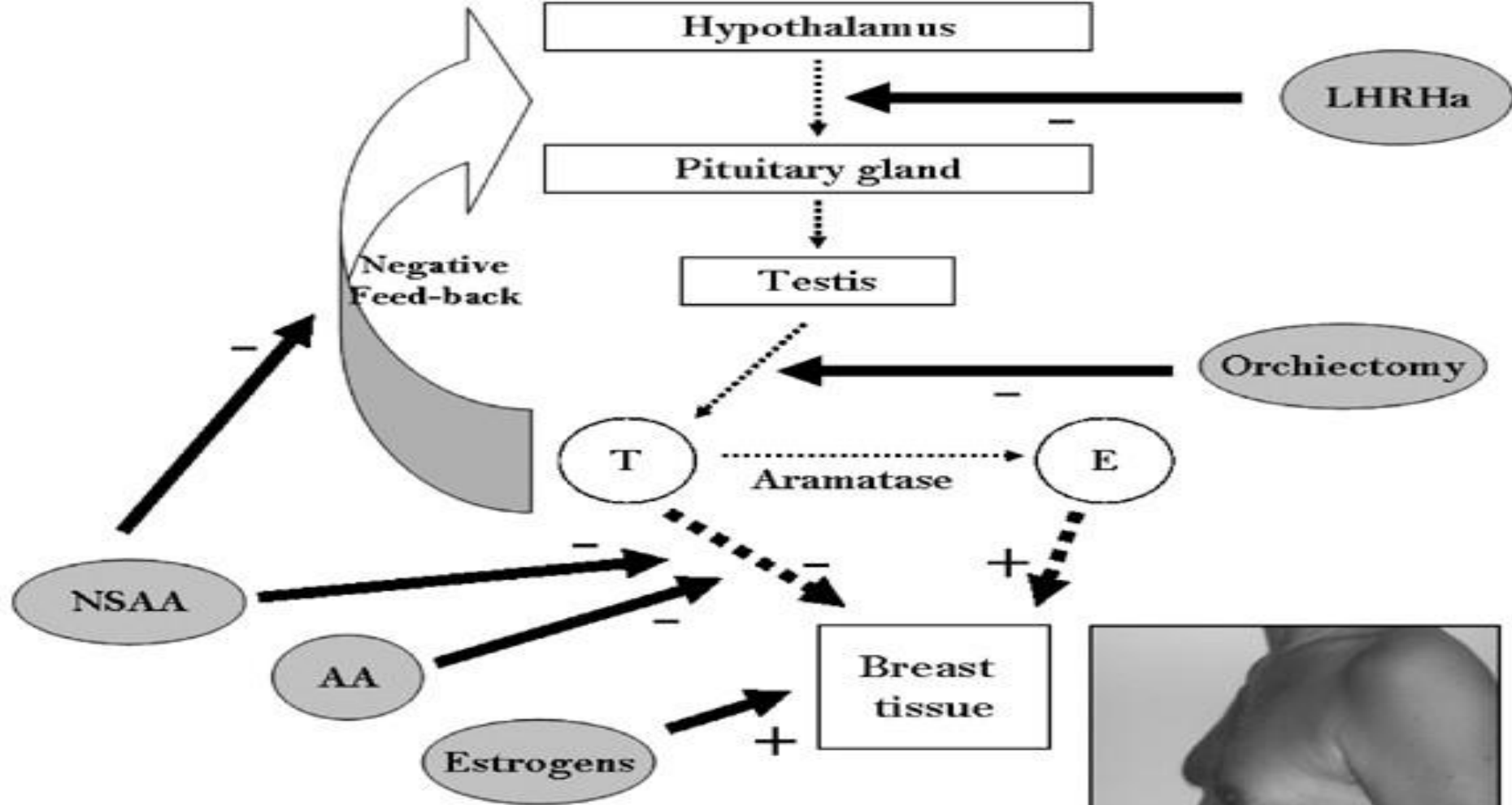


Homeopathic Strategies in CLIMAXIS / MENOPAUSE

Understanding the REMEDIES

Estrogen





*LHRHa: Luteinizing hormone-releasing hormone agonists; T: testosterone;
 E: estradiol; AA: steroidal antiandrogens; NSAA: non-steroidal antiandrogens.*

ESTROGEN

Estrogen, or oestrogen, is the primary female sex hormone. It is responsible for the development and regulation of the female reproductive system and secondary sex characteristics. There are three major endogenous estrogens in females that have estrogenic hormonal activity: estrone, estradiol, and estriol.

Clinical Indications:

- Bloating
- Swelling and tenderness in your breasts
- Fibrocystic lumps in your breasts
- Decreased sex drive
- Irregular menstrual periods
- Increased symptoms of premenstrual syndrome (pms)
- Mood swings
- Headaches

OESTROARTHRITIS ? BONE DEGENERATION - climateric /or after hormonal treatment

- Anxiety and panic attacks
- Weight gain
- Hair loss
- Cold hands or feet
- Trouble sleeping
- Sleepiness or fatigue
- Memory problems

- Breast pain or tenderness; enlargement of breasts; amenorrhoea; breakthrough bleeding; heavier vaginal bleeding between regular menses; menorrhagia (prolonged or heavier menses); spotting (lighter vaginal bleeding between regular menses); breast tumors; breast lumps; discharge from breast; endometrial atrophy; libido increase.

- Abdominal cramping or bloating; anorexia (loss of appetite); nausea; diarrhoea; vomiting.

- Gallbladder obstruction; hepatitis.
- Gynecomastia; libido decrease.

- Estrogen signaling affects aggressive interactions, as well as several behaviors that are closely linked with aggression, including sexual behavior, communication, and learning and memory.

DD: Solanaceae: attack + violence
 Umbelliferae: unexpected attack
 Animals: life and death fight

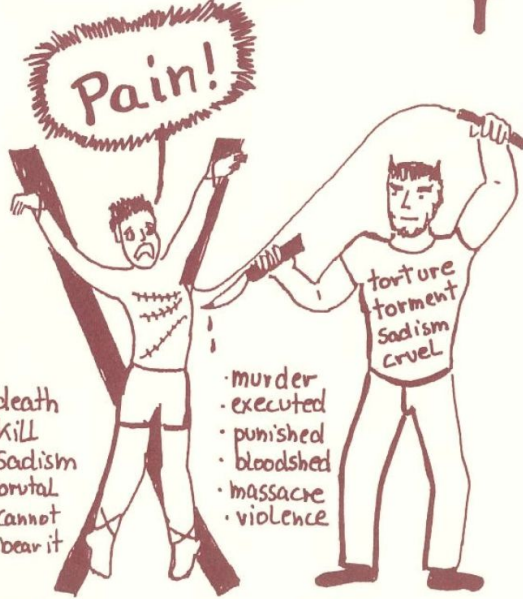


PAPAVERACEAE

(Poppy family)

