

Homeopathic therapy of climacteric syndrome

E.V. Zhidkova¹, V.A. Linde², HER. Lesiovskaya³

(¹SPbGMA them. I.I. Mechnikov. St. Petersburg, ²FGU "Rostov Scientific - Research Institute of Obstetrics and Pediatrics ", Rostov-on-Don, ³FGUN Institute of Toxicology FMBA, St. Petersburg)

Homeopathic therapy of menopausal syndrome (literature review)

EVZhidkova¹, VALinde², EELesionovskaya³

IIMechnikov SPbSMA (Saint-Petersburg, Russia),

²FSI "Rostov scientific-research institute of obsterics and gynecology" (Rostov-on-Don, Russia),

³FSIS Institute of toxicology FMBA (Saint-Petersburg, Russia)

SUMMARY

In the modern literature, in the treatment of menopausal disorders, emphasis is placed on hormone replacement therapy (HRT). But there is no unambiguous attitude to HRT due to the presence of contraindications, side effects, the required range of examinations and the high cost of hormonal drugs. Therefore, at present, there is a tendency to search for the safest methods of treating menopausal disorders. Homeotherapy can become such a method.

At the moment in the literature there is information about a number of homeopathic monopreparations, such as: Lachesis, Sanguinaria, Sepia, Actea racemosa (cimicifuga), Ignatia, Chamomilla, Hydrastis, Acidum phosphoricum, Belladonna, Glonoinum and others, which can be used for the symptomatic treatment of some menopause disorders. They also often use pre-prepared complex homeopathic preparations: Remens, EDAS-101, Klimakt-Heel, Klimaksan.

Key words: climacteric syndrome, hormonal replacement therapy, homeopathic therapy.

RESUME

Menopausal syndrome is mainly treated by hormone replacement therapy (HRT) according to literature data. However, HRT has contra-indications, side effects, requires a spectrum of clinical investigations, besides hormonal therapy is expensive. Existing situation forms a tendency of search for most safe therapeutic methods for therapy of menopausal syndrome. Homeopathic therapy can be a method of choice.

Literature review presents information about homeopathic monopreparations as: Lachesis, Sanguinaria, Sepia, Actea racemosa (cimicifuga), Ignatia, Chamomilla, Hydrastis, Acidum phosphoricum, Belladonna, Glonoinum, etc. which could be used for certain symptomatic treatment of certain menopausal disorders as well as complex homeopathic preparations: Remens, EDAS-101, Klimakt-Heel, Klimaksan.

Keywords: menopausal syndrome, hormone therapy, homeopathic therapy.

Menopause (from the Greek "klimakter" - a rung of the ladder) is a physiological period in a woman's life, characterized by a restructuring of the biological rhythm of the functioning of the central divisions of the body's regulation, and first of all, the central links of the endocrine regulation of the reproductive system. This restructuring manifests itself in the termination of reproductive and then menstrual functions of the body [13, 14]. It is believed that the physiological climacteric period can be talked about after 45 years. Menopause that occurs between the ages of 40 and 44 is called early menopause. Menopause between the ages of 36 and 39 is premature [2, 13, 14].

The factor initiating this restructuring is the gradual depletion of the ovarian follicular apparatus. As a result, the ovaries cease to adequately respond to the ever-increasing stimulation from the pituitary gland, and, first of all, to an increase in their FSH secretion. As a result, there is a transition of the endocrine system from a cyclic rhythm to a monophasic one [13].

Such a significant restructuring of the functioning of almost the entire organism is quite often accompanied by a deviation from the normal functioning of various organs and systems. These deviations are combined into the concept of "climacteric syndrome" (CS) [11, 12]. According to the literature, climacteric syndrome is observed in 26–48% of women [2, 13, 14]. The etiopathogenesis of CS is not fully understood. In all likelihood, almost any destabilizing factor, from hereditary predisposition and constitutional features to psycho-emotional background, can cause a deviation from the physiological course of the synchronized restructuring of the body's regulatory systems that occurs during this period [13, 14].

