

Homoeopathic management in Gynecological disorders

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Homeopathy for Women's Health: Homeopathy can offer good health to women in all stages of their lives from infancy through old age. It is beneficial for the full range of emotional, mental and physical problems that a woman is likely to experience, and can help her through the transitional and developmental milestones of her life. During the teen years homeopathy can help with the hormonal changes of puberty and the acne that often appears at this time, but primarily it can assist with the emotional upheavals, which frequently occur as little girls make the transition to womanhood. Later in life when a woman gets pregnant, or has a hard time conceiving (homeopathy can help with problems of infertility), it can assist with difficulties frequently encountered, such as morning sickness and depression. By treating the mother during pregnancy and making her as healthy as she can be, we can insure that the baby will be born healthy and free of inherited diseases. By treating throughout pregnancy, we also assist the mother to go through childbirth safely and joyfully.

The homeopathic healing art is beneficial in helping women overcome the effects of hormonal shocks to the system, which can occur after a difficult birth, abortion, hysterectomy, and the use of birth control pills. Sepia, a remedy made from the inky juice of the Cuttlefish is a commonly prescribed remedy for women who have lost their spunk after a hormonal shock. Just as the Cuttlefish spreads an inky cloud around itself, so the woman needing Sepia envelops herself in a cloud of gloom. She feels emotionally flat, and has an inability to express love or display affection to her husband and children. She loses her sex drive and wants to be left alone; feeling too tired to cope with housework, and from weakness resents any demands on her time and energies.

This therapeutic science is extremely beneficial to women during menopause. Remedies such as Lachesis are able to help women pass through this transition with relative ease. As the remedies initiate healing process symptoms such as hot flashes, insomnia, lack of energy, weepiness, and anxiety begin to gradually disappear in such a subtle fashion that the person is unaware of how they passed.

Homeopathy for Women's Health:

Homeopathy can be used to treat many common physical and emotional symptoms associated with menstrual cycles, hormone imbalances, and pre-menstrual syndrome. Because of its emphasis on treating the whole patient on a physical, mental, and emotional level, it is ideally suited for treating the wide range of possible symptoms associated with the menstrual cycle. Because homeopathic remedies work by stimulating the body's healing system to regain a sense of balance, problems involving hormonal imbalances respond well to homeopathic treatment.

Benefits of homeopathic treatment for women:

Homeopathic remedies are completely non-toxic and without side-effects. Hence, they can safely be ingested during pregnancy when other types of medicines cannot be freely prescribed.

Further, when the mother is homeopathically treated during pregnancy, the foetus is also being treated. Since treatment is constitutional and not symptomatic, both mother and child will be healthier, ensuring an easier pregnancy and delivery.

Ideally, both parents should be treated before the baby is conceived as remedies act very deeply, right

down to the genetic level. For example, a woman who has two children with cleft lips will be able to have a third normal child if given the correct homeopathic treatment before conceiving the child.

Regarding post-partum depression, much misery can be alleviated by homeopathic treatment; remedies work quickly and effectively in such cases.

Homeopathy offers a safe and effective solution to the uncomfortable symptoms of menopause compared to HRT which has been found to cause many side effects ranging from nausea and varicose veins to strokes and cancer.

Many women suffer from hormonal imbalance. Homeopathy is able to correct this imbalance and bring out the positive aspects of the personality. Further, many women suffer from low self-esteem in our male dominant world. Homeopathic treatment strengthens the life force and enables the woman to have a stronger sense of self. The patient becomes more stable emotionally, more confident and independent. In many cases, there can be a dramatic change for the better.

2. What conditions can be treated? Almost any affliction! Many examples are listed under categories below. The rest of this page will highlight several conditions through remedy descriptions.

Physical – anaemia, chloasma (skin pigmentation), chronic fatigue, constipation, cystitis, genital warts, gestational diabetes, growths, hemorrhage, herpes, hot flashes, IBS, incontinence, insufficient breast milk, mastitis, morning sickness, osteoporosis, piles, PMS, poor libido, prolapse, recovery from surgery, tendency to miscarriage, thrush, thyroid imbalance, vaginal infections, varicose veins.

Emotional – anger, disappointed love, fright, guilt, grief, irritability, mood swings, post-traumatic stress disorder (eg after sexual abuse), weepiness.

Mental – anxiety, depression, eating disorders, fears eg of flying, having a deformed baby, low confidence, obsessive-compulsive behaviour, pessimism, post-partum depression, sleep disturbances, stagefright, timidity.

3. Menstrual difficulties-

***Pulsatilla*:** Pulsatilla has a special affinity for the reproductive system of both sexes. In the woman, all kinds of menstrual difficulties ranging from missed periods to excessive and painful bleeding can be treated with Pulsatilla. The Pulsatilla woman is emotional, timid and dependent with changeable moods. She is warm-blooded and likes the open air. She may crave or be averse to fats and is generally thirstless.

Sepia

This is one of the most important uterine remedies. Sepia has a bearing down sensation in the pelvis; her menses may be late and scanty, or early and profuse. She is often worn out by domestic duties but is stimulated by strenuous exercise. Sepia is chilly and irritable, craves sour foods and prefers solitude.

4. Fertility issues: *Agnus castus*: Agnus castus has low vitality, which may be caused by overindulgence in alcohol, drugs or sex. She feels depressed and anxious about her health; her mind is dull with poor memory. There is loss of libido, scanty menses and sterility.

Caulophyllum

Many problems arising from a weak uterus can be resolved with Caulophyllum: amenorrhea, infertility, miscarriage in the first trimester, arrested labour. It also has pain and stiffness in the small joints. The

Caulophyllum woman is thirsty, chilly and nervous with erratic moods. Her pains are also erratic, darting here and there

5. Pregnancy problems: *Cimicifuga* The Cimicifuga mother is nervous, excitable and full of irrational fears. She is constantly worried that something will happen to her or her foetus. She tends to get neuralgias and rheumatic pains which are worse from cold and drafts. Cimicifuga often has stiffness and pain in the neck.

Ipecacuanha

Most pregnant women experience morning sickness during their first trimester. Some experience it throughout their pregnancy, which is very debilitating. This can be resolved by Ipecacuanha, if the symptoms fit. The Ipecacuanha mother has constant nausea unrelieved by vomiting; she may also have a severe headache. She feels hot and is, not surprisingly, very irritable!

6. Post-partum depression- *Lilium tigrinum*: The Lilium tigrinum depression is of a hysterical nature – with constant weeping, screaming, cursing and striking at whoever irritates her. She is impossible to please; consolation only aggravates. She has fears – of disease, insanity, and impending misfortune. She is likely to have sub involution of the uterus.

Nux

vomica

Nux vomica is ambitious, career-minded and impatient. When a Nux vomica woman is forced to go on maternity leave, she becomes depressed and resentful. She hates being a housewife, being housebound, and may resent her baby to the extent that she feels like throwing him out of the window!

7. Menopause

Lachesis

Lachesis has hot flushes without perspiration. She may also have palpitations. During the night, she wakes up feeling suffocated. Generally, she feels worse after sleep. Most of her symptoms are left-sided. Lachesis angers easily and has a suspicious nature. She may have a strong fear of snakes.

Ustilago

Ustilago has a tendency to hemorrhage. She has excessive menses, often with dark clots, when approaching menopause. This may be due to a uterine fibroid. She feels depressed and irritable, and gets headaches from her menstrual irregularities.

Staphysagria

The Staphysagria woman is sweet and suppressed. She has low self-esteem and is unable to stand up for herself. She endures much humiliation and abuse from her parents, in-laws or spouse. She has a nervous cough. Staphysagria develops colic and cystitis from suppressed anger. She is also prone to styes, warts and wounds which fester.

Premenstrual Syndrome:

When treating a patient for PMS (pre-menstrual syndrome), the homeopathic practitioner will select the most appropriate remedy that covers the range of symptoms experienced. These may include fluid retention, breast tenderness, headaches, irritability, weepiness, mood swings.

Homeopathic treatment is also effective in treating problems associated with **menstruation - heavy bleeding, prolonged periods, painful periods, absent periods, etc.** It is quite common for women who

have experienced debilitating menstrual cramps for many years to have pain-free menstrual cycles after treatment.

Homeopathy is commonly used to treat uterine fibroids, and homeopathic treatment may prevent the need for a hysterectomy.

Symptoms of menopause also respond to homeopathy - hot flushes, insomnia, mood swings. See the section on Homeopathy during menopause for more information.

Homeopathy can also be used to treat infertility conditions. Homeopathy can also help couples conceive even when there is no known medical reason for the infertility.

The range of conditions that may be treated with homeopathy is very wide, and includes cystitis, migraines, fatigue, irritable bowel syndrome, arthritis, anxiety, depression, insomnia, eczema, hay fever, bladder infections, gallstones or kidney stones, respiratory ailments, etc.

In addition, homeopathic treatment is safe and effective during pregnancy. It can help with symptoms of morning sickness, heartburn, constipation, and hemorrhoids.

Increasing numbers of women are making use of homeopathy during labour and childbirth, and homeopathic treatment can be very helpful after delivery, or during breast-feeding.

Homeopathy is truly a friend to women. It is a comprehensive system of medicine which is able to meet the needs of people in all facets of their lives, and through all of life's transitions. By strengthening the immune system and helping to balance the mind and the emotions, homeopathy can help women achieve the higher purposes of their lives, and feel their very best.

The authors are medical doctors and trained practitioners of homeopathy. Their surprisingly concise, two-page introductory section defines homeopathy and gives its history, its proposed mechanism of action, preparation of remedies, how to use the book, and how to take the remedies. Part 1 consists of 10 thematic chapters on the full range of women's health concerns (e.g., digestive system, pregnancy, and postpartum), with entries in each for up to 20 conditions or ailments.

Homeopathy is ideal for those looking for a safe and natural, as well as complete system of medicine, especially those wanting to take more responsibility for their own health. Homeopathy can be used to treat most illnesses - whether chronic, acute, or first aid.

The question of what diseases are treated by homeopathy is one of the most common. This is not surprising, given that the patient is interested in the treatment of a particular disease and it is important for her to know whether homeopathy in treating this particular disease.

Homeopathy essentially is a natural therapy that stimulates the body's own immune system to fight illness and allow the symptoms of a disease to dissipate. Unlike an invasive system like allopathy—a word coined by Hahnemann—which cures by killing invading organisms, replacing hormones or interfering with a disease process. All homeopathic formulations are of plant, animal or mineral origin. Some common homeopathic medicines are derived from plants such as belladonna, arnica, and chamomile; minerals such as mercury and sulfur; animal products like sepia (squid ink) and lachesis (snake venom); and, rarely, biochemical substances such as histamine or human growth factor.

Meanwhile, this question is not entirely correct. Homeopathy is not treating a disease with "a name" but rather a specific patient with well-defined symptoms - signs of the disease.

Many diseases of the female genital system and mammary glands are usually effectively cured by homeopathy and the same is true for chronic inflammatory diseases of female reproductive system.

But in all these situations it may be the perfect complement to existing treatments, eliminating individual symptoms, stabilizing the acute condition, reducing the number of attacks and driving a disease into a remission.

We are all terminally ill. It is a matter of time before we all die. Aging and death remain almost as mysterious as ever. We feel awed and uncomfortable when we contemplate these twin afflictions. Indeed, the very word denoting illness contains its own best definition: dis-ease. A mental component of lack of well being must exist SUBJECTIVELY. The person must FEEL bad, must experience discomfiture for his/her condition to qualify as a disease. To this extent, we are justified in classifying all diseases as "spiritual" or "mental".

Is there any other way of distinguishing health from sickness - a way that does NOT depend on the report that the patient provides regarding his/her subjective experience?