- extreme pain + suffering
- like being in hell
- fear of extreme pain
- intense physical/mental pain

- MORPHINUM
- MORPHINUM SULPHURICUM
- APOMORPHINUM
- ARGEMONE HEX.
- CHELIDONIUM
- SANGUINARINUM NITRICUM
- SANGUINARIA CANADENSIS
- SUCLINICUM ACIDUM
- OPIUM
- CODEINUM
- FUMARIA OFFICINALIS
- CORYDALIS FORMOSA



- death
- kill
- Sadism
- brutal
- cannot bear it

- murder
- executed
- punished
- bloodshed
- massacre
- violence

- intense pain of any sort (facing death)
- torture, intense suffering
- fright and shock, accident, injury
- agony, hell like
- battle, combat, war, bombs,
- soldiers, homicide, murder
- executed, punished, strangled

Passive Reaction



- feels nothing anymore
- painless
- anaesthesia
- narcolepsy, Comatose,
- alive but feeling dead
- fainting, black out
- hibernation, numb
- paralyzed, lifeless



- bold, courage
- super strong
- fearless
- heroic
- defy

Active Reaction

- pain makes mad
- rage
- violence
- convulsions
- numbness alternating with pain



Compensation

- not affected by pain, suffering or pleasure
- calmness in situations where there is great pain
- peaceful, calm
- meditation



Sanguinaria canadensis
Bloodroot
Paraveraceae



Sanguinaria canadensis.

Blood-root.

Puccoon.

N.O. Papaveraceae. Tincture of fresh root.

(The resin, leaves, seeds, seed-vessels, powdered root, and expressed juice have also been used).

Acetum.

The first real proving of Sanguinaria was made by **Dr. G. Bute**, of this country.

We have in Sanguinaria flushes of heat at the climacteric and Hering says, leucorrhoea at the menopause which continues after the menses have entirely ceased.

The main experience of the patient is expressed as – of
Pain, Suffering, Torture, death, sleep, cruelty.

PAPAVERACEAE SUMMARY



FEMALE.

Climacteric disorders; esp. flushes of heat and foetid, acrid leucorrhoea. Soreness under nipple (right). Menses; offensive, profuse. Uterine polypi. Mammae sore; and enlarged; at climaxis.

Polypi, growths: [CALC-P](#), [CALC](#), [LED](#), [LYC](#), [NIT-AC](#), [PLAT](#), [PULS](#), [SANG](#), [SEP](#), [STAPH](#), [TEUCR](#), [Ars](#), [Aur](#), [Bell](#), [Bufo](#), [Con](#), [Hydr](#), [Merc](#), [Mez](#), [Petr](#), [Ph-ac](#), [Phos](#), [Sec](#), [Sil](#), [Thuj](#), [Vinc](#), [kali-s](#), caust., erod., graph., hep., kali-br., med., morg., nat-m., psor., rhus-t., sul-ac., sulph., syc-co.

(generalities; polypi)

Uterus: [BELL](#), [CALC-P](#), [CALC](#), [PHOS](#), [TEUCR](#), [THUJ](#), [Ars](#), [Aur](#), [Bufo](#), [Con](#), [Lyc](#), [Ph-ac](#), [Plat](#), [Sang](#), [Sec](#), [Sep](#), [Sil](#), [Staph](#), caust., erod., hydr., kali-br., kali-s., led., merc., mez., morg., nit-ac., petr., puls., rhus-t., syc-co.

(tumors; uterus)

(uterus)

Climacteric period, in: [Calc](#).

(generalities; climacteric period agg.)

Metrorrhagia, in: bell., calc., con., led., lyc., phos., plat., rhus-t., thuj.

(metrorrhagia, hemorrhage; concomitant)

Cervix: [Ars](#), erod.

Menses: black. 2>14>5

Menses: black: pitch-like. 5>4>0

Menses: bright red. 1>14>3

Menses: coagulated. 28>1>1

Menses: coagulated: fetid. 3>4>0

Menses: coagulated: flesh, like lumps of. 0>2>0

Menses: dark. 4>30>8

Menses: odor: offensive. 2>12>7

MENSES: PREMATURE: BLACK. 0>1>0

Menses: premature: days: fourteen. 6>3>4

MENSES: PROFUSE: HEADACHE: SIDE, IN RIGHT, OF FOREHEAD AND SIDE OF HEAD, WITH SENSATION AS IF EYES WOULD BE FORCED OUT OF HEAD, WORSE RIGHT EYE, WITH. 0>1>0

Menses: scanty. 8>41>18

Menses: suppressed: headache. 0>2>0

MENSES: SUPPRESSED: HEMORRHAGE FROM LUNGS, WITH. 0>1>0

Uterus: cancer. 31>14>0

Uterus: hemorrhage. 17>43>23

UTERUS: HEMORRHAGE: CLIMACTERIC PERIOD: DURING, BRIGHT, CLOTTED, OFFENSIVE. 0>1>0

Uterus: os: open. 3>2>0

Uterus: physometra. 2>7>6

In Hering's Guiding Symptoms, Dr. Hering describes the Sanguinaria sensation as one of paralysis, a feeling of being immobilized while lying on one's back, with full consciousness of one's surroundings. This state is marked by weariness and indisposition to physical or mental effort. These individuals often report a loss of ambition, and reluctance to engage in any activity.

- *Mind, BUSINESS, incapacity for, fever, during*
- *Mind, BUSINESS, incapacity for*
- *Mind, RECOGNIZE, everything, cannot move, but, catalepsy, in*
- *Mind, HELPLESSNESS, paralyzed sensation, with*
- *Mind, HOLDING or being held, desire for, vibration in body, with nervous*

Sanguinaria individuals are sensitive, similar to Pulsatilla. They become furious with anger when insulted or offended, akin to Staphysagria. Minor triggers can induce neurological problems like twitching and jerking in them.

- *Mind, SENSITIVE, oversensitive, noise, to, slightest*
- *Mind, RAGE, insults, offences, after*
- *Mind, INDIGNATION, ailments form, agg., mental and emotional consequences*
- *Mind, ANGER, trifles, about*

At times, they experience as if everything around them is moving too fast.

- *Mind, DELUSIONS, imaginations, talking, rapidly, all around her are*
- *Mind, DELUSIONS, imaginations, motion, everything around him is moving*
- *Mind, DELUSIONS, imaginations, riding in a vehicle, moving and jarring*
- *Mind, DREAMS, time, lost sense of*

Sanguinaria individuals frequently experience distressing dreams involving the dissection of dead bodies and encounter with large snakes. They also dream of water-related themes, often feeling suffocated.