The climacteric syndrome is manifested by three groups of symptoms:

I. Somatovegetative (hot flashes, increased sweating, chills, heart palpitations, dizziness);

II. Psychoemotional (irritability, tearfulness, depression, inattention, decreased libido, etc.);

III. Endocrine metabolic (dysfunction of the thyroid gland, obesity, dysfunctional uterine bleeding, osteoporosis) [14].

In the modern literature, in the treatment of menopausal disorders, emphasis is placed on hormone replacement therapy (HRT). Although there is no unequivocal attitude towards hormone therapy, both among doctors and among women in the perimenopausal age. The reasons for this ambiguous attitude towards HRT are the presence of contraindications, side effects, the required range of examinations and the high cost of hormonal drugs. Therefore, at present, there is a tendency to search for the safest methods of treating menopausal disorders [3, 10, 11, 12]. Homeotherapy can become such a method. An increasing number of researchers in our country and abroad are beginning to consider homeopathy as part of a single therapeutic system [1, 5, 9], although more recently homeopathy

considered as an unconventional or alternative direction in medicine [11, 12].

The decision adopted by the Board and the Bureau of the Academic Council of the Ministry of Health and the Ministry of Health of the Russian Federation (Protocol No. 26 of December 27, 1994) on the authorization of the use of homeopathy in the state health care system allows us to hope for the successful integration of homeopathy into the structure of medical care for women with menopausal disorders, especially since in other areas of medicine, the use of homeopathy as one of the types or components of prevention and therapy is gaining more and more supporters [9, 11].

It is important to emphasize that according to the order of the Ministry of Health of the Russian Federation MP # 335 dated November 29, 1995 "On the use of the method of homeopathy in practical health care", homeopathy is considered as a method of treatment used along with other methods of treatment by doctors of various specialties who have received special training in the field of homeopathy.

Homeopathy is a method of treatment based on two basic principles: 1) the principle of similarity - "like is treated by like"; and 2) using specially prepared minimum doses of starting materials [5, 6, 15, 17].

Modern homeopathic medicine is not homogeneous. Within its framework, there are various schools and directions. Unitarians or orthodox homeopaths believe that only one carefully selected homeopathic remedy can be prescribed per patient. The majority of American and French homeopaths are Unitarians; in our country, the main part of the Moscow homeopathic school adheres to this direction. Pluralists view the selection of one homeopathic remedy as an ideal to strive for in each case, but which is extremely rarely attainable. Therefore, more often than not, you have to use several homeopathic remedies. In such cases, it is customary to alternate their reception with each other. Pluralists try to avoid the simultaneous administration of herbal preparations prepared from plants of the same family, preparations of animal origin and chemical elements and compounds belonging to the same group (metals; acids; preparations containing halogens, etc.). In addition, there are special tables of compatibility of various homeopathic medicines. Most of the members of the St. Petersburg Homeopathic Association are pluralists. Complexists prefer to create combined homeopathic preparations containing several simple dosage forms at the same time [9, 11, 15, 18].

Homeopaths attach great importance to the preparation of minimal doses of drugs called dilutions or potencies.

The world uses mainly two scales of dilutions - decimal and centesimal. In France, England and the United States, they prefer to use the centesimal scale, in Germany - the decimal one. In our country, both breeding scales are widely used.

When using the decimal scale, one part of the substance is mixed with nine parts of the solvent - this is the first decimal dilution, denoted x1

(abroad D1). To prepare the second decimal dilution (x2), nine parts of the solvent are added to one part of the first decimal dilution obtained, etc.

When using the centesimal scale of dilutions, one part of the substance is mixed with 99 parts of the solvent - this is the first centesimal dilution, denoted simply 1 (abroad CH1 or C1). If one part of the resulting preparation is mixed again with 99 parts of the solvent, you get the second centesimal dilution (2), etc. [15]

The more the original substance in the preparation and, accordingly, the smaller the figure indicating the number of consecutive dilutions, the lower this dilution is considered, and vice versa. Herbal products are prescribed, other things being equal, in lower dilutions than animal products and inorganic substances. In the acute course and at the onset of the disease, lower dilutions are effective than in chronic processes. The higher the level of regulation of the body (peripheral organs and tissues, peripheral parts of the autonomic nervous system and peripheral endocrine glands, pituitary gland, hypothalamic structures, cerebral cortex, etc.), which is desirable to influence, the higher the dilution should be [1, 16, 19].

The frequency of drug administration depends on the severity and duration of the disease. In the acute period, drugs are often prescribed (for example, every 2 hours), in the chronic process - rarely (for example, 1-2 times a day or every other day). "Supportive" therapy or preventive medications are usually prescribed 1-2 times a week or less. It is advisable to prescribe the drugs on an empty stomach, i.e. so that within 30 min. before and after taking the medicine, the patient refrained from eating. During treatment, it is advisable to exclude strong coffee, tea, pickles, pickles, smoked meats, etc. from the patient's diet. [15]

At the moment, the literature contains information about a number of homeopathic medicines, such as: *Lachesis*, *Sanguinaria*, *Sepia*, *Actea racemosa* (*cimicifuga*), *Ignatia*, which can be used for the symptomatic treatment of some menopausal disorders [3, 11].