The very nature of dysfunction and sickness is highly culture-dependent. Societal parameters dictate right and wrong in health (especially mental health). It is all a matter of statistics. As a result, it is logical to introduce the notion of "positive aberration". Certain hyper- or hypo- functioning can yield positive results and prove to be adaptive. The difference between positive and negative aberrations can never be "objective". Nature is morally-neutral and embodies no "values" or "preferences". It simply exists. WE, humans, introduce our value systems, prejudices and priorities into our activities, science included. It is better to be healthy, we say, because we feel better when we are healthy. Circularity aside - this is the only criterion that we can reasonably employ. If the patient feels good - it is not a disease, even if we all think it is. If the patient feels bad, ego-dystonic, unable to function - it is a disease, even when we all think it isn't. Needless to say that I am referring to that mythical creature, the fully informed patient. If someone is sick and knows no better (has never been healthy) - then his decision should be respected only after he is given the chance to experience health.

Health and sickness are different states of affairs. Whether one is preferable to the other is a matter of the specific culture and society in which the question is posed. Health (and its lack) is determined by employing three "filters" as it were:

1. Is the body affected?
2. Is the person affected? (dis-ease, the bridge between "physical" and "mental illnesses)
3. Is society affected?

In the case of mental health the third question is often formulated as "is it normal" (=is it statistically the norm of this particular society in this particular time)?

We must re-humanize disease. By imposing upon issues of health the pretensions of the accurate sciences, we objectified the patient and the healer alike and utterly neglected that which cannot be quantified or measured - the human mind, the human spirit.

Menstrual disorder and Homoeopathic Treatment

Menstrual Disorders :

Menstruation: The hypothalamus and pituitary glands in the brain interact with each other to control the menstrual cycle. The pituitary gland produces chemicals that stimulate the ovaries to produce the two female sex hormones - oestrogen and progesterone. These hormones thicken the lining of the womb (uterus) to prepare for a possible pregnancy. When pregnancy doesn't occur, hormone levels drop and the lining of the womb falls away. This is called a period, or menstruation.

Amenorrhoea:

Amenorrhoea means the absence of the menstrual period. Apart from during childhood, pregnancy, breastfeeding or menopause, the absence of the menstrual period may indicate a problem with the reproductive system. One of the most common causes of amenorrhoea is hormonal disturbance.

Amenorrhoea is divided into two categories:

Primary amenorrhoea:

Menstruation hasn't begun by 14 years of age and the young woman shows no secondary sexual characteristics (such as developing breasts and pubic hair), or menstruation hasn't begun by 16 years of age, even though the young woman has secondary sexual characteristics.

Secondary amenorrhoea:

Established menstruation has ceased for six months or for a length of time equivalent to a total of at least three of the previous cycle intervals.

Causes of Amenorrhoea:

Disorders of the hypothalamus, pituitary gland or ovaries can disrupt menstruation and bring about amenorrhoea.

Disorders of the hypothalamus:

A variety of factors can cause the hypothalamus to malfunction and trigger amenorrhoea, including: Emotional stress, Weight loss, Excessive physical exercise, some antipsychotic medications (major tranquillizers) Disorders of the endocrine system, such as hypothyroidism (under active thyroid gland). Some women are particularly susceptible to amenorrhoea caused by stress and weight loss.

Other disorders that can cause amenorrhoea include:

Polycystic ovary syndrome:

The ovaries develop clusters of blister-like cysts. Associated symptoms include irregular periods and hirsutism (excessive hairiness).

Hyperandrogenaemia:

The reproductive system is influenced by high levels of male sex hormones. This can be caused by ovarian or adrenal tumours, or certain congenital disorders.

Hyperprolactinaemia:

An increase of the hormone prolactin caused by over activity of, or a tumour on, the pituitary gland.

Ovarian failure:

Or early menopause. Insufficient oestrogen levels cause ovulation to fail, which stops the menstrual cycle.

Abnormalities of the vagina :

such as a sealed hymen, which prevents the menstrual blood from leaving the vagina. This is a rare condition and symptoms include abdominal distension and delayed start to periods and cyclical abdominal

pain.

Menorrhagia

Is the medical term for excessive or prolonged menstrual bleeding — and for periods that are both heavy and prolonged.

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Is the medical term for excessive or prolonged menstrual bleeding — and for periods that are both heavy and prolonged.

Causes:**Hormonal imbalance:**

Occurs most often in adolescent girls and in women approaching menopause. If menorrhagia is caused by a specific hormonal imbalance, such as thyroid disease, the heavy menstrual flow often can be controlled.

Uterine Fibroids, Polyps, Dysfunction of the Ovaries, IUD (Intrauterine device), any complications during pregnancy and malignant conditions may also cause heavy menstrual

Metrorrhagia :

Uterine bleeding at irregular intervals, particularly between the expected menstrual periods. A woman or teenager with metrorrhagia will experience light to heavy bleeding between her regular menstrual periods. Depending upon the cause, she may or may not have a cramping abdominal pain with the bleeding. Metrorrhagia caused by miscarriage or a tubal pregnancy almost always includes cramping, which can be severe.

Dysmenorrhoea:

Dysmenorrhoea or Painful Menstruation is types,

1. Primary dysmenorrhoea and
2. Secondary Dysmenorrhoea.

Primary dysmenorrhoea-This term is used to describe normal period pain experienced by many women around the time of their period. There is no underlying medical problem. It most commonly affects teenagers and young women.

Secondary dysmenorrhoea :It is less common than primary dysmenorrhoea, and tends to affect women later in their reproductive lives

Causes:

Some women produce higher levels of prostaglandins, which may cause increased contractions of the uterus. These cramps may be more painful because there is reduced blood (and therefore oxygen) supply to the myometrium (muscle wall of the uterus) during the contractions.

Symptoms:

Cramping lower abdominal pains are the most common symptom. Pain can also spread to the lower back and the thighs. When severe, the pain can be accompanied by nausea or vomiting, diarrhoea, constipation or feeling faint. Some women may also get headaches.

Premenstrual syndrome: Premenstrual syndrome is a combination of physical and psychological symptoms that start the week before your menstrual period and often improve once your period begins.

Symptoms of PMS vary from woman to woman Some of them...Abdominal bloating. Abdominal cramps Breast tenderness or swelling Stress or anxiety Aggression Trouble falling asleep (insomnia) Joint or muscle pain Inability to finish thoughts Headache, Fatigue Acne Extreme tearfulness Unpredictable bursts of anger. Mood swings Worsening of existing skin disorders, and respiratory or eye disorder

Disease of Vulva & Vagina:

Bartholinitis
Vulvovaginitis
Pruritus
Vaginismus
Leucorrhoea

Bartholinitis:

is an inflammation of the Bartholin's gland. The causative agents are various microbes: staphylococci, gonococci etc.

Symptoms :

Malaise, weakness, swelled feeling in the external genitals, rising temperature during an acute phase of the disease. Examination reveals swelling and hyperemia in the area of the Bartholdi's gland,

Vulvovaginitis:

Inflammation of the vagina and vulva most often caused by a bacterial, fungal, or parasitic infection.Vulvovaginitis can affect women of all ages and is very common.

Specific forms of vaginitis are:Candidiasis: vaginitis caused by *Candida albicans* (a yeast), Bacterial vaginosis vaginitis caused by *Gardnerella* (a bacterium). Other less common infections are caused by gonorrhoea, chlamydia, mycoplasma, and herpes. gonorrhoea is the second most common sexually transmitted disease in the world after HIV/AIDS. chlamydia Infection is a common sexually transmitted infection (STI) in humans caused by the bacterium *Chlamydia trachomatis*.Mycoplasma is a genus of bacteria that lack a cell wall. Because they lack a cell wall, they are unaffected by some antibiotics such as penicillin or other beta-lactam antibiotics that target cell wall synthesis.

Herpes is caused by infections of the genitals by herpes simplex virus. The typical symptom of primary genital infection is clusters of inflamed papules and vesicles on the outer surface of the genitals resembling cold sores. Lesions appear on or near the pubis, labia, clitoris, vulva, buttocks or anus.Other common symptoms include pain, itching, and burning. **Pruritus** Vulvae (itching of the genital parts)is the distressing symptom of itching of the vulva often extending to the surrounding area the condition may cause insomnia. the itching may be present periodically or may be persistent.

Vaginismus is a condition, which affects a woman's ability to engage in any form of vaginal penetration, Leucorrhoea is a medical term that denotes a thick, whitish vaginal discharge. It is a natural defense mechanism the vagina uses to maintain its chemical balance, as well as to preserve the flexibility of the vaginal tissue. Vaginal discharge is normal for a woman, and all women are different. Causes of change in discharge include infection, malignancy, and hormonal changes.**Genital Prolapse:**Herniation or downward displacement of the pelvic organs through the vagina is called genital prolapse.

Homeopathic treatment for Dysmenorrhoea

Discomfort during menstrual periods can range from slightly annoying to agonizing. For many women, cramps, low back pain, aching legs, a heavy feeling in the abdomen and pelvis, digestive upsets, diarrhea, headaches, weakness, depression, and emotional stress can ruin several days each month. Homeopathic remedies can help soothe these miseries, and often help reduce a woman's tendency toward menstrual problems. If discomfort is not easily relieved, seek the guidance of an experienced homeopath. If pain or other symptoms seem to be serious, a physician's assessment is important.

Belladonna: Symptoms that are very intense and come and go suddenly, accompanied by a feeling of heat, often indicate a need for this remedy. The menstrual flow is typically bright red, profuse, and may have begun too early. Pain and cramping are worse from jarring and from touch, yet applying steady pressure often brings relief. Walking or bending over can make things worse, and sitting may be the most tolerable position. A woman who needs this remedy may feel restless and flushed, with pulsing or pounding sensations, and eyes that are sensitive to light.

Bovista: Women needing this remedy tend to have problems with puffiness and edema during times of menstrual stress, and can feel very awkward and clumsy. Pain may be felt in the pelvic region, often with soreness near the pubic bone. Menstrual flow increases at night (and may even be absent during the day). Diarrhea occurring at the time of the menstrual period is a strong indication for this remedy.

Caulophyllum: Women with a history of weak uterine tone and irregular periods may find some relief in this remedy. Intense discomfort during periods, with drawing pains in the thighs and legs as well as the pelvic area, are strong indications. The woman may experience a heavy flow of blood or other discharge. Stiffness or arthritis, especially in the finger-joints, may be seen in a person who needs this remedy.

Chamomilla: This remedy is indicated when the person's mood and nerves are so sensitive that pains seem almost unbearable. Anger and irritability may be extreme (or pain and cramping may come on after the woman has been angry). The menstrual flow can be heavy, and the blood may look dark or clotted. Pain often extends from the pelvic area into the thighs, and may be worse at night. Heating pads or exposure to wind can aggravate the symptoms. Vigorous walking or moving around in other ways may help relieve the pain.

Cimicifuga (also called Actaea Racemosa): Cramping and pain that get worse as the flow increases, back and neck pain with muscle tension, and sharp pains like shocks that shoot upward, down the thighs, or across the pelvis, are all indications for this remedy. The woman is likely to be nervous, enthusiastic, and talkative by nature, yet feel pessimistic and fearful when unwell.

Cocculus: This remedy is indicated when a woman has cramping or pressing pain in the pelvic or abdominal region, along with weakness or dizziness. She may be inclined toward headaches or nausea, and parts of her body can feel numb or hollow. Feeling worse from standing up or from any kind of exertion and feeling better from lying down and sleeping are typical. (*Cocculus* is often indicated when a person has not been sleeping well and then feels weak or ill.)

Colocynthis: Sharp, cutting, tearing pains that make the person double over bring this remedy to mind. Cramping may be felt throughout the pelvic area or be focused near the ovaries. The woman feels restless

from the pain, but lying down and keeping hard pressure and warmth on the area improve things. This remedy is often indicated if problems are worsened by emotional upsets, especially after feeling anger or suppressing it.