- *Mind, DREAMS, dead bodies, dissecting*
- *Mind, DREAMS, animals, of, snakes*
- *Mind, DREAMS, animals, of, snakes, befogged, by a large one*
- *Mind, DREAMS, journey, travelling, boat, by*
- *Mind, DREAMS, journey, travelling, sea, to*
- *Mind, DREAMS, journey, travelling, water, by*
- *Mind, DREAMS, suffocation, of*

Some rubrics from Phatak's Repertory:

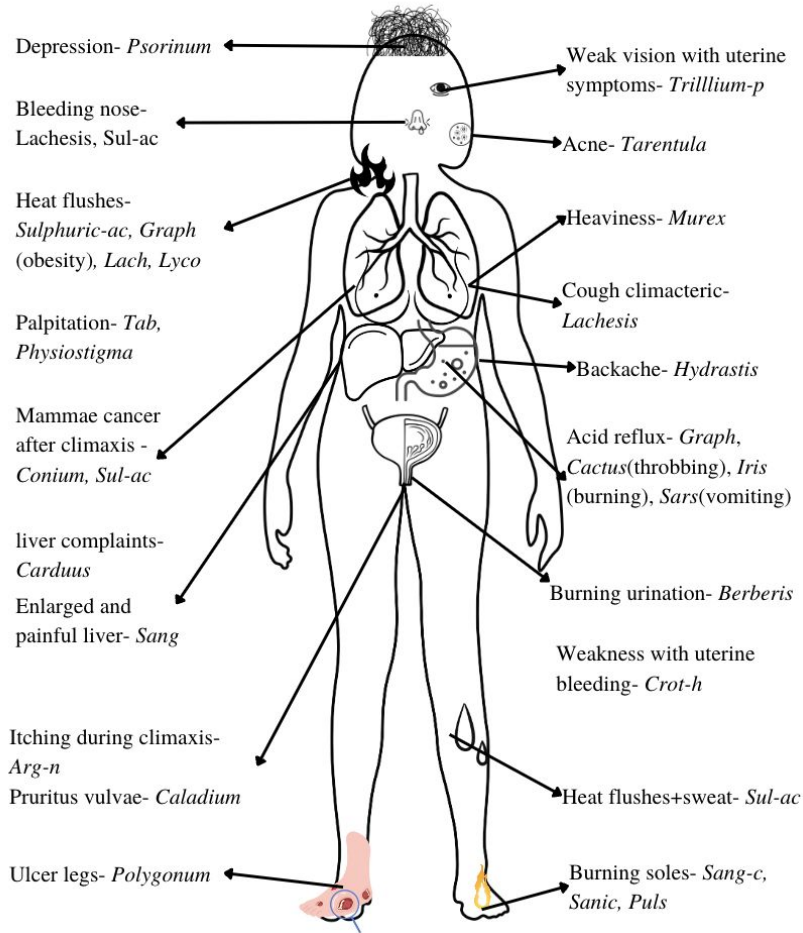
- *HEAD, eating, amel.*
 - *HEAD, flatus passing amel.*
 - *HEAD, going, food, without, agg.*
 - *HEAD, pressure, back, on amel.*
 - *HEAD, sleep, during, amel.*
-
- *SHOULDERS, right*
 - *SHOULDERS, night agg.*
 - *SHOULDERS, raising arm, agg.*
 - *SHOULDERS, joint*

In climacteric females with burning heat in their soles and palms, Sanguinaria may be relevant. Consider Sanguinaria for uterine polyps during this stage, especially when accompanied by hot flushes and pain in right nipple going to right shoulder.

- *PALMS, hot, burn, soles, and*
- *PALMS, hot, burn, climaxis, at*
- *MENSES, skin symptoms, with*
- *MAMMAE, swelled, climaxis, at*
- *MAMMAE, hypertrophy, climaxis, at*
- *HEAT, flushes, in, head, to, ache, with*

REMEDIES IN MAPS in CLIMAXIS

CLIMACTERIC CONCOMITANT



Never been well since menopause
 Sarcodes esp *oophorinum, Lachesis*

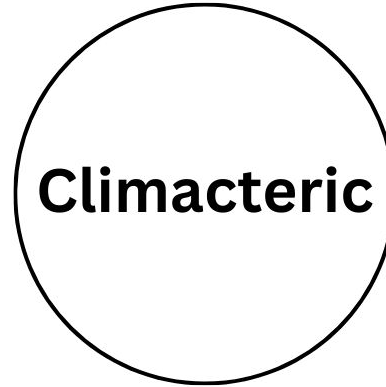
Zinc- feeling of constant anxiety, weeping, with climaxis, suppression of skin eruptions, chill alternate with head

Physostigma- loquacity + menopause

Lachesis- typical state

Sulphur- Psoric miasm

Psorinum- Weakness remaining, depression, pessimist, dryness, chilly, hunger increased