There are other homeopathic preparations that can also be successfully used in the treatment of climacteric syndrome: *Chamomilla*, *Hydrastis*, *Acidum phosphoricum*, *Belladonna*, *Glonoinum* and others [4, 8, 11].

Actea racemosa (*cimicifuga*; *Raven racemose* or *Black cohosh racemose*). A drug that specifically acts on the nervous system in case of various disorders of its activity against the background of violations of hormonal regulation of the genital area. A.A. Krylov et al. note that this drug is especially useful for girls and women during periods of hormonal changes. *Actea* is used for climacteric, prenatal and postpartum psychosis [3]. *Actea racemosa* is indicated for irritability, restlessness, depression, left-sided pains, especially in the region of the heart, a feeling of heaviness in the stomach and the headache characteristic of this drug (in the region of the eyeballs). Copies arthralgia and myalgia. According to L.I. Caplun, *Actea racemosa* 3 has an ovulation stimulating effect.

Aristolochia clematitis (*clematitis kirkazon*). The drug acts inmainly on the female reproductive system, normalizing the hypothalamic-pituitary-ovarian relationship [4, 8]. *Aristolochia* is characterized by an effect on emotionally unstable, tearful and touchy women who have lost faith in themselves [8].

Glonoinum - indications for use are distinct nervousdisorders. Expressed fatigue, no desire to work; extreme irritability; easily agitated at the slightest objection, resulting in a rush of blood to the head. An excellent remedy for climacteric disorders. Hot flushes with a feeling of heat throughout the body, dizziness, pulsation and tinnitus, pain in the region of the heart [4, 7, 8].

Lachesis (lancet-headed keffiyeh venom) is one of the most commonly consumeddrugs for CS [11]. "An excellent remedy for hot flashes to the face, for burning back pain and other sufferings inherent in menopause" [8]. Anxiety, anxiety with menopause. It can be used not only for treatment, but also for the prevention of CS.

Lilium tigrinum (tiger lily or Chinese lily). Indications for use:with various climacteric disorders in women of the corresponding constitutional type [11]. *Lilium tigrinum* women are anxious to save their souls, and when they try to console, the condition worsens. Deep depression. Constant tearfulness. The tendency to swear, quarrel [4, 8].

Sanguinaria is indicated for migraine headaches.character, dizziness and cardiovascular disorders, meno- and metrorrhagia, especially in the menopause, accompanied by hot flashes to the face. A depressive state and a tendency to loneliness are characteristic [4, 5, 8].

Sepia (cuttlefish) - a drug specifically acting on the centralthe nervous system and the female reproductive system [11]. A *Sepia* woman is characterized not so much by a quick change in mood as by a slight onset of a depressive state. *Sepia* is indicated for hot flashes, excessive sweating, headache and feeling fatigued in the morning [7].

Veratrum viride (green cheremita). The indications for the appointment are "Hot flashes", accompanied by a headache, as it were, rising from the neck, with predominant localization in the left half with a feeling of heaviness and fullness in the head, increased sensitivity to touch and drowsiness [7].

Ignatia (Chinese beans or chilibuha bitter) is the main remedy for corticosteroids.diencephalic regulation, the leading agent in the treatment of psychosomatic disorders [4, 7, 17]. The main thing for women of the *Ignatia* type is the inability to survive, to endure certain life difficulties that arise, as a rule, through no fault of their own. A.V. Vysochansky believes that *Ignatia* is more suitable for polite, educated, stoic women who are naturally impressionable, sensitive and vulnerable, but at the same time strive to be strong, deny that they have any problems and often demonstrate masculine traits in their behavior. Such women try to hide their grief, not

they like to be consoled, although they can colorfully, frankly and in detail tell the doctor about their current state. They are prone to hysterical reactions (for example, a hysterical "ball in the throat").