Lachesis: Women who have intense discomfort and tension before the menstrual period begins and feel much better when the flow is established may benefit from this remedy. Symptoms include a bearing-down sensation in the pelvis, flushes of heat, headache, and an inability to tolerate the touch of clothing around the waist or neck. A person who needs this remedy may feel “like a pressure cooker”: intense and passionate, needing an outlet both physically and emotionally.

Lilium tigrinum: Indications for this remedy include great premenstrual irritability (making other people “walk on eggs”) and cramping pain with a bearing-down feeling during periods. The woman may feel as if her uterus is pushing out, and may need to sit a lot or cross her legs. She is likely to feel worse from strong emotions or excitement and be better from fresh air.

Magnesia phosphorica: Painful cramps and pain in the pelvic region that are relieved by pressure and warmth often respond to this remedy. Periods may start too early, often with a dark or stringy discharge, and pain is usually worse on the right side of the body. The woman is sensitive and inclined toward “nerve pain”—feeling worse from being cold and also worse at night.

Nux vomica: This remedy may be indicated when a woman has irregular menstrual periods with constricting pains that can extend to the rectum or the area above the tailbone. The woman tends to be impatient, irritable, and easily offended. Chilliness and constipation are also common. Mental strain, anger, physical exertion, stimulants, strong foods, and alcohol are likely to make things worse. Warmth and rest often help.

Pulsatilla: Delayed or suppressed menstrual flow accompanied by nausea or faintness suggests the use of this remedy. Getting too warm or being in a stuffy room make things worse. Cramping pain with a bearing-down feeling, either with scanty flow or thick, dark, clotted discharge, can also occur—symptoms that are changeable often point to *Pulsatilla*. The woman’s moods are changeable as well, and a desire for attention and sympathy, along with a sensitive (even tearful) emotional state are typical. This remedy is indicated during many conditions involving hormonal changes and is often helpful to girls who have recently started having periods.

Sepia: Indications for this remedy include painful, late, or suppressed menstruation, sometimes with a feeling that the pelvic floor is weak or as if the uterus is sagging. The woman may feel irritable, dragged out, and sad—losing interest temporarily in marital and family interactions, wanting to be left alone. Dampness, perspiring, and doing housework may aggravate the symptoms. Warmth and exercise, especially dancing, often brighten the woman’s outlook and restore some energy.

Veratrum album: Menstrual periods with a very heavy flow and cramping, along with feeling of exhaustion, chilliness, and even vomiting and diarrhea, are indications for this remedy. The periods may start too early and go on too long. Discomfort is often worse at night and also in wet, cold weather. Warm drinks, exercise, or moving the bowels may make things worse. Small meals, cold drinks, and wrapping up in warm clothes or covers will tend to bring relief.

Homeopathy Dosage Directions

Select the remedy that most closely matches the symptoms. In conditions where self-treatment is appropriate, unless otherwise directed by a physician, a lower potency (6X, 6C, 12X, 12C, 30X, or 30C) should be used. In addition, instructions for use are usually printed on the label.

Many homeopathic physicians suggest that remedies be used as follows: Take one dose and wait for a response. If improvement is seen, continue to wait and let the remedy work. If improvement lags significantly or has clearly stopped, another dose may be taken. The frequency of dosage varies with the condition and the individual. Sometimes a dose may be required several times an hour; other times a dose may be indicated several times a day; and in some situations, one dose per day (or less) can be sufficient. If no response is seen within a reasonable amount of time, select a different remedy..

LEUCORRHOEA

WHITE VAGINAL DISCHARGE

Leucorrhoea or leucorrea, vaginal discharge is a universal problem of all women. Most secretions are regarding life style physiological and warrant no medical interventions. But it is significant if it is blood stained, profuse, foul smelling or with changes in its colour. Usually the normal secretions are slimy and slightly sticky. It is something like nasal secretion. Normally the quantity of vaginal secretions varies throughout the menstrual cycle, peaking at ovulation and also increasing when under emotional stress.

LEUCORRHEA, VAGINAL DISCHARGE Causes

Leucorrhoea usually shows symptoms in association with other illness. Wide variety of reasons are encountered in its causation. Commonly fungal, parasitic, bacterial and sexually transmitted diseases are the prime causative factors.

LEUCORRHEA, VAGINAL DISCHARGE - Homeopathy Treatment & Homeopathic Remedies

#*Calcarea carbonica*. [Calc] Indicated by its general symptoms, and these are always the more important in this affection. More prominent of these are morning hunger, acidity of the stomach, cold and damp feet. It corresponds especially to scrofulous persons with enlarged cervical glands. The leucorrhoea is profuse, milky, persistent or yellow and accompanied by itching and burning. It suits leucorrhoea in infants and young girls often recurring before puberty, leucorrhoea before menses or in recurring attacks between the menses. *Calcarea phosphorica* is a fine remedy in the scrofulous diathesis; it has a profuse milky bland leucorrhoea. *Sulphur* is another remedy suitable to scrofulous subjects; it has a leucorrhoea which makes the parts sore. It is rather indicated by the general than the local symptoms. *Caulophyllum* has leucorrhoea in little girls which is very profuse and weakens the child very much. *Cimicifuga*. Dr. Dyce Brown praises this remedy in leucorrhoea, especially in nervous, neuralgic and hyperaesthetic patients.

***Pulsatilla* [Puls]**

produces a cures a milky leucorrhoea which becomes watery, acrid and burning from being retained in the vagina. It is a mucous, thick, creamy, white leucorrhoea sometimes replacing menses, with chilliness, disposition to lie down and lowness of spirits. It corresponds to a disposition to leucorrhoea and suits leucorrhoea in chlorotic subjects. *Helonin*. Southwick recommends this remedy in the 1X or 2X trituration for profuse, yellow, thick leucorrhoea with some irritation and itching. In anaemic sallow patient with much prostration and general debility, worse from slight colds and exertion, it is a most useful remedy.

Sepia.

Cures a leucorrhoea which is yellowish green color, somewhat offensive and often excoriating, due to pelvic congestion of a passive type. It is milky, worse before menses with bearing down; there are pains in the abdomen and pruritus. The patient has a sallow, pimply face, and it is most suitable to those of dark complexion who are feeble and debilitated and who have a sensation of emptiness at the pit of the stomach. It leads all other remedies in leucorrhoea of little girls, though Mercurius pro-iodide should not be forgotten if the discharge be yellow. Liliun tigrinum has an excoriating, watery, yellowish or yellowish brown leucorrhoea, which is profuse and is accompanied by a depression of spirits and bearing down in pelvic region. Hydrastis suits a tenacious, thick, ropy leucorrhoea with erosion of the cervix; a mucous leucorrhoea which is profuse and debilitating corresponds to Hydrastis. Kali bichromicum has a yellow, ropy, stringy leucorrhoea. It is suitable to fat, light-haired persons.

Kreasote. [Kreos]

Few medicines have the same power in leucorrhoea as Kreasote. It cures a profuse watery, sometimes a yellowish leucorrhoea. The acidity is marked; it causes excoriating of the parts which come in contact with it, causes soreness and smarting and red spots and itching on the vulva, always with great debility; leucorrhoea preceding menses. It is so acrid that it causes the pudenda and thighs to swell and itch. Nitric acid. Highly recommended by Jahr in a corrosive leucorrhoea; it being one of our best remedies, and one too often neglected. In fact, all of our remedies are prone to be neglected in leucorrhoea, and their place taken by far less efficient local applications. Nitric acid suits a greenish, foetid, obstinate leucorrhoea; the presence of fig warts and condylomata will further indicate the remedy. Platinum. Periodical, thin watery leucorrhoea with very sensitive organs. Albuminous leucorrhoea in the daytime. Iodine has an acrid, corrosive leucorrhoea accompanied by right ovarian inflammation.

Borax [Bor]

suits a clear, copious and albuminous leucorrhoea having an unnatural heat to it. Leucorrhoea midway between menses with great nervousness, white as starch, perfectly bland without pain. Dr. Hughes recommends this remedy in the 2X trituration for a chronic vaginal catarrh, which is sometimes mistaken for uterine leucorrhoea. Graphites cures a leucorrhoea associated with pains in the lower abdomen and weakness of back in pale young girls. It is profuse, very thin, white mucus, occurs in gushes; the menses are delayed, scanty and pale. Leucorrhoea more profuse in morning when rising, especially indicates Graphites.

Alumina. [Alum]

Leucorrhoea in chlorotic girls which is transparent or of yellow mucus, which is very profuse and ropy, and greatly exhausting, as it is very rich in albumen. It occurs chiefly in the daytime; the great profuseness is its characteristic. It is apt to be acrid. Causticum. Leucorrhoea occurring chiefly at night.

Mercurius. [Merc] Acrid excoriating leucorrhoea smarting and burning, swelling of external genital organs. Purulent greenish yellow leucorrhoea worse at night; heat, tenderness and pain involving nabothian glands, form good indication for Mercurius. Scrofulous and syphilitic subjects with yellow and thick leucorrhoea also indicate the remedy.

Belladonna

corresponds to recent or acute attacks of leucorrhoea dependent upon pelvic inflammation and congestion; oftentimes bearing down in pelvis. Thin, odorless, bland leucorrhoea. Sensitive cervix and bearing down

pains. Stannum. Profuse bland leucorrhoea, yellowish, with great debility, backache; patients are weakened and sallow.

Arsenicum. [Ars]

Leucorrhoea from exhausting diseases; cancer, etc. It is best suited to weak persons, old women, especially the chronic form with much weakness; the discharge is acrid, corrosive and yellow. Dictamnus was one of Hahnemann's remedies for leucorrhoea. It is of tenacious mucus, attended with painful erosions of the pudendum and itching of the anus. Secale. Brownish and offensive leucorrhoea, with metrorrhagia, especially in thin scrawny women who suffer from excessive menstruation and prolapsus.

Menorrhagia

Menorrhagia is defined as menstruation at regular cycle intervals but with excessive flow and duration and is one of the most common gynecologic complaints in contemporary gynecology. Clinically, menorrhagia is defined as total blood loss exceeding 80 ml per cycle or menses lasting longer than 7 days.

Causes of Menorrhagia

Menorrhagia due to Disorders of Coagulation

Hormonal Imbalance may also be a cause of Menorrhagia

Miscarriage induced Menorrhagia

Menorrhagia due to IUCD

Commonly used intra uterine contraceptive devices are 'loop or Copper-T If the periods have become heavier following the introduction of a loop, it could possibly be the side effect of the same.

Fibroids causing Menorrhagia.If the periods are heavy and are becoming more painful, the possibility of fibroids (non-cancerous tumors of the uterus) should be considered.

Psychological Upsets and overwork may also lead to menorrhagia

Marital disharmony, domestic quarrels, undue anxiety, stress and tension are some of the other occasional causes for heavy bleeding.

Occasionally bleeding from the anus due to piles may be confused with vaginal bleeding.

Metrorrhagia

Bleeding Between Periods; Breakthrough Bleeding; Dysfunctional Uterine Bleeding; Inter menstrual Bleeding; Spotting; Bleeding, Breakthrough; Dysfunctional Uterine Bleedings; Uterine Bleeding, Dysfunctional

Abnormal uterine bleeding that is not related to MENSTRUATION, usually in females without regular MENSTRUAL CYCLE. The irregular and unpredictable bleeding usually comes from a dysfunctional endometrium.

Medical Causes

Cervicitis may cause spontaneous bleeding, spotting, or posttraumatic bleeding. Assessment reveals red, granular, irregular lesions on the external cervix. Purulent vaginal discharge (with or without odor), lower abdominal pain, and fever may occur.