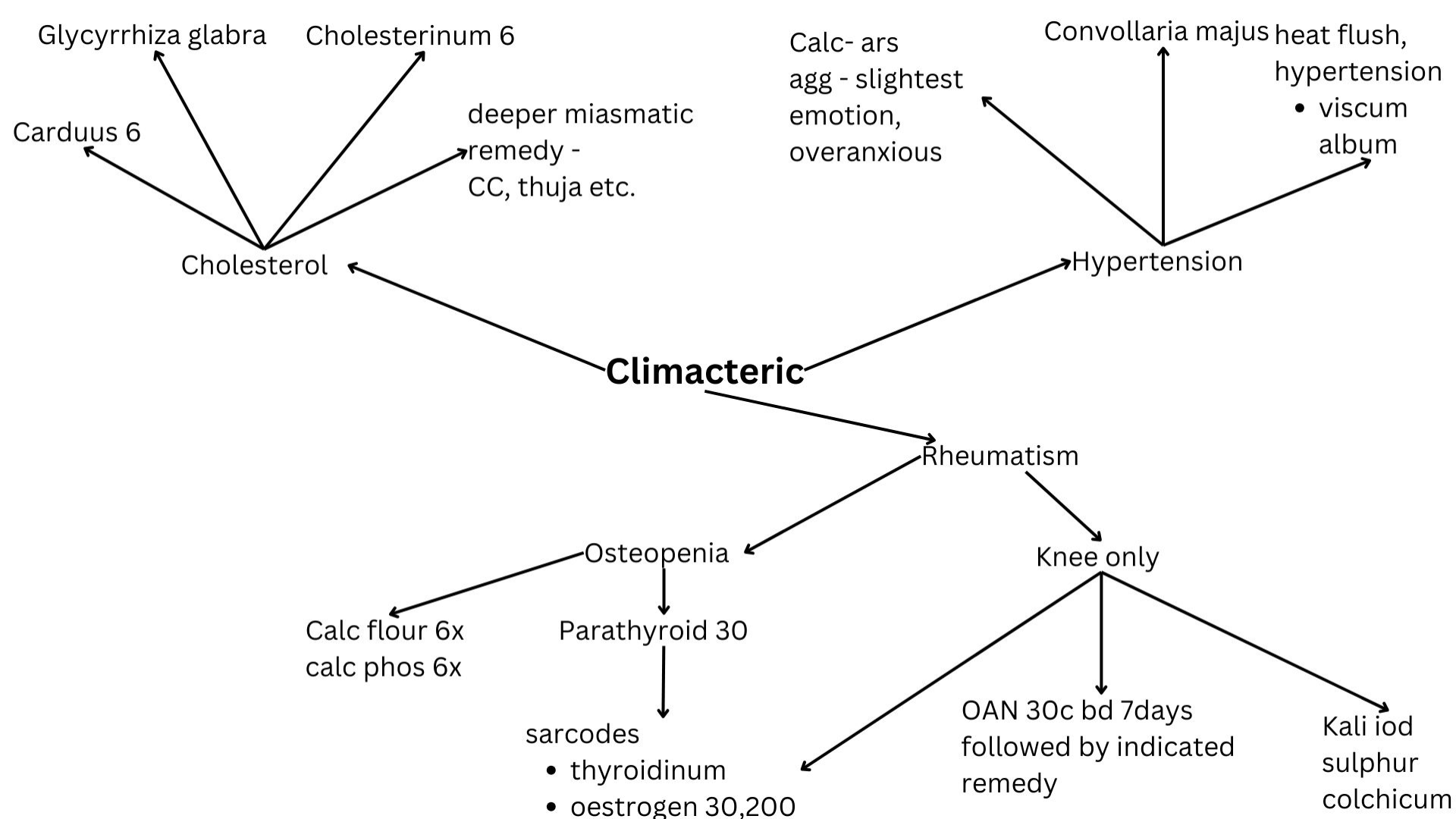
Sepia

Xanthoxyllum- cheated feeling, hot flushes causes headache

Androctonus- Anxiety, sweat, palpitations, amel walking, feels detached, isolation.

Theridion- hysteria, busy, restlessness, noise agg

Cimicifuga- suspicious, feeling of trapped, chilly, rheumatism



Thinning of hair in climaxis

Thallium met
30, 200
esp of
climaxis of
acute illness

Sepia- hairfall climaxis
(phatak)