In practice, obstetricians-gynecologists most often use pre-prepared complex homeopathic preparations corresponding to various pathological conditions [11]:

- Climaktoplan (German Homeopathic Union) - cimicifuga, sepia, lachesis, ignation, sanguinaria;
- Remens ("Bittner", Austria) - cimicifuga, sanguinaria, aristolochia, sepia, lachesis;
- EDAS-101 ("EDAS", Russia) - cimicifuga, ignation, lachesis, sepia;
- Klimakt-Heel ("Heel", Germany) - sanguinaria, sepia, sulfur, ignation, zedron, stannum, lachesis;
- Climaksan ("Materia Medica", Russia) - cimicifuga, lachesis, apis. According to Tatevosyan A.G. (2000), as a result of the treatment with the complex homeopathic drug "Climaktoplan" (cimicifuga, sepia, lachesis, ignation, sanguinaria), all three indicators of the modified menopausal index significantly decreased. Decreased autonomic disorders, pain syndrome and sleep disturbances. Emotional disturbances did not change, but there was some improvement in the quality of life [14].

Steblyukova I.A. (1999), Kustarov V.N. et al. (2000) report a good therapeutic effect of the complex homeopathic remedy "Remens" (cimicifuga, sanguinaria, aristolochia, sepia, lachesis). As a result of therapy, a decrease in symptoms such as tearfulness, depressive states, internal tension, irritability was noted. In addition, there was a tendency to a decrease in gonadotropins, some normalization of the LH / FSH index [10].

Literature

1. Alexandrov A.F., Vavilova N.M., Korsakova L.S. On the application homeopathic medicines in different dilutions // Materials of the I scientific and practical homeopathic conference. - Rostov-on-Don, 1991. - pp. 23–33.
2. Balan V.E. Epidemiology of climacteric syndrome // Midwives. gin. - 1995. - No. 3. - S. 5-9.
3. Balan V.E., Kovaleva L.A. Efficiency improvement opportunities therapy of climacteric syndrome with a drug of a special extract of cimicifuga // Problems of reproduction. - 2009. - No. 5. - S. 70–73.
4. Berick V. Materia Medica of homeopathic preparations / Per. from English - M.: Homeopathic medicine, 1998. - 688 p.
5. Vanier L. Course of clinical homeopathy / Per. with fr. - Smolensk: Homeopathic medicine, 2000. -- 447 p.
6. Hahnemann S. Organon of medical art / Per. from English ed. A.V. Vysochansky. - 6th ed. - M.: Similia, 1998.
7. Kent J. Repertory of homeopathic medicines: Russian edition / Ed. E.Yu. Owl. - Novosibirsk: Trina, 1995.
8. Kent J. Materia Medica: In 2 volumes - M.: OLLO, 1999.

9. Krylov A.A., Pesonina S.P., Krylova G.S. Introduction to Homeopathy. - SPb.: Polytechnic, 1992. -- 152 p.
10. Kustarov V.N., Linde V.A., Chudanov S.V. About clinical application the drug "Remens" in women with climacteric syndrome / Sat. articles of the VI scientific-practical conference "Modern methods of diagnosis and treatment of diseases." - Dushanbe: TIPPK, 2000 - pp. 280-282.
11. Linde V.A. A guide to homeopathic therapy for obstetric and gynecological pathology. - SPb.: "Center for Homeopathy", 2004. - 432 p.
12. Mineev V.N. Menopausal syndrome is an internal medicine problem. Alternative approaches to the treatment of menopausal disorders // New St. Petersburg Medical Bulletins - 2005. - №2. - S. 49-56.
13. Repina M.A. Hormone replacement therapy in questions and answers. - M.: "MEDpress-inform", 2005. - 96 p.
14. Guide to menopause / Ed. V.P. Smetnik, V.I. Kulakov. - M.: MIA, 2001. -- 685 p.
15. Shankaran R. Spirit of homeopathy / Per. from English - M.: Irma, 1997.
16. Geller SE, Studee L. Contemporary alternatives to plant estrogens for menopause. Maturitas 2006; 55: Suppl 1: 3-13.
17. Watson I. A Guide to the Methodologies of Homeopathy. - Cutting Edge Publ. - 1999.
18. Sankaran R. Sistem of Homeopathy. - Mumbai, 1999.
19. Sankaran R. An insight into plants. - 2 vol. - Mumbai, 2002.

Author's address

Zhidkova E.V., post-graduate student of the department. Obstetrics, Gynecology and Perinatology Academy named after I.I. Mechnikov (St. Petersburg).
katezh@list.ru

Zhidkova, E.V. Homeopathic therapy of climacteric syndrome / E.V. Zhidkova, V.A. Linde, E.E. Lesiovskaya // Traditional medicine. - 2012. - No. 2 (29). - S.21-25.

[To favorites](#)