Dysfunctional uterine bleeding. Abnormal uterine bleeding not caused by pregnancy or major gynecologic disorders usually occurs as metrorrhagia, although menorrhagia is possible. Bleeding may be profuse or scant, intermittent or constant.

Endometritis causes metrorrhagia, purulent vaginal discharge, and enlargement of the uterus. It also produces fever, lower abdominal pain, and abdominal muscle spasm.

Endometrial polyps In most patients, endometrial polyps cause abnormal bleeding, usually inter menstrual or postmenopausal; however, some patients do remain asymptomatic.

Endometriosis Metrorrhagia (usually premenstrual) may be the only indication of endometriosis or it may accompany cyclical pelvic discomfort, infertility, and dyspareunia. A tender, fixed adnexal mass may be palpable on bimanual examination.

Gynecologic cancer Metrorrhagia is commonly an early sign of cervical or uterine cancer. Later, the patient may experience weight loss, pelvic pain, fatigue and, possibly, an abdominal mass.

- **Uterine leiomyomas** Besides metrorrhagia, uterine leiomyomas may cause increasing abdominal girth and heaviness in the abdomen, constipation, and urinary frequency or urgency. The patient may report pain if the uterus attempts to expel the tumor through contractions and if the tumors twist or necrose after circulatory occlusion or infection, but the patient with leiomyomas is usually asymptomatic.

- **Vaginal adenosis** commonly produces metrorrhagia. Palpation reveals roughening or nodules in affected vaginal areas.

Exams and Tests for menstrual disorders

Blood tests may be performed to determine the levels of hormones secreted by the pituitary gland (FSH, LH, TSH, and prolactin) and the ovaries (estrogen).

Ultrasonography of the pelvis may be performed to assess the abnormalities of the genital tract or to look for polycystic ovaries.

CT scan or MRI of the head may be performed to exclude pituitary and hypothalamic causes of amenorrhea.

Thyroid function tests

Determination of prolactin levels

Hysterosalpingogram (x-ray test) or saline infusion sonography (SIS), both of which examine the uterus

Hysteroscopy (visual inspection of the uterine cavity)

Homeopathy treatment for menstrual disorders:

Homeopathic care involves the thorough evaluation of each patient's exact symptoms. A single remedy is chosen that matches the subtleties of each case of disease. The remedy given restores balance to the many systems of the body that keeps you well.

General measures for menstrual disorders:

Some general measures that a patient can take before consulting a doctor are:

Bed rest

Avoid over exertion

No vigorous exercise

Cold showers

Avoid anxiety and tension

Homeopathic medicines act well on these chronic menstrual problems. If the problem is continuing since many years the treatment will be long term. The recurrence of disease can be controlled with long term treatments.

homeopathy needs a keen history of the patient suffering .homeopathy history includes any stress on mind (emotional level), environmental stress factors (family, work), etc.

Homeopathy

All of the homeopathic remedies can be used in treating menstrual cycle problems. If the woman has extremely serious symptoms or very heavy bleeding-it is best to take her to an experienced physician for further diagnosis and monitored treatment.

- **Calcarea carb..** is to be used in the homeopathic treatment of women with PMS or other menstrual cycle related disorders. Physical symptoms can often include the presence of extreme physical fatigue, and feelings of persistent anxiety, accompanied by a feeling of overwhelming doom. Water retention and problems with weight gain are also likely to trouble the affected woman. Symptoms also include the presence of tender breasts, the development of problems in the digestive system, and the arrival of persistent headaches at all times of the day and night. The other physical symptoms of the condition can include the coming of periods which very often arrive early and persists for very long periods of time. These menstrual flows can sometimes be characterized by the giving off of a bright red colored blood. Patients also tend to experience general feeling of chills which run up and down the body, the patient is also affected by clammy hands and feet, and most patients display a sudden craving for sweets and for foods made from eggs. The presence of one or more of these symptoms requires the immediate use of Calcarea carb. as a homeopathic remedy in the treatment of the condition.

- **Caulophyllum**

Caulophyllum is to be used in the homeopathic treatment of women with menstrual problems. The treatment benefits, in particular, those women who have a long history of irregular periods, those who suffer from difficulty in becoming pregnant, or those who suffer prolonged labor and slow childbirth because of extremely weakened muscle tone in the muscles lining the uterus. The physical symptoms which characterize this particular disorder can include the presence of great discomfort during the onset of periods and the giving off of a very heavy flow of blood or other fluid discharge during menstruation. In addition, patients tend to complain of persistent drawing pains in the region of the pelvis, pain in the thighs, and in the legs. Physical symptoms also include the presence of a persistent muscular stiffness in the body or the signs of arthritis, these effect in particular the joints in the fingers. The presence of one or more of these symptoms requires the immediate use of Caulophyllum as a homeopathic remedy in the treatment of the menstrual problems.

- **Chamomilla**

Chamomilla is to be used as a homeopathic remedy in the treatment of women suffering from menstrual problems. Such women are very likely to suffer from symptoms such as persistent anger, great emotional irritability, and extreme hypersensitivity to any pain in the body. The physical symptoms can include the presence of recurring cramping in the body which can get stronger, due to emotional issues. The other physical symptoms seen in such women can also include the presence of very heavy flows during menstruation, and the exuded menstrual blood has a dark or clotted appearance. The symptoms typically tend to worsen in the night time. The physical symptoms are also aggravated by the use of heating pads or from any long term exposure to the cold wind. Patients generally see an improvement in the symptoms when moving-such as when they are rocking in a chair or undertake a brisk walk-these activities can help in bringing about a reduction in the tension and the discomfort induced by the condition. The presence of

one or more of these symptoms requires the immediate use of Chamomilla as a homeopathic remedy in the treatment of the menstrual problems.

- **Cimicifuga**

Cimicifuga is to be used as a homeopathic remedy in the treatment of women suffering from menstrual problems. Physical symptoms of the condition can include irregular and painful menstrual flows, the painful sensation tends to be in the form of shooting pains radiating down to the hips and spreading out to the thighs. The presence of cramps which resemble labor pains in intensity is also a common complaint and such pains tend to be felt in the pelvis. The physical symptoms can include the presence of extreme and persistent headache which comes causing a lot of pain and which also induces stiffness in the muscles of the neck and the back. This form of condition often comes along with PMS in the affected woman. Psychological profiles of such affected women include intense personalities and very talkative behavior, the patient often becoming agitated or fearful for some inexplicable cause. The woman also often becomes depressed in the time preceding the arrival of the menstrual period. The presence of one or more of these symptoms requires the immediate use of Cimicifuga as a homeopathic remedy in the treatment of the menstrual problems.

- **Lachesis**

Lachesis is to be used as a homeopathic remedy in the treatment of menstrual problems in women. Such women tend to be very intense individuals; patients tend to have psychological issues that must find physical or mental outlets. The symptoms of the condition can include the presence of congestion, the coming on of persistent headaches, flushing of the face, the sudden surges of heat in the facial region and patients also tend to have very intense irritability and are extremely outspoken. Psychological symptoms also include the presence of strong feelings of suspicion or jealousy. The heavy nature of the menstrual flow can often induce relief from the tension the person feels. Patients are characterized by their inability to tolerate any restrictive clothing which is wrapped around the waist or the neck. The presence of one or more of these symptoms requires the immediate use of Lachesis as a homeopathic remedy in the treatment of the menstrual problems.

- **Lilium tigrinum**

Lilium tigrinum is to be used as a homeopathic remedy in the treatment of women with menstrual problems. Such women have inclinations to displaying rage during the PMS, this irritability makes others "walk on eggs," around them and all individual who deal with them are careful of not provoking the woman accidentally. The symptoms also include great sensitivity and intense irritability. The physical symptoms induced by the condition can include the appearance of immense pressure in the rectum and along the region of the pelvis. The women suffers from a strange sensation as if her uterus were pushing outwards-the presence of this sensation often makes the women, sit time and again or to cross her legs repetitively, in an apparent and unconscious fashion to deal with the imaginary sensation. The symptoms of the condition can easily be aggravated by heightened emotions and any emotional excitement on the part of the women. The condition improves out in the fresh air; the patient gains some relief from symptoms out of doors. The presence of one or more of these symptoms requires the immediate use of Lilium tigrinum as a homeopathic remedy in the treatment of the menstrual problems.

- **Lycopodium**

Lycopodium is to be used in the homeopathic treatment of women with PMS and other menstrual problems. Such women tend to develop a very intense craving for sweets and also tend to have a very ravenous appetite-this can at times, come out as a tendency to bulimia-an eating disorder. The physical symptoms seen in such patients can include the development of all sorts of digestive system disorders

along with the presence of bloating in the abdominal region, often accompanied by flatulence. These symptoms tend to intensify in the hours of the evening or in the afternoons. The flow during menstrual periods is often late, and when arriving occur with sudden heavy flows lasting for several days at a time. Psychological symptoms of such women include contrast worry and the patients have a permanent worried look about them, this is accompanied by a total lack of self-confidence. Conversely and strangely the woman may seem very irritable and bossy to her pets and to her members of family. Such patients often desire loneliness, though they want people near them all the time, preferably in an unseen spot or room. The presence of one or more of these symptoms requires the immediate use of Lycopodium as a homeopathic remedy in the treatment of the condition.

- **Natrum mur.**

Natrum mur. is to be used in the homeopathic treatment of women suffering from menstrual problems. The woman tends to display certain typical personality traits, she may seem very reserved to people, though affected by deep emotional turmoil within. Psychological problems may plague her and she may suffer from sadness and loneliness-these factors will however, still not stop her anger and reaction at others merely trying to console her or sympathize with her condition. The woman also tends to suffer from depression, and is easily angered by petty things; she may often need to cry alone feeling a lot of self pity. The other physical symptoms also seen include the presence of intense migraines, or the appearance of a painful backache which can only be alleviated by lying down on hard surfaces or by pushing against a solid object using the part of the back which is painful. The other physical symptoms also include an intense craving for salt, a strong sensation of thirst. Patients also complain of marked worsening in the symptoms from exposure to the sun light. The presence of one or more of these symptoms requires the immediate use of Natrum mur. As a homeopathic remedy in the treatment of the condition.

- **Nux vomica:** Nux vomica is to be used as a homeopathic remedy in the treatment of women who suffer from menstrual disorders. The woman suffers from extreme impatience; she has a very pushy character, and remains intolerant of the needs of others. Physical symptoms cause a great deal of discomfort to the woman, the patient suffers from irregular menstrual periods and sporadic flows. A typical physical symptom is the presence of a persistent or nagging urge to move bowels before the start of the menstrual flow. Woman also complain of constipation, indeed, this is a very common occurrence, physical symptoms also include the presence of painful and constricting sensations that tend to radiate towards the rectum or to the coccyx- tailbone area. Psychological symptoms include persistent feelings of anger, the presence of intense mental strain. The symptoms tend to worsen following physical exertion, and consumption of large amount of stimulants such as coffee, drinks containing alcohol, or even food can aggravate all the symptoms. Chills also often run up and down the body of the woman. The condition of the woman can greatly improve from some warmth and sufficient rest for adequate amounts of time. The presence of one or more of these symptoms requires the immediate use of Nux vomica as a homeopathic remedy in the treatment of the condition.