Acids

- phos-ac
- flouric-ac

Sarcodes

- pituitary anterior
- oophorium
- thyroidinum
- testes

Antimiasmatic remedy

Sleeplessness/ Insomnia during climaxis

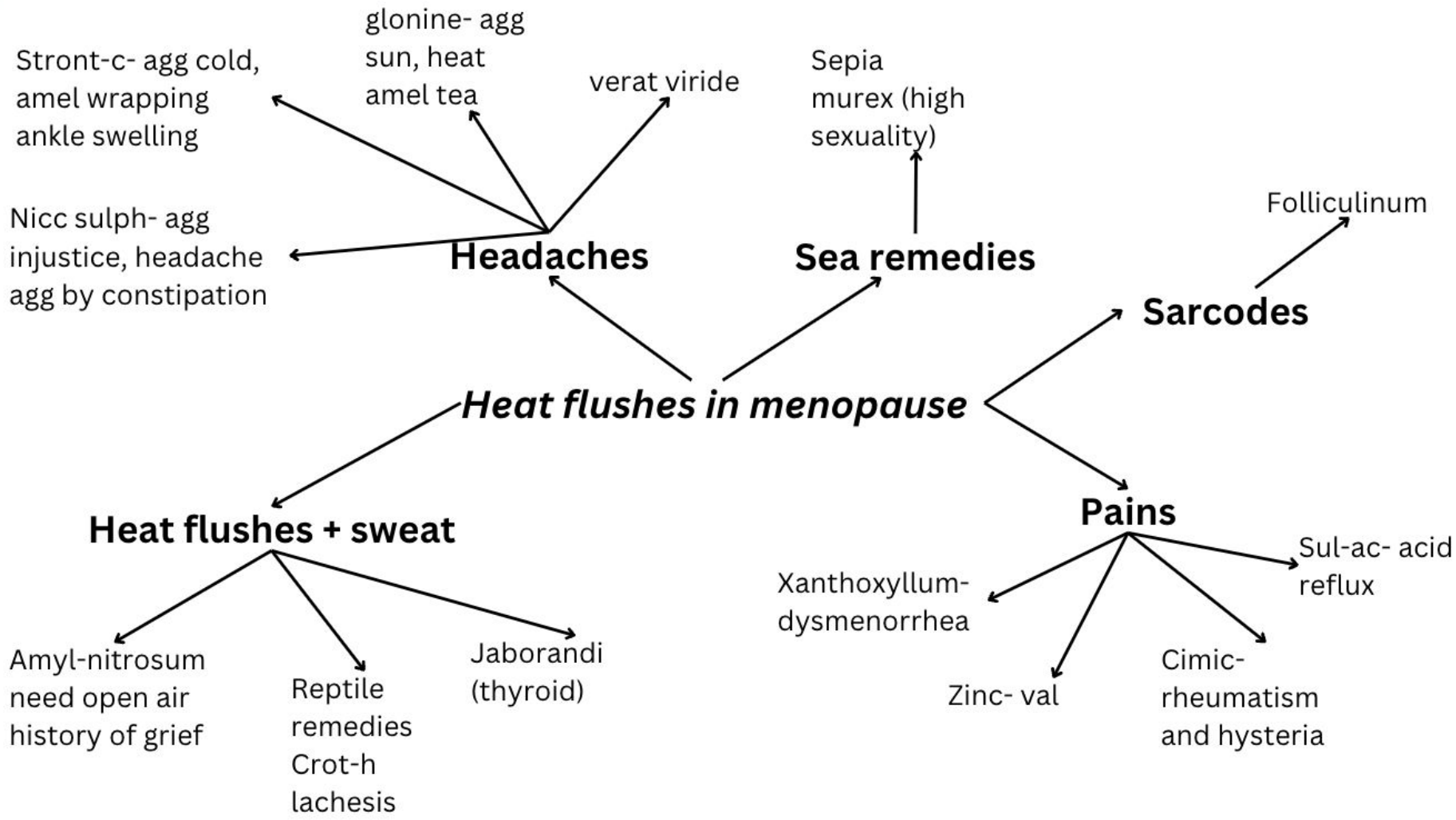
Piscidia
ailment form
cares and
worries

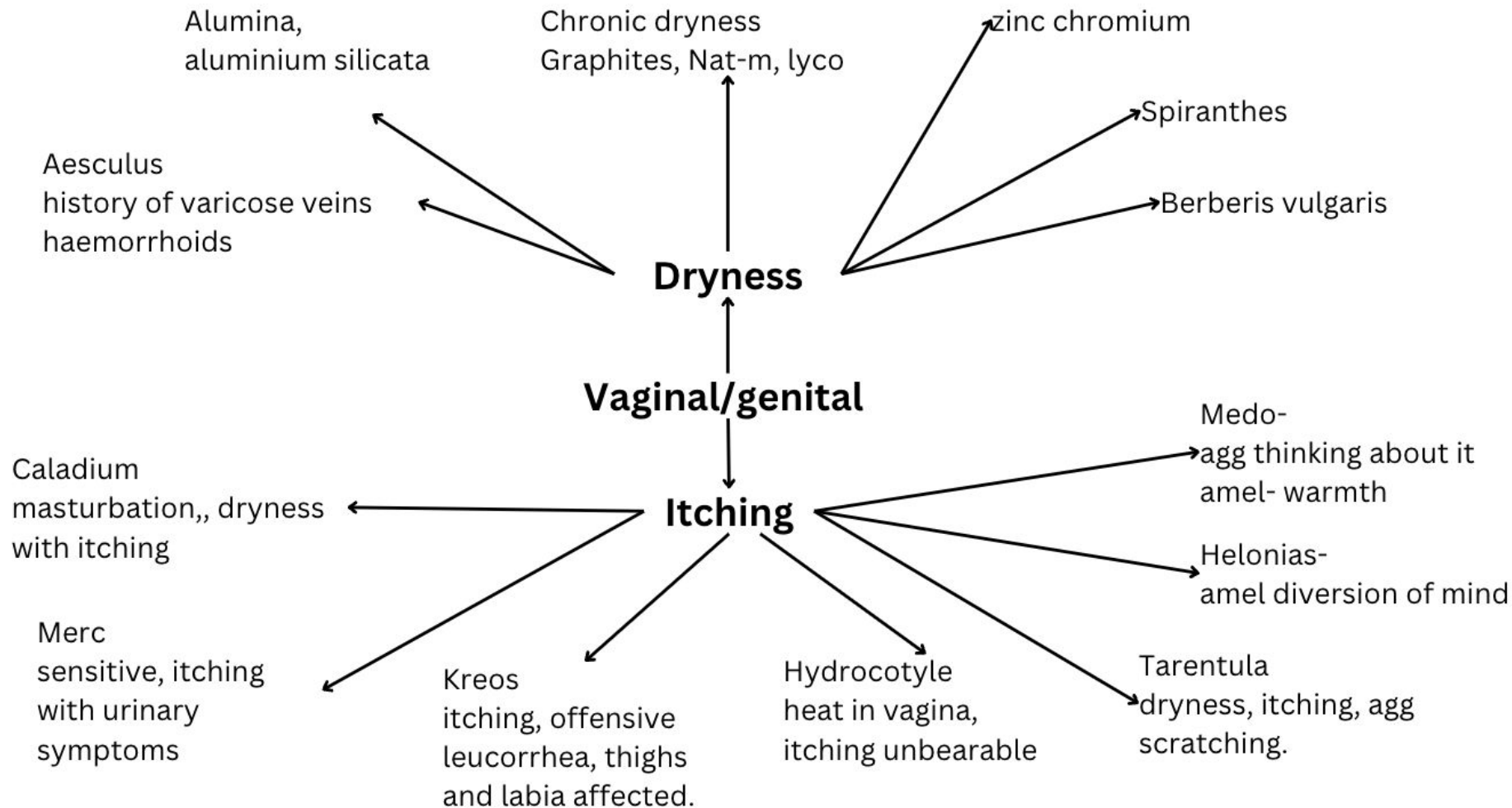
Senecio
history of uterine
pathology
backache

Common plynchrest
remedies
according to
indications
*coffea, bella, sulph,
sepia*

Valeriana
emotions constantly
changing

Sepia- hairfall climaxis
(phatak)





IMPORTANT SARCODES , NOSODES and OUT OF BOX remedies

Morgan pure in 30C potency



Morgan Pure

Is a BOWEL NOSODE of importance in women's health and is one of the lesser known gem especially in menopausal health issues.

Heat FLASHES with HOT Sensation all over the body

Eruptions, boils ++

CONGESTION is keynote of this remedy (it's a close complementary to SULPH)

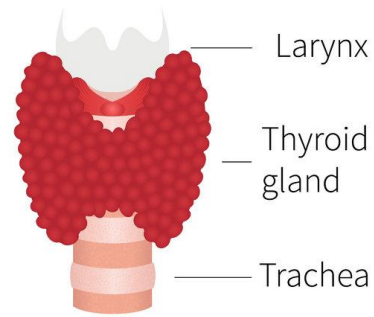
Clinical symptoms

- **Pruritus vulvae and vagina.**
- Boils vulva. Menorrhagia and metrorrhagia.
- Fibroids of uterus.
- **Leucorrhea, corrosive,** offensive, brown, green, yellow.
- Urethral caruncle.
- **Bartholinitis.**
- Pain on sexual intercourse.

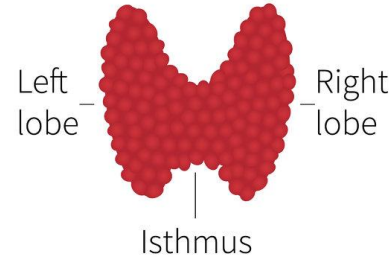
Constant feeling of BEING UNLOVED, FORSAKEN, ALONE

Thyroidinum

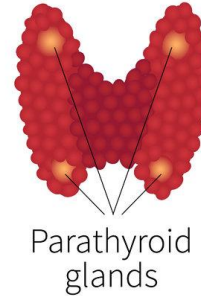
THYROID GLAND



FRONT VIEW



BACK VIEW



- Sudden obesity < climacteric (calc-ars, graph)
- Allergies and cardiac issues with menopause
- Chilliness - skin (psoriasis)
- < before menses
- Sudden feeling - regarding desire to kill

Lac equinum Horse milk



- **Mind:** delusion; duty; overdo, is compelled to
- **Mind:** delusion; neglected his duty, he has
- **Mind:** responsibility; takes on too much
- **Mind:** industriousness; mania for work
- **Mind:** obstinate; stubborn

Mind: delusion; hardship; life is

Mind: delusion; hard; everything is

Mind: delusion; fail; everything will

Mind: delusion; hindered

Mind: delusion; trapped, he is

Mind: delusion; contraction; constriction, everything is

Mind: delusion; running out of control, she is

Mind: delusion; sinking, he is; quicksand, in

Mind: handle things anymore, cannot; overwhelmed by stress

Mind: struggle; everything is a

Mind: loses possessions

Mind: frustration; child, in; bares her teeth, with

Mind: **frustration at unsuccessful or thwarted attempts**

efforts to accomplish her desires, in

in his/her ability to help family



shutterstock.com - 1920841268

Modalities ;Aggravations; climacteric (1) : lac-eq.

Hatherly Lacs Repertory > Mind

Mind ;Depression, loss of joy; climacteric during (1) : lac-eq.

Mind ;Sadness, despondency, dejection, mental depression, gloom, melancholy; climacteric, during (1) : lac-eq.

Menopause Depression



Feelings of hardship; difficulties; problems; confrontations; encounters and especially frustrations.

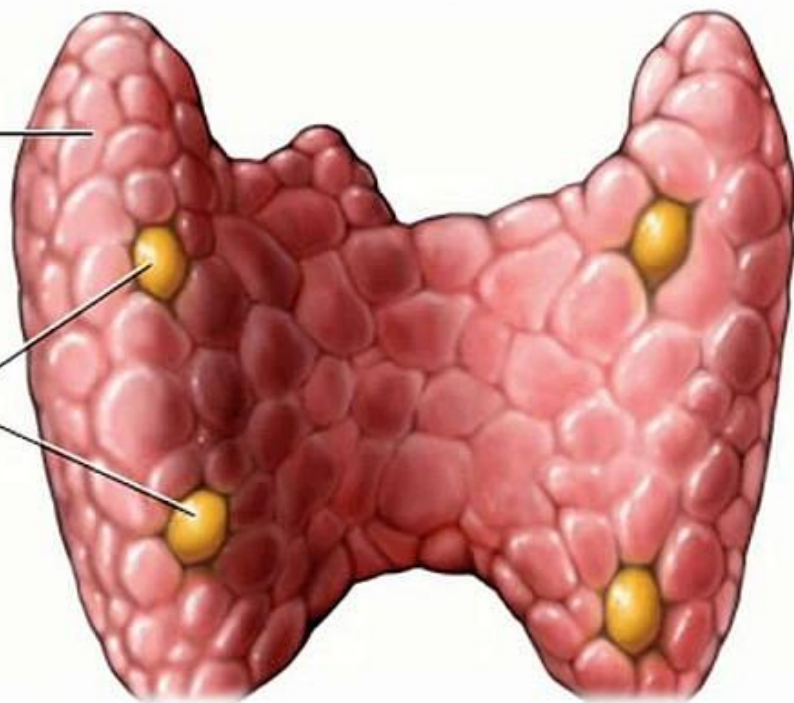
The will is strong but circumstances prevail against achievement of plans."



PARATHYROID HORMONE

Thyroid
gland

Parathyroid
glands



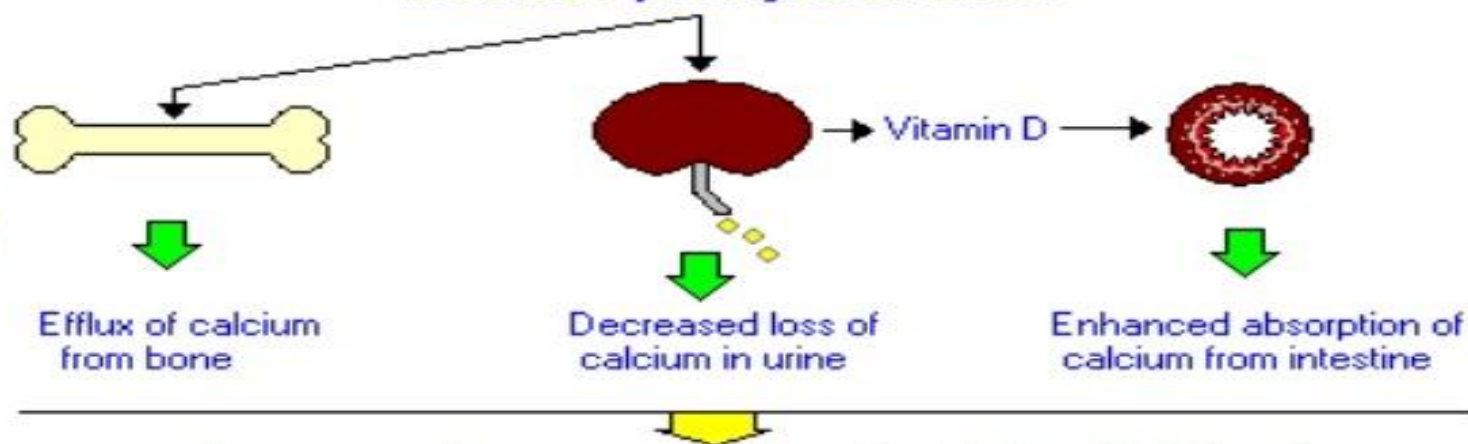
The major target end organs for parathyroid hormone (PTH) action are the kidneys, skeletal system, and intestine. This remedy is often used clinically Musculoskeletal System - causing calcification and Degeneration of Bones, Joints. Arthritis of the wrists, ankles, knees, hips. Demineralization of the bones. Osteoporosis. Diffuse pain in the bones, especially in the long bones. Paresis of the limbs. Walking painful, difficult, dragging, also in cases of Paget's disease.

Parathyroid hormone:

- Parathormone which is produced by the chief cells tends to increase the serum calcium level

Low concentration of calcium in blood

Release of parathyroid hormone



Increased concentration of calcium in blood

Even in cases like Osteogenesis imperfecta and Multiple Myeloma.

I have used it with good results in cases of recurrent renal calculus (especially in cases where Berberis, Calc fails)

Increase in the level of calcium in the urine with or without an increase of calcium in the blood. Calcium deposits in the kidney parenchyma. Calcium kidney stones. Polyuria and hematuria. Disorder of glomerular clearance and urea clearance.

TESTOSTERONE / TESTES

Testosterone. Male hormone.

Low levels of Testosterone can cause symptoms of fatigue, malaise, loss of sex drive, and loss of muscle tissue.