- **Pulsatilla**

Pulsatilla is to be used as a homeopathic remedy in the treatment of women suffering from menstrual problems. Women suffering from the presence of problems due to sudden hormonal changes and girls just started their periods can also benefit from the use of this homeopathic remedy. The physical symptoms of the condition include the presence of PMS along with psychological symptoms such as irritability, persistent moodiness, and weepiness in general and for long periods of time. If the menstrual flow is delayed in coming or suppressed in any way the woman becomes affected by persistent and queasy feelings, she begins to suffer from nausea, and can also suffer from faintness for the duration of the menstrual cycle. Symptoms are also worsened if the women stay too warm or too long inside a stuffy room. Improve in the condition is often possible following exposure to the fresh air out of doors. This form of the condition is

characterized by the changeable nature of the timing, the amount, and even the very nature of the menstrual flow. This changeable nature of symptoms reflects the changeable moods and sudden mood swings of typical patients. Women affected by this condition often tend to suffer from emotional problems and are in need of help-they tend to hog attention and require constant comforting by others around them. The presence of one or more of these symptoms requires the immediate use of Pulsatilla as a homeopathic remedy in the treatment of the condition.

- **Sepia**

Sepia is to be used as a homeopathic remedy in the treatment of women suffering from the symptoms of menstrual problems. Women with PMS, those who feel physically weary and are dragged-out during their menstrual cycle, especially those very adverse to the presence of others near them- their family members in particular. The affected woman often has a feeling however illogical of being taken for granted and overworked by others. Psychological symptoms also include easily becoming irritable and sarcastic to others asking favors. Symptoms experienced by the patient can include late arriving periods or period that are characterized by very scanty flow of blood, the patient may also feel that the floor of her pelvis is becoming weaker, this may give her an idea that her uterus is sagging. The symptoms of the condition can easily be aggravated by dampness and excessive outputs of perspiration. Improvement in the condition of the woman can be gained with warmth and regular exercise, activities such as dancing in particular, these can often help in bringing about a restoration of some of the lost energy and this fact can brighten up her mood for sometime. The presence of one or more of these symptoms requires the use of Sepia as a homeopathic remedy in the treatment of the condition.

- **Veratrum album:** Veratrum album is to be used as a homeopathic remedy in the treatment of women who suffer from menstrual periods characterized by the presence of very heavy flows along with muscle cramps in the abdominal region. Physical symptoms also include the presence of a feeling of utter exhaustion and the development of an icy coldness in the body. The other physical symptoms also include sudden bouts of vomiting and a persistent diarrhea. The woman may complain that her periods start too early sometimes and persists for too long at such times. Worsening of all these symptoms is greatest during the night time, and when the woman exercises, the symptoms can also worsen if the woman drinks a lot of warm liquids. An improvement in the condition can be achieved by drinking a lot of cold drinks, eating small meals, and wrapping up in many warm blankets or covers. The presence of one or more of these symptoms requires the immediate use of Veratrum album as a homeopathic remedy in the treatment of the condition.

Fibrocystic Breast Disease – Treatment and Prevention

As a clinician I see more and more fibrocystic breast cases than any other abnormality of the breast. Cysts are likely to develop in women ages 30 to 50; however, the youngest patient that I've evaluated was a 12-year-old with multiple cysts in her breasts. In fact, I am seeing this condition increasingly in younger and younger women. One has to ask the question: "what would contribute to the rise of this condition so early in life, and what would happen to these girls and women over the years if they continue on this path".

The symptoms of fibrocystic breast disease (FBD) may range from mildly annoying in some women to extremely painful in others. The severity of these symptoms may range from month to month in the same woman. Some women feel that their breasts become so painful that they can't bear to touch them and will have trouble sleeping at night due to the pain. This disease itself is not dangerous, but it does complicate breast self-examination since it is difficult to identify a new lump amongst existing ones. Consequently, the

probing, squishing, x-raying and routine biopsies that many women experience due to the fibrocystic structure of their breasts may in fact result in more trauma and increase the risk of developing malignancy. In my opinion, synthetic hormones in our environment along with growth hormones and estrogens that are fed to livestock mimic estrogens that encourage the proliferation of this condition in most women. Young girls are beginning to menstruate at the age of 10, whereas the age of menstruation began between the ages of 14 and 16 just one generation ago. Women also continue with their menstrual cycle until the age of 52-54, rather than at age 50 or younger a generation ago. This unprecedented extension of the menstrual cycle has a devastating effect on women, specifically on hormonal areas such as breasts and ovaries. The fluctuating levels of estrogen account for the cystic nature of inflammation and swelling common with PMS sufferers. Diets high in fat, with meat and dairy products that are loaded with xenoestrogens have a role in contributing to the formation of painful lumps. Caffeine in coffee, colas and so called 'energy drinks', theophylline in tea, theobromine in chocolate have been shown to contribute to this inflammation and should be eliminated from your diet.

Women with a history of constipation or irregular bowel movements are several times more likely to have cysts than those who have at least one bowel movement per day. It is important to point out that those who regularly consume a plant based diet excrete two to three times more detoxified estrogens than those who eat meat; carnivores thus tend to reabsorb excess estrogen through their intestinal wall. Patients that have cysts and fibroadenoma in their breast commonly will have cysts and nodules in other parts of their anatomy, of course the same areas that are hormonally affected along the endocrine tree including thyroid, ovaries, and uterus.

Many terms are used to describe certain conditions of the breast:

Fibroadenomas are tumors that form in the tissues outside the milk ducts. They generally feel smooth and firm, with a somewhat rubber-like texture. Typically a fibroadenoma is not attached to surrounding tissue, and will move slightly when touched. They are most commonly found in adolescents and women in their early 20's but can arise at any age.

Cysts are fluid-filled sacs in the breast. They probably develop as ducts become clogged with old cells in the process of normal emptying and filling. Cysts usually feel soft and round or oval. However, a cyst deep within the breast may feel hard, as it pushes up against firmer breast tissue. A woman with a cyst may experience pain, especially if it increases in size before her menstrual cycle, as many do.

Fibrocystic breast disease is a benign (non cancerous) condition characterized by round lumps that move freely within the breast tissue and generally expand and shrink with the onset and after menstrual cycle. It is estimated that as many as 40% of all women in North America have fibrocystic breast disease. Fibrocystic tissue usually presents with hypothermia (cooling) on a thermographic image.

A cancerous growth in the breast is often not tender and not freely movable when touched. During thermographic evaluation, high risk areas often present with an asymmetrically hot area along with considerable warming during functional challenge.

A number of other breast problems that are benign or non-cancerous may be placed under the heading of fibrocystic conditions. These include disorders that may lead to breast inflammation (mastitis), infection, nipple discharge, dilated milk ducts, milk-filled cysts, wart-like growth in the duct, and excess growth of fibrous tissue around the glands. Many women have had several invasive procedures over the years such as

needle aspirations and biopsies to investigate these conditions. One must ask if it is possible to prevent or even reverse this problem in the first place?

Fibrocystic disease should be treated with the understanding that it is a multifactorial problem that requires a multi-modal approach; the following strategies have been found to be very effective in our clinic:

We begin with a detailed case history of the individual to identify potential problem areas such as current health conditions, past diseases, medications that may cause symptoms, and any unresolved physical and psychological issues. Once the case "picture" is complete and there is a clear identification of imbalances, a therapeutic approach is applied to address the issues. Since each individual case history is unique, each case requires a different approach.

Diet Advice – besides eliminating caffeine, saturated fats and salt, a high fiber diet including a great variety of plant based foods free of pesticides and hormones will help in preventing cyclical fluctuations in cyst size and tenderness. A high fiber diet is extremely beneficial with the elimination of unwanted toxins preventing dangerous xenoestrogens from being re-absorbed back into the body. Increase consumption of vegetables, especially the cruciferous family (cabbage, broccoli, brussel sprouts and kale). The main ingredient in these vegetables is indole carbinols, which promote 2 hydroxyestrone, (a protective estrogen) and counters the proliferative effect of carcinogenic 16 alphahydroxy estrone (a bad estrogen). You should also keep your intestinal flora healthy with the use of probiotics.

Maintain and enhance your liver's ability to metabolize estrogens from different sources. This can be done through proper nutrition and requires very specific concentrations of nutrients and occasional liver support and detoxification. This is a continuous and life-long prevention program. The ultimate goal here is to improve your estrogen metabolism.

Lifestyle Advice - Start and maintain an exercise program that addresses three key components of health: duration (aerobics), strength (weight resistance), and flexibility (stretching). A moderate daily exercise routine will promote weight loss and hormonal balance, stabilizing your mood and the overall feeling of well being.

Homeopathic Medications – are a safe and extremely effective way of balancing your problems naturally by allowing your system to correct itself with gentle stimulation of your own immune response. Unlike so many conventional medications, homeopathics are never addictive. Once symptoms are relieved and resolved, you can stop taking them. Here is a list of just a few of the most common medications that I've used over the years:

Phytolacca Decandra (poke root) – comes to mind as the most prominent glandular remedy and almost always is useful in problems associated with mastitis. Tenderness of the breasts before and after menses. Breast tumors with the enlargement of Axillary glands. When a patient complains about breast pain in the upper outer quadrant radiating into the Axillary regions, I always think of this great medicine.

Conium Maculatum (poison hemlock) – indispensable in conditions that present with very hard nodules, tenderness and swelling around menses. Painful swelling in the Axillary glands with numbness going down the arm.

Silicea Terra (pure flint) – as a consequence of defective nutrition and assimilation, these patients will complain of stitching (splinter like) pains. Unhealthy tendency to suppuration with fistulas and abscess conditions, keloids, painful scars. Soreness of drawn in nipples, sensation of a stone pressing in the breast. Scrophularia Nodosa (knotted figwort) – useful in dissipation of nodules in the breast. The characteristic symptoms would be pain in all flexor muscles. Incidentally, very useful in Hodgkin's disease.

Lac Caninum (dog's milk) – this patient will present with symptoms of painful swelling in the breasts before menses, worse with jarring motion. This woman will hold both breasts firmly going up or down the stairs. Her nipples may be painful and the pain usually alternates from side to side.

Asterias Rubens (red starfish) – may have symptoms of ulceration in the breast, nodules and indurations with lacerating pains that are worse at night; these pains may extend all the way from Axillary glands through the arm to the end of the little finger. Restlessness of lower extremities at night would very much indicate the use of red starfish.

Botanicals and Phytotherapy is the oldest method known in our history to treat disorders; I have always had a lot of respect for Mother Nature's infinite wisdom by providing us with the tools to help us heal the sick. Botanical hormonal normalizers help the body regularize swings and hormone imbalances, enabling a move towards complete removal of the problem. Although no true specifics are known for fibrocystic breast condition, Agnus Castus (vitex) is undoubtedly strongly indicated since it aids in the natural production of one's own progesterone. We have used the following formula at our clinic for the past few years and have found it to be very beneficial for fibroadenoma:

Echinacea Angustifolia	1X
Scutellaria Lateriflora	Q
Paeonia Lactiflora	3X
Thuja Occidentalis	6

Supplementation:

Vitamin A taken in high dosages stimulates complete or partial remission of cystic mastitis. Beta Carotene in high doses of 100,000 IU or higher has been shown greatly effective for this condition. One cup of carrot juice or sweet potato contains 20,000 IU of Beta Carotene.

Vitamin E – has provided dramatic results in controlling cystic mastitis, take 600 IU daily of d-alpha tocopherol. Vitamin E-based antioxidants are found in rice bran, palm fruit, barley, and wheat germ.

Iodine – 0.25 mg per day, the best sources come from sea vegetables such as nori, kelp and dulse. Lugol's Solution as mentioned above will require doctor's prescription. Studies have suggested that women who are iodine deficient may have a predisposition towards developing breast cysts. The body requires iodine for the production of the thyroid hormone.

Other Beneficial Supplements:

Vitamin C	500 mg per day
Vitamin B6	200 mg per day
Zinc	15 mg per day (picolinate preferred)

Lymphatic Drainage - Appropriate use of lymphatic drainage has been very beneficial to many of our patients. A properly working lymphatic system is essential in the treatment of breast conditions; some time gentle manual stimulation is very effective.