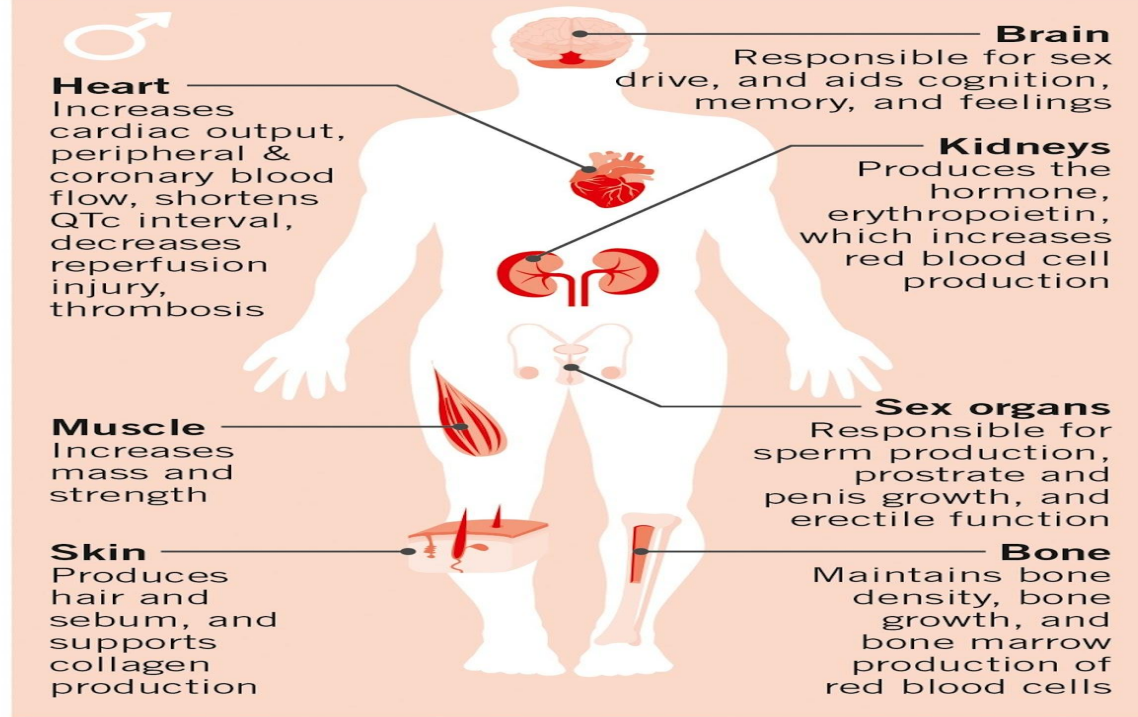
Clinically, Testosterone in both men and women include increased facial and body hair, oily skin or acne, male pattern baldness, water retention, joint stiffness, and soreness at the injection site.

A deepened or hoarsened voice, growth of the clitoris, and menstrual irregularities has been reported in women. The masculinizing side effects may be irreversible in women, even with short-term use.

At higher doses over longer periods, increased or decreased sex drive, mood swings, aggressive behavior, persistent painful erections, shrinking testicles, and breast growth have been reported in men. Long term use of high dose anabolics can damage the liver, causing jaundice, hepatitis, bleeding, or, possibly, cancer.

Testosterone Has Multiple Effects on the Body

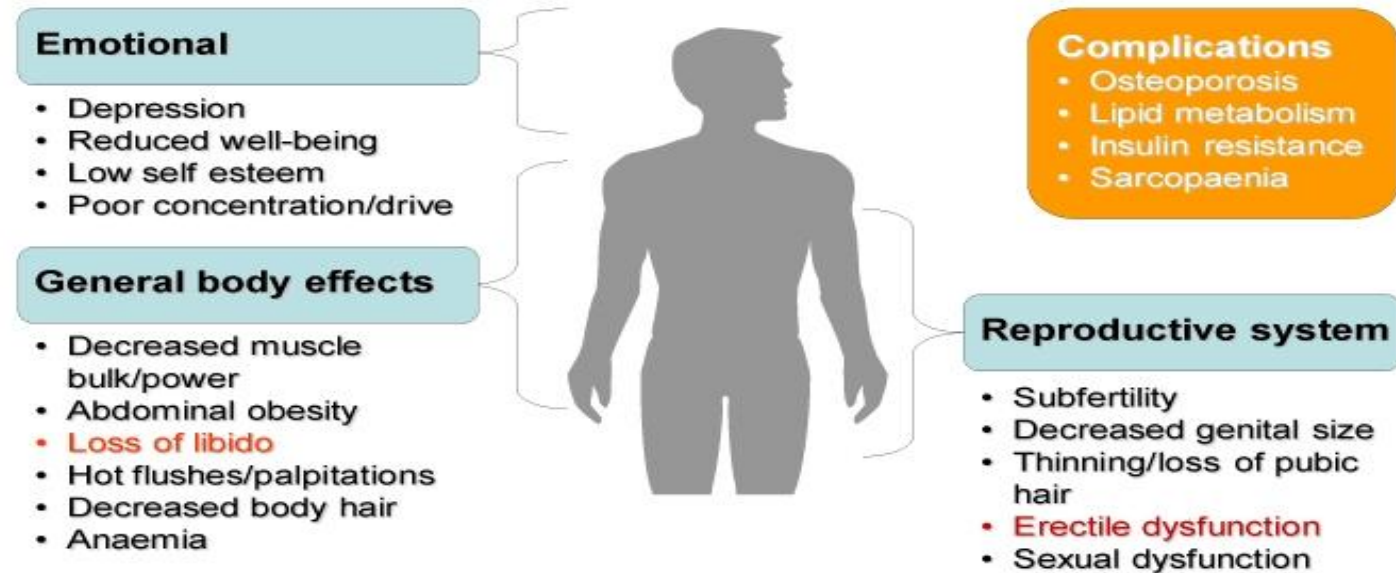
THE ROLE OF TESTOSTERONE IN THE BODY



Adapted from Kloner, R.A. et al. J Am Coll Cardiol. 2016; 67(5):545–57.

Testosterone affects the brain with stimulation of libido and aggression; muscle strength and mass; bone growth and density; sex organ growth, along with spermatogenesis and erectile function; kidney production of erythropoietin; and skin effects, including hair growth. T = testosterone.

Clinical picture of testosterone deficiency¹



Testosterone Function

Testosterone Roles



Effects of Testosterone



High Testosterone Levels

What is High Testosterone?