Finding a lump in the breast could be a terrifying experience for some women; one should always consult with her healthcare practitioner and have the lump examined. Fibrocystic breast disease is a condition that definitely could be managed given the proper approach. Patience and perseverance are key, though there are many options available, become proactive.

Polycystic Ovarian Syndrome And Homeopathy

Many women who have PCOS have had limited success with the traditional medical treatments available. Sometimes, traditional medicines and treatments are not enough. In some cases, such treatments are too invasive, or the medications are too difficult on a woman's system, that she hopes to be able to treat her condition through other means, such as homeopathy.

Homeopathic treatment is based on some foundational principles. One of the core ideas is that a substance that produces a symptom when given in large doses will help to remove those symptoms if it is given in small or micro-doses. Homeopathy assumes a holistic approach, in which all of the symptoms are considered. Advocates of homeopathy suggest that the treatments are effective, safe, natural, not addictive, and have no side effects.

There are not any specific homeopathic remedies that are designed for the treatment of PCOS. However, there are homeopathic treatments that may help a woman with PCOS. The most common form of homeopathic treatments for Polycystic Ovarian Syndrome include homeopathic treatments that address the general well-being of the person.

One of the homeopathic treatments for PCOS is Nat. Mur. Nat. Mur is proscribed for a variety of symptoms, such as eczema, vertigo, oral thrush, and premenstrual tension. Another treatment is Lycopodium. Lycopodium is used for vomiting, indigestion, bloating, constipation, anxiety, and insomnia. Sepia is also sometimes used. Sepia is generally used for a variety of female difficulties that center around the uterus, vagina, or ovaries. One of the more versatile homeopathic treatments, Lachesis, is also used for PCOS. Lachesis is used for blood poisoning, circulation, difficulties with menstruation, menopause, tonsillitis, and uterine problems.

An expert homeopath may be able to help you determine additional treatments for PCOS. As always, homeopathic remedies should be used under the care of a health care provider, and may be most effective when combined with traditional medical approaches, as well as specific lifestyle and behavioral remedies, such as diet and exercise.

Homeopathy for Menopause

Natural Re-adjustment of Hormone Levels

Homeopathy is the safest treatment before, during, and after menopause because it stimulates the natural hormonal balance without the use of harmful drugs. Constitutional homeopathic treatment is best during the transitional period of menopause in order to balance hormonal levels and cure

the many accompanying symptoms. You cannot address the complex of these symptoms as separate from the whole individual; for this reason true classical homeopathic prescribing is highly recommended for the treatment of menopause.

HOMEOPATHIC REMEDIES for SYMPTOMS of MENOPAUSE

REMEDY INDICATIONS for MENOPAUSE * FOLLICULINUM * LM potency * ACONITUM * AMYLENUM NITROSUM * ARGENTUM NITRICUM AURUM METALLICUM * BELLADONNA * BRYONIA * CALCAREA CARBONICA CIMICIFUGIA RACEMOSA * GRAPHITES * IGNATIA * KALI BROMATUM KALI CARBONICUM * KREOSOTUM * LACHESIS * LYCOPODIUM NATRUM MURIATICUM * NUX VOMICA * PHOSPHORUS * PSORINUM * PULSATILLA SEPIA * STAPHYSAGRIA * SULPHUR * SULPHURICUM ACIDUM

SYMPTOMS during MENOPAUSE Use these keywords with your browser's find/search function to find the relevant remedies: Hot Flashes * Heat Flushes * Perspiration * Sweating * Flooding Menstrual Cycle Irregularities * Metrorrhagia Vaginal Dryness * Atrophic Vaginitis * Vaginal Thrush * Vaginal Discharge Yeast Infections * Vaginal Pain * Cervical Erosion * Cystitis Involuntary Urination * Fibroids * Uterus * Hair Loss * Neuralgia Arthritis * Osteoporosis * Varicose Veins Excitable * Palpitations * Depression * Nervousness * Anxiety * Fear Irritable Anger * Restless * Grief * Insomnia * Weeping * Hysteria Constipation * Diarrhea * Allergies * Headaches * Migraines * Tinnitus * Vertigo Obesity * Weight Gain * Fluid retention * Appetite Weakness * Weariness * Dizziness * Light-headed * Fainting Trembling * Numbness * Deafness * Skin Problems Backaches * Stomach * Difficulty Breathing * Pulse * High Blood Pressure Convulsions * Hemorrhoids * Sexual * Nose Bleeds * Cramps Feet * Swelling * Canker Sores * Addiction * Alcohol

REMEDY INDICATIONS for MENOPAUSE*The Homeopathic remedy FOLLICULINUM in LM potency, is the most beneficial remedy for general use in any woman during peri-menopause, menopause, post menopause, and after a hysterectomy or ovary removal (which causes premature menopause). It stimulates the continuing natural production of estrogen by the ovaries and by the other organs which also make small amounts of estrogen including the adrenal glands, liver, and kidneys.*

The **LM** potency was the last great development by Samuel Hahnemann and is, unfortunately, ignored by most homeopaths. LM's are the fastest, most gentle, and deepest acting of all potencies. They are taken on a daily basis.

They must be prepared for the patient by a knowledgeable classical homeopath because Folliculinum LM potencies are not available in pharmacies in the proper form for patient dosing.

FOLLICULINUM Folliculinum is made from ovarian follicle, which is folliculin, the natural hormone secreted by the ovaries and also known as oestron.

Folliculinum can be alternated daily with any other appropriate remedy.

Folliculinum for hormonal symptoms during menopause of:

- **Hot flashes:** night sweats, feels hot and bothered, and facial flushing.
- **Vaginal dryness.** Yellow or brownish vaginal discharge.
- **Menstrual cycle irregularities:** either too short, too long, or none at all; flooding; pre-menstrual syndrome.
- **Fibroids.**

- **Cystitis** that recurs premenstrually, or chronic cystitis in menopause, chronic E. coli infections.
- **Candida**, yeast infections.
- **Hair loss**.
- **Cardio-vascular problems:** angina, palpitations, tachycardia, and other heart irregularities.
- **Dizziness**, air hunger, and faintness. Headaches and migraines.
- **Weight gain** without over eating, both obesity and water retention; and can gain up to seven pounds before periods.
- **Abdominal** swelling and heaviness; bloating; stomach rumblings. Chronic constipation, sometimes alternating with diarrhea. Heavy feeling in rectum. Swollen liver.
- **Cravings** for sugar and wheat.
- **Allergies** of all sorts, hay-fever, allergic reactions.
- **Skin** rashes; itching; dry and chapping eczema; easy bruising.

Feels drained emotionally or psychologically; over estimates her energy reserves. Is full of self denial. There can be panic attacks. Hyperactive worse for resting. Symptoms are: **Better** from: during menses except specific menstrual symptoms, after the 3rd day of menses, movement, fresh air, hard pressure. **Worse** from: before menses, from and during ovulation until to menses, heat, warmth, noise, touch, resting, motion.

Other remedies for Peri-menopause, menopause and post menopausal. take 12c potency 1-3 times daily as needed.

ACONITUM NAPELLUS

Hot flashes in the evening. **Anxiety**, panic attacks and over-excitable during menopause. Other symptoms during menopause: faintness during peri-menopausal period, and fast pulse; insomnia. Symptoms are: **Better** from: open, fresh air, rest, perspiring, movement; and **Worse** from: stuffy warm room, becoming over-heated, very hot weather, being chilled, evening and night, before midnight. **Remedy**

Interactions & Antidotes Aconite napellus [ACON]-- Antidoted by: ACET-AC, ALCOHOL, ACTEA-R, BELL, BERB, BRY, COFF, MEZ, NIT-AC, NUX-V, PARIS-Q, PETR, SULPH, VINUM.

It Antidotes: ALUM, ARN, BELL, BRY, CANTH, CHAM, CHEL, COFF, DOL, GLON, GRAPH, KALM, KREOS, LYC, MEZ, NIT-AC, NUX-V, PETR, SEP, SPONG, STRY, SULPH, VERAT, VERAT-S. incompatible: vegetable acid & wine, alcohol.

Compatible: HEP.

Acute of: ALUM, SULPH.

AMYLENUM NITROSUM Hot flashes that comes on very suddenly and unexpectedly, with congestion to the head, heat of especially the face followed by profuse sweating, with anxiety and palpitations; flushing of face provoked by the least emotion and which can spread to other parts of the body; profuse perspiration of female genitals during menopause.

Other symptoms during menopause: throbbing headaches with burning sensation in head and ears, with surging of blood to head and face, face is fiery red, migraine worse left side; congestion of female organs. Hysterical tendencies with great anxiety as if something bad might happen. Cannot sit still, and constant stretching of limbs. Symptoms are **Better** from: open air, exercise in open air, cold water; and **Worse** from: menopause, heat, close room, emotions, slight causes. **Remedy Interactions & Antidotes Amylenum nitrosum [AMYL-N]**-- Antidotes: CACTUS, STRY, ERGOT.

ARGENTUM NITRICUM

Heat flushing during peri-menopause. Flooding; hemorrhage of non-menstrual bleeding (metrorrhagia) during menopause; involuntary urination.

Depression during menopause with feelings of being neglected or forsaken, abandoned, and isolated. Oversensitive regarding anything they consider an undeserved slight. They feel enveloped in a dark cloud. Excitable during peri-menopausal period. They will avoid ordeals of any kind. Symptoms are **Better** from: fresh air, cold air, riding or walking in cold winds, cold bathing and compresses, after belching, in company; and **Worse** from: heat of any kind, being overdressed, summer, at night and early morning- 11 a.m., crowded room, mental exertion or excitement, from emotions, events, disturbances, sweets, sugar, right-side. **Remedy Interactions & Antidotes Argentum nitricum [ARG-N]**-- Antidoted by: ARS, MERC, NAT-M; milk. It Antidotes: CALC, LYC, PHOS, PULS, RHUS-T, SEP, SIL, STANN, SULPH. Incompatible: coffee, milk.

AURUM METALLICUM Mild heat flushes during peri-menopause. **Depression** before during and after menopause. They feel surrounded by a darkness, in a **black cloud**. They crave sunlight and dislike cloudy days. They feel hopeless, despairing and doomed, and there is a sense of utter worthlessness, which is followed by self-destructive attitudes. Symptoms are **Better** from: sunny weather, dry weather, cool open air, warm bed, movement, walking in open air, evening, music, moonlight; and **Worse** from: grief, emotions, excitement, failure, cloudy weather, winter, spring, from sunset to sunrise, night. **Remedy Interactions & Antidotes Aurum metallicum [AUR]**-- Antidoted by: BELL, CHIN, COCC, COFF, CUPR, MERC, PULS, SPIG, SOL-N. It antidotes: MERC, SPIG, KALI-I.

BELLADONNA

Hot flashes especially in the afternoon, sweaty face and the face is red and burning; with profuse perspiration of female genital.

Other symptoms during menopause of: vaginal dryness; non menstrual bleeding; headaches with pain in temples, left-sided migraines; tinnitus; yeast infections; ovarian cysts; involuntary urination; boils; fast pulse; palpitations; intolerance of pressure and touch; weakness; insomnia; weight gain with fluid retention; arthritis; osteoporosis; worse for sudden jarring or unexpected motion.

Excited mental states with intensity of symptoms and the desire to escape. Lively, with a sensitive, nervous disposition. Changeable moods, over-excitability, anxious, restless, agitated, confusion, poor memory, fearful. Symptoms are **Better** from: rest in bed, lying down in a semi-erect position, bending back or inward, warmth; and

Worse from: drafts, cold, sudden change in weather, from warm to cold weather, cold compresses, summer, sun, right-side, bright light, touch, jarring movement, afternoon, 3 p.m. and after, 10-midnight and after, interrupted sex, aspirin, narcotic drugs. **Remedy Interactions & Antidotes Belladonna**

[BELL]-- Antidoted by: ACON, BAR-C, CAMPH, CANTH, COFF, FERR, MERC, OP, PLAT, PULS.

It Antidotes: ACON, ARUM-T, ANTIP, AUR, ARS, BAR-C, BERB, BRY, CANTH, CHAM, CHIN, COLCH, COP, CUPR, GRAT, FERR, HEP, HYOS, KALI-M, KALM, LACH, MAG-C, MAG-P, MERC, NUX-V, OP, PHYT, PLAT, PLB, RHUS-T, RUMX, SARS, STRAM, VALER.

Incompatible: DULC, ACET-AC; acetic acid- lemon juice, fruit, vinegar, coffee & tea.

Compatible: LYC, CIST, MAG-M.

Acute of: CALC (which is often required to complete a cure), SIL, SULPH.

BRYONIA

Hot flashes as if warm water was poured over the body.

Other symptoms during menopause and post menopause of: fast pulse; vaginal dryness, atrophic vaginitis, thinning of vaginal walls; faintness in a warm room; headaches before periods, right-sided migraine; constipation with hard, burnt looking stools; easy bruising; swollen finger joints; arthritis, rheumatic knee pains; dry cough or sore throat; difficulty breathing; insomnia; fluid retention; ovarian cysts. Mental confusion, morose, complaining, and easily prone to anger over small matters. Anxiety with insecurity about the future and poverty. They have a great desire for stillness. Symptoms are **Better** from: rest, peace and quiet, sitting, cool open air, cold and warm compresses, evening; and **Worse** from: slightest movement, physical exertion, warmth, change of weather, from cold to warm, hot weather, summer after cool days, hot stuffy room, morning, afternoon, 9 p.m., 3 a.m.

Remedy Interactions & Antidotes Bryonia alba [BRY]-- Antidoted by: ACON, ALUM, ANT-C, BELL, BERB, CARB-V, CAMPH, CHAM, CLEM, FERR, IGN, MEZ, MUR-AC, NUX-V, PHOS, PULS, RHUS-T, RHUS-T, SENEGA, SULPH.

It antidotes: ACON, ALUM, ANT-C, ANT-T, CALC, CHAM, CHLOR, CHIN, CLEM, DAPH, FRAG, LAC-AC, MEZ, MERC, NUX-V, RAN-B, RHOD, RHUS-T, SCROF, SULPH.

Incompatible: CALC (which it should not follow); acid, lemon.

Compatible: LYC.

Acute of: ALUM, NAT-M.

CALCAREA CARBONICA Hot flashes moving upwards with hot sweats and perspiration on face and hands, worse before periods and alternating with anxiety, palpitations, and chills. During menopause they feel fatigue and chilliness without cause. Other symptoms during menopause of: flooding; menstrual periods and non-menstrual bleeding (metrorrhagia) during and after menopause; congestion of female organs; cramps in limbs during the night; dry skin; legs fall asleep; backaches especially in damp weather; arthritic lumps; swelling of finger joints; osteoporosis; left-sided headaches worse before periods; tinnitus; weight gain; yeast infections; cervical erosion; varicose veins. They are generally weary and worse during menopause. Anxious and distressed feelings are brought on easily from their very own thoughts and from thinking about "it." If ill or anxious, they become spineless and are sure they going to die. They have feelings of inadequacy. Anxiety in pit of stomach, fearful with claustrophobia and agoraphobia. Easily alarmed and distressed by physical disfigurement, they cannot bear to be observed. They suffer from poor memory, confusion, irritability, and weepiness. Symptoms are **Better** from: dry climate and weather, window open, breathing fresh air, heat and warmth, rest, loosening clothing, talking or being with others, when constipated; and **Worse** from: raw cold, drafts, humidity, weather change, from warm to cold, overheating, wetness, warmth of bed, full moon, any exertion, mental or physical, ascending stairs and hills, lifting, stooping, straining, alone, at night, morning on waking, after midnight, 3 a.m., 2 p.m., right-side, pressure of clothes, worry, mentals after sex, before menses, during menses, menopause. **Remedy**

Interactions & Antidotes Calcarea carbonica [CALC]-- Antidoted by: ARG-N, BRY, CAMPH, CHIN, HEP, IP, MEZ, NIT-AC, NIT-S-D, NUX-V, PHOS, SEP, SULPH (if taken after). Incompatible: BAR-C, BRY (should not precede before CALC), BAR-C, HEP; KALI-BI, SULPH & NIT-AC (should not follow CALC); (onions & garlic?).

It antidotes: AGAR, ANT-C, BISM, CHIN, CHIN-S, COP, DIG, MEZ, NIT-AC, PHOS.

Compatible: after ALL-C, LYC, during SULPH but not after.

Chronic of: BELL.

CIMICIFUGIA RACEMOSA Hot flashes in the evening at 10:30 p.m.

Other symptoms during menopause of: external numbness and feeling as if whole body is numb; pain under left breast; uterine pain; jerking movements; insomnia. Particularly for active women; with rheumatic conditions, who are nervous and suffer ovarian irritation, uterine cramps and heavy limbs. Depression with sensation of gloomy cloud enveloping her. Symptoms are **Better** from: rest, warmth, warm wraps, open air, eating, continued motion, pressure, grasping things; and **Worse** from: menopause, during menses, morning, night, cold (except headache), damp cold air, change of weather, movement, emotions, alcohol. **Remedy Interactions & Antidotes**

Cimicifuga racemosa [CIMIC]-- Antidoted by: LYCPS.

GRAPHITES

There is **obesity** and/or real noted weight gain during menopause. **Hot flushes especially in the face**; with red and flushed face; heat flushing ascends upwards to and of the face; **sweating on front of body from slightest exertion**, sweats with offensive odor. Other symptoms during menopause: nosebleeds; cutting pains in lower abdomen; skin symptoms; red discoloration of the face; numbness of hands; brittle fingernails; skin eruptions, skin rashes on back of neck, itchy scalp; fainting that is worse in a warm room; weakness; left-sided headaches and migraines; scanty periods or heavy periods, non-menstrual bleeding (metrorrhagia); yeast infections, vaginal discharge; vaginal dryness; ovarian cysts; arthritic lumps; tinnitis; fainting in a warm room; flatulence and cutting pains; sudden weakness and weariness. They feel generally worse during menopause. Matter of fact people, who are basically uncomplicated, warm hearted and down to earth. Indecisive, fickle and cautious, any problems make them vacillate and hesitate. Anxious, moody and full of fearful forebodings especially about the future, and they fear the loss of loved ones. Depression, weepiness, over-excitability, irritability and difficulty concentrating. Symptoms are **Better** from: open fresh air, wrapping up warmly, in the dark, resting, night, belching, after eating; and **Worse** from: cold, and damp conditions, night, before midnight, on waking, warmth of bed, wet feet, during and after menses, menopause, suppression of skin eruptions with steroids, scratching, left-side. **Remedy Interactions & Antidotes Graphites [GRAPH]**-- Antidoted by: ACON, ARS, CAMPH, CHIN, NUX-V. Incompatible: RHUS-T, wine. It antidotes: ARS-I, RHUS-T. Compatible: LYC.

IGNATIA AMARA Hot flashes with sensation as if about to perspire but no moisture; perspiration in single parts, especially during forenoon, and ameliorated while eating. Anxiety during flushes of heat during menopause. Other symptoms during menopause: headaches; sinking feeling in stomach; vaginal sensitivity and nervous irritability of female organs and tissue; sinking feeling. Depression and grief, with hysterical tendencies, nervousness, and irritability during menopause. They are on an emotional roller-coaster and there is emotional intensity and can enjoy being sad. They suffer many internal conflict with themselves. Symptoms are **Better** from: while eating, warmth, change of position, when alone, deep breathing, walking, occupation and diversion, distracting activity; and **Worse** from: emotions, chagrin, worry, fright, loss of a person or possession dear to them, grief, repressed anxiety, suppressed depression, consolation, at the same hour each day, morning, open air, cold, external warmth, after meals, tobacco, smoking, strong odors, right side, yawning, standing, before and during menses.

Remedy Interactions & Antidotes Ignatia imara [IGN]-- Antidoted by: ACETAC,ARN, CAMPH, CHAM, COCC, COFF, PULS. Incompatible: COFF, TAB, NUX-V; coffee, sweets. It antidotes: ARN, BRY, CALAD, CHAM, NUX-V, PULS, SEL, ZINC; brandy, chamomile tea, coffee, tobacco. Compatible: NAT-M. Acute of: NAT-M, SEP, SIL.

KALIBROMATUM

Hot flashes in the face. Other symptoms during menopause of: flooding and heavy periods during menopause; pains in the uterus; breast pain; vaginal thrush; rheumatoid arthritis, chronic back or neck pains; involuntary urination; progressive deafness; headaches; insomnia; peculiar characteristic of the pains of this remedy is that they alternate sides; trembling; anxiety about health; very hungry, cannot eat enough to satisfy; as hungry after eating as before; faintness and sinking feeling in the stomach; dislike of tight clothing and stuffiness; light headed, floating sensations makes them feel as if they are going to faint. Very complaining during peri-menopause and menopause. Nervous, restless, cannot sit still, fidgety hands. Indifference and disgust for life. Fear that they will never recover. Intense fears about cancer and heart disease; can't think of anything but own condition. Forgets how to talk; stammering and difficult speech. Thinks everyone looks down on them and feels insulted. Thinks everything they say is a lie. Symptoms are **Better** from: when busy mentally and physically; and **Worse** from: emotions, anger, fright, worry, grief, mental exertion, night, 2 a.m., summer, new moon, unsatisfied sexual desire, sexual excess, summer, hot weather.

Remedy Interactions & Antidotes Kali bromatum [KALI-BR]-- Antidoted by: NUX-V, HELON, CAMPH, ZINC; vegetable acids, oils. It Antidotes: lead poisoning. Compatible: CROT-T.

KALI CARBONICUM Hot flashes especially in the evening and after exertion; flushing moves upwards; with **perspiration on upper part of body** day and night, with palpitations, and during slight exertion or mental activity and while writing. Other symptoms during menopause: great nervousness and tension with palpitations; fainting; dry skin; loss of appetite; backaches. Fear of change, they fear the unfamiliar and unproved. They worry about everything. Anxiety is felt in the stomach with butterflies. Symptoms are **Better** from: warmth, and moist weather, open air, daytime, during the day while moving about, motion, sitting with elbows on knees; and **Worse** from: cold air in cold weather or surroundings, winter, changes in weather, wet weather, drafts, cold bathing and compresses, overheating, right-side, after sexual intercourse, before menses, 3-5 a.m., early morning, after exertion, sudden motion, stooping, touch, rest, hunger.

Remedy Interactions & Antidotes Kali carbonicum [KALI-C]-- Antidoted by: COFF, CAMPH. It Antidotes: DULC. Chronic of: COLOC.

KREOSOTUM

The **whole body feels burning heat and sweats**, but is always relieved by warmth. Irritable and restless, and must move constantly especially in the evening and at night. Throw things away and weeps from music. Symptoms are **Better** from: warmth, motion, warm diet; and **Worse** from: open air, cold, summer, rest, during and after menses, sexual intercourse, sex touching, lying down, 6 p.m.-6 a.m., bad smells, eating and fasting.

Remedy Interactions & Antidotes Kreosotum [KREOS]-- Antidoted by: ACON, NUX-V, FERR. Incompatible: CARB-V, taken after CHIN. It Antidotes: GUA, PLB.