Levels higher than the range considered normal in each reproductive stage

Causes of High Testosterone

Adulthood

6 - 86 ng/ dL



Pregnancy

26 - 309 ng/ dL



Postmenopause

2 - 41 ng/dL

Natural Causes:

menstruation,
pregnancy, childbirth



Lifestyle Factors:

stress, alcohol use



Induced Causes:

medications (such as HRT)



Other Causes:

insulin resistance; adrenal gland,
thyroid, ovarian disorders

Symptoms and Signs of High Testosterone Level In Women



Menstrual abnormalities



Excess body hair



Acne



Changes in mood

Signs and Symptoms of High Testosterone

Physical Symptoms:

- Acne
- Voice changes
- Hirsutism
- Oily skin



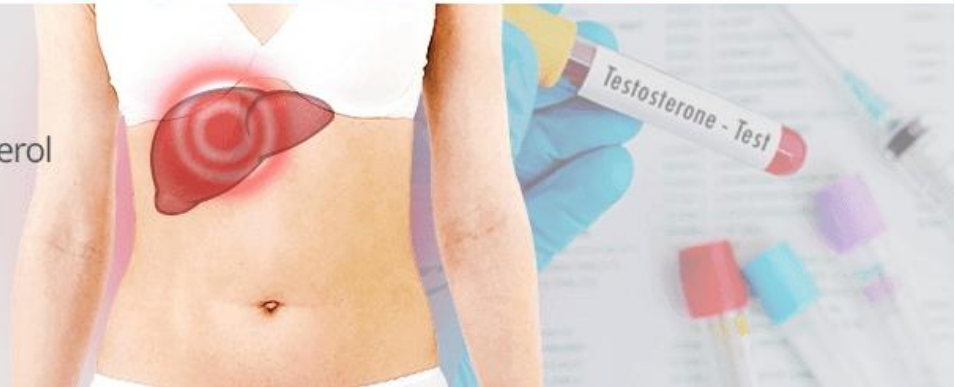
Psychological Symptoms:

- Depression
- Aggression
- Lack of well-being



Signs of High Testosterone:

- Lipoprotein profile: increased cholesterol
- Liver function tests: abnormal results
- ECG: irregular results
- Testosterone tests: high levels



Clinical Indications:

Hair loss

Reduced bone mass

Reduction in testicle size

Reduction in the amount of semen

Difficulty sleeping

Lowered sex drive

Reduced muscle mass

Breast soreness; gynecomastia; penile erections, frequent or continuing;
priapism; virilism (prepubertal males); benign prostatic hyperplasia;
epididymitis; testicular atrophy

Clinical Diseases for which Testosterone can be thought of:

Acne. Baldness. Bleeding. Cancer. Emaciation.

Fatigue. Hepatitis. Impotency. Jaundice.

Menstrual, disorders.

PROGESTERONE

PROGESTERONE

Progesterone is an endogenous steroid and progestogen sex hormone involved in the menstrual cycle, pregnancy, and embryogenesis of humans and other species. It belongs to a group of steroid hormones called the progestogens, and is the major progestogen in the body.

Progesterone tends to promote vaginal dryness by counteracting the effect on lubrication of estrogens, and it can also decrease the amount of menstruation or block it entirely by reversing estrogen effect on the growth of the uterine lining,

.

Progestogens can cause some medical conditions to worsen examples are asthma, heart failure, epilepsy and migraine headache. Natural progesterone tends to have fewer side effects.

Progesterone Function: Roles & Effects

Progesterone Role



Progesterone Effects

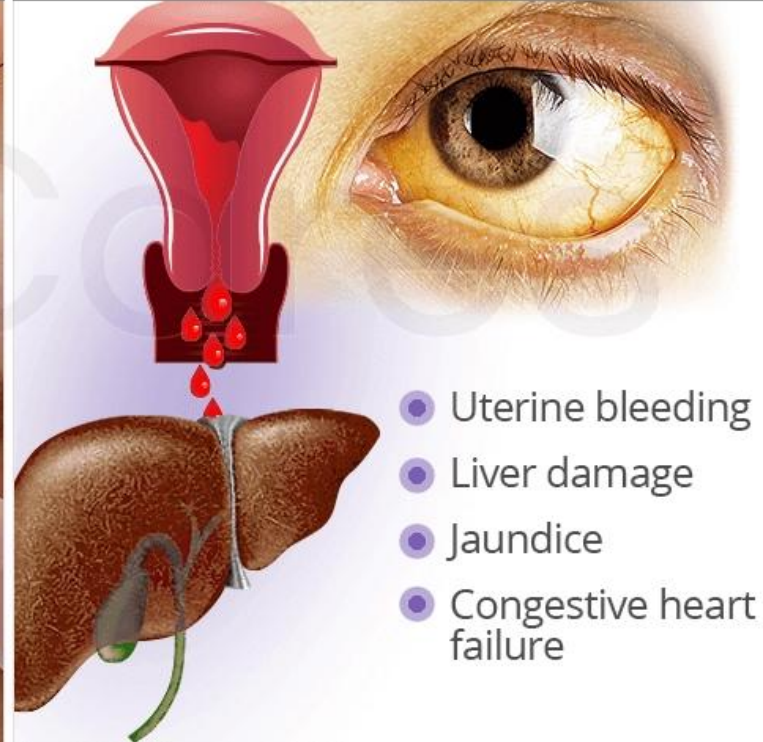


Side Effects of Progesterone Replacement Therapy

Common Side Effects

- 
- Breast tenderness
 - Headaches & dizziness
 - Bloating
 - Weight gain
 - Drowsiness
 - Decreased libido

Risks of Long-Term Use



Progesterone can cause blood clots, particularly in the legs, irregular vaginal bleeding, breast tenderness, liver disease, painful swelling of the abdomen, bloating, nausea, constipation, increased appetite and weight gain.

Also in Headache, Insomnia, Hot flashes, Profuse sweat, acne, unwanted hair growth, tiredness, irritability, loss of concentration, depression, anxiety, moodiness, and overly emotional.

State of Mind:

Loss of concentration, foggy thinking. Inability to make decisions. Inability to handle even the smallest amount of stress. Anxiety, irritability. Anger. Anti-social. Panic attacks. Very emotional, feeling overwhelmed. Mood changes. Severe depression. Feeling of despair and hopelessness. Uncontrollable crying, immense sadness. Suicidal depression. Psychotic. Delusion, feel like they are in another's body.

Low levels of progesterone also affects our mood and cause us to feel irritable, angry (raging or maybe that's just me!)

Progesterone may cause dizziness, lightheadedness, and fainting when one get up too quickly from a lying position.

Progesterone can cause weight loss or weight gain.

Clinical Indications:

Weight gain

Decreased sex drive, mood swings, and depression

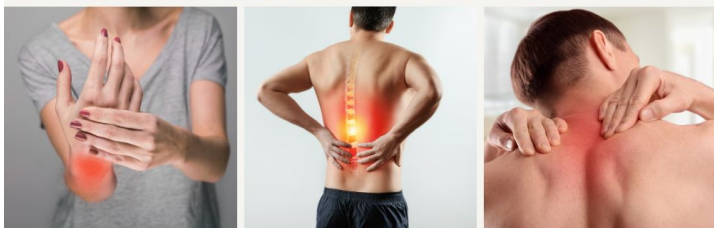
PMS, irregular menstrual cycle, heavy bleeding

Breast tenderness, fibrocystic breasts

Fibroids

Gallbladder problems

Join us on 7th march, 24



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