LACHESIS

Sudden heat flushes and clammy sweats during the day; with **heat and burning pain in the vertex**

(top) of head, heat flushes in face and redness of face; flushing from emotions, from mental exertion, after eating; heat flushes may be with or without perspiration, and sweats may come on with and from mental exertion; hot flashes and sweats at night; perspiration is clammy and may be better after eating; profuse perspiration of female genitals during menopause. **Menopause causes many aggravations and one does not feel well during and after.** Other symptoms during menopause: constricted feeling around abdomen, **worse pressure of cloths**; stomach feels empty; sensation of a ball in the throat; weak empty feeling in stomach; diarrhea; hemorrhoids; weariness; difficulty breathing; nose bleeds; dizziness; palpitations; fainting; convulsions; weakness; vertigo and tinnitus; violent and burning headaches at top of head, pain in temples, and left-sided migraines, worse on waking in the morning; high blood pressure, heart feels too large, and there is a cramp-like pain in the chest wall over the heart; palpitations; chest congestion and heavy feeling in chest; cramps during the night; neuralgia; insomnia; convulsions; ovarian fibroids; ovarian cysts; hemorrhoids are worse during menopause; congestion and nervous irritability of female organs and tissue; uterine pains; flooding, heavy menstrual periods and/or non-menstrual bleeding (metrorrhagia) during menopause with black, thick and offensive blood; desire for coffee; bruises easily; hives and boils. High sexual energy and insatiable desire; increased desire during menses, pregnancy and menopause; feels worse from suppressed sexual desire.

Depression and irritability comes on before, during and after menopause, and there are strong tendencies to unwarranted suspicion, envy, jealousy, insecurity and resentment. They can be excitable, forgetful, hysterical, and behave like a crazy person. They can suffer insanity and anger with anxiety during menopause. Mental over-excitement, overly talkative changing from one subject to another. Anxiety in the morning and on waking. They are compelled to hurry in every thing they do. There may be poor memory and confusion. Symptoms are **Better** from: free discharges, loosening cloths, sitting, breathing, open air, cool fresh air, cold, warm compresses, alone, night for mental labor, eating, swallowing food; and **Worse** from: in the morning and from sleep, menopause, start and close of menses, left-side, left then right side, 11 a.m.; heat of room and sun, warm and or wet weather, warm bath, spring, summer, summer solstice, sun, scratching, touch, pressure, tight constrictive clothes especially around neck, throat or waist, narcotics, empty swallowing.

Remedy Interactions & Antidotes Lachesis muta [LACH]-- Antidoted by: ALUM, AMBR, ARS, BELL, CARB-V, CEDR, COCC, COFF, MERC, OP, RHUS-T, TARENT; alcohol, salt. Incompatible: ACET-AC, AM-C, CARB-AC, DULC, SEP. It antidotes: APIS, ARS, BUFO, CARB-V, CROT-H, KALI-BI, MAG-P, RHUS-T, RUMX, SABAD. A LACH Aggravation is countered by BELL.
Compatible: HEP, LYC.

LYCOPODIUM

Hot flashes that move upward to the face, with clammy sticky sweats, **worse in the evening, crowded room and warm room**; offensive smelling sweats. Other symptoms during menopause: vaginal dryness; involuntary urination; arthritic lumps; rheumatic pain in extremities especially hip and knee; swelling of finger joints; numbness of hands; backaches better for motion; cramps in limbs during the night; anxiety in pit of stomach; fainting worse in a room full of people and warm room; dry skin; boils; varicose veins; osteoporosis; right-sided migraines; tinnitus; difficult breathing; lack of appetite; overweight; weariness before periods; dry skin. They are armored and prickly if they feel censored or criticized, the defensive mode is a hair-triggered anger with similarities to a porcupine. Always defending their autonomy, they tend to be self protective. They dislike confrontation, and prefer diplomacy. Anticipation anxiety, performance anxiety, stage-fright, an upcoming engagement, pre-examination nerves, with fear of public failure, and of

breaking down under stress, but they perform well. Symptoms are **Better** from: movement, motion of limbs on beginning to move, sitting, lying on back, bending forward, cool air, open air, loosening or removing clothing, belching and passing flatus, urinating, alone with someone in next room; sympathy, after midnight, eating; and

Worse from: afternoon, 4-8 p.m., awakening, right side, extending to left side, rest, after sleep, sexual intercourse, tight clothing, warm room or heat, hot air, change of temperature, cold air, wind, wet, stormy weather, warm compresses, sunburn, alone, a room full of people, sexual intercourse.

Remedy Interactions & Antidotes

Lycopodium clavatum [LYC]-- Antidoted by: ACON, ARG-N, CAMPH, CAUST, CHAM, COFF, MERC, NUX-V, PULS. Incompatible: COFF; coffee. It Antidotes: ALL-S, ALOE, CAMPH, CHIN, MERC, SABAD, TAB. Compatible: BELL, BRY, CARB-V, CALC, GRAPH, HYOS, LACH, LED, PHOS, SEP, SIL, STRAM, SULPH, VERAT.

Chronic of: CHEL, IOD, PULS, RHUS-T.

NATRUM MURIATICUM Menopausal dryness and vaginal thinning; intense vaginal pain. Flooding is excessive and heavy. Emotionally delicate, retentive, mulls and dwells about the past and is resentful. There is great fear of loss, of losing a lover, loss of a loved one, a parent or their child. Dread of abandonment, betrayal, and the loss the self. Fear of and sensitive to rejection and being hurt emotionally. They can feel ignored, deserted, forsaken and abandoned. Solitary and tearful depression as a result of suppressing sadness and an unconscious fear of emotional pain. Unresolved grief from the past and their childhood. Symptoms are **Better** from: when alone, open air, cold, cold bathing, lying down and after, continual movement, walking, evening, during and after perspiring, empty stomach, fasting; and **Worse** from: morning, 10-11 a.m., being consoled, sympathy, weeping, talking, after eating, hot bathing, warmth, heat, sun, summer, seaside, damp, stormy weather, thunderstorm, spring.

Remedy Interactions & Antidotes **Natrum muriaticum [NAT-M]**-- Antidoted by: ARS, CAMPH, NUX-V, PHOS, SEP It Antidotes: AGN, ALUM, APIS, ARG-N, CHIN, QUIN. Compatible: EUP-PER, IGN; before- SEP, THUJ; after- CALC-P, FERR-P, KALI-M, KALI-P, KALI-S, NAT-S. Chronic of: APIS, CAPS, BRY, IGN.

NUX VOMICA Hot flashes **while eating dinner**, and from movement, with nausea, and better lying down; and **profuse perspiration** on face and in the evening, of female genitals, and from anxiety. Other symptoms during menopause: fast pulse; heavy periods; non-menstrual bleeding (metrorrhagia); faintness.

Aggressive and hyper with a fiery temperament. Nervous irritability with anxiety and frayed nerves in the business person and executive type. A true addictive personality whose vehicle for escape and dependencies may change, but addiction is always present. Power and control can be the drug. They are anxious about their condition and talks constantly about their sufferings and health. Angry and delusional imaginings during menopause. Symptoms are **Better** from: passing wind, free discharges, darkness, evening, at rest, lying down, napping in the evening, wet, moist air, damp weather, strong pressure, wrapping head, fasting; and **Worse** from: stimulants, drugs, alcohol, coffee, tea, noise, music, odors, sitting, touch, pressure, cold, cold weather, cold wind, dry weather, chilly air, drafts, disturbed sleep, 2-3 a.m., early morning, mental exertion, sexual intercourse, anger, disappointment, sedentary habits, overheating, after meals, over-eating.

Remedy Interactions & Antidotes Nux vomica [NUX-V]-- Antidoted by: ACON, AMBR, AM-M, ARS, BELL, BRY, CAMPH, CHAM, COCC, COFF, IGN, IRIS, MEZ, OP, PALL, PHOS, PLAT, STRAM, THUJ; wine, coffee.

Incompatible: ASTER, IGN, ZINC; wine, coffee.

It antidotes: ACON, AESC, ALL-C, ALOE, AMBR, AM-C, ALUMN, ARS, BRY, CALC, CARB-AN, CARB-V, CAUST, CHAM, CHIN, COLCH, CUPR, GLON, GRAPH, GRAT, GUAI, IP, IRIS, KALI-BR, KREOS, LIL-T, LITH-C, LYC, MAG-C, MAG-M, MERC, MEZ, NAT-M, NUX-M, PHOS, PODO, PULS, STRAM, STRY, TAB, TELL, THUJ.

Compatible: SULPH & before SULPH. Acute of: SEP, SULPH.

Chronic of: PULS.

PHOSPHORUS

Hot flashes **as if dashed with warm water**, coming **upwards from the stomach or back**, and with weakness, also coming on during sleep or in the evening; **heat flushes from emotions**, or alternating with anger; **sweating is clammy** and profuse on the front of body, abdomen and chest. Other symptoms during menopause: hemorrhaging and profuse bleeding during peri-menopause; weakness; fast pulse; numb hands; involuntary urination; dry skin; osteoporosis; itchy scalp; left-sided headaches, or migraines; sudden fainting worse in a warm room; weight gain with fluid retention; craves salt and sweets; difficulty breathing. Diffusion, in essence a spreading outward emotionally without boundaries, they drift with the current. Free-floating anxiety and panic attacks with fear are common. They become more anxious and fearful when alone and desires company. Fear that something will happen, of death especially in the evening, at night, when alone in bed. They can also be terrified in a room full of people if they cannot think of what to talk about. Weeping ameliorates their fear and anxiety. There is poor memory, confusion, and they are over-excitabile. Depression when they are alone with a need reassurance, sympathy and people around them. Symptoms are **Better** from: warmth, open air, cold bathing, sleeping, even short nap, in the dark, massage, sympathy; and **Worse** from: left-side, lying in bed, putting hands in cold water, bathing in luke warm water, getting wet in hot weather, twilight, during sunset, evening, dark, electrical changes, lightning, during thunder, stormy and windy weather, sudden changes of weather, drenching rains, cold (except headaches), winter, odors, smell of food and flowers, emotions, alone, sexual excess, lose of fluids, narcotics and anesthetic drugging.

Remedy Interactions & Antidotes

Phosphorus [PHOS]-- Antidoted by: ARG-N, ARS, CALC, COFF, MEZ, NUX-V, SEP, TER. Incompatible: CAUST & should not precede or follow CAUST; coffee, wine.

It Antidotes: BRY, CALC, CAMPH, IOD, MEZ, NAT-M, NUX-V, PETR, RUMX, STANN, TAB, TER; turpentine, chloroform. Compatible: CIST, LYC, MAG-C.

Chronic of: ALL-CEP.

PSORINUM

Heat flushing as if warm water is poured over one, with perspiration moving upwards; hot flashes in the face in the evening, after eating, and during heat; hot flushes prevent sleep. Other symptoms during menopause: painful periods near menopause; heavy periods during menopause; non-menstrual bleeding (metrorrhagia); involuntary urination; brittle fingernails; skin eruptions. Depression, morose, cross and irritability during menopause. A deep persistent depression and chronic despondency is full of remorse, despair, dejection, fear, insecurity and feeling forsaken. Low self-esteem and lack of confidence, they feel underprivileged, undeserving, the underdog, and defeated before they've started. Fatalistic and pessimistic,

they feel doomed and despair of recovery and constant dwelling on dying. They wring their hands anxiously. Symptoms are **Better** from: heat, warmth, summer, wrapping up warmly, warm clothing always, holding arms away from body, bathing, while eating, rest, free profuse perspiration; and **Worse** from: cold, air-conditioning, open air, out of doors, changes in weather, from cold to warm, drafts, autumn, hot sunshine, winter, before and during thunderstorms, before electrical storm, spring (skin affections reappear), uncleanliness, while fasting, after eating.

Remedy Interactions & Antidotes Psorinum [PSOR]-- Antidoted by: SEP.

Inimical: CON, SEP, coffee.

PULSATILLA

Hot flashes of **especially the face, and the rest of the body feels chilly** when not flushing; hot sweats worse at night and from heat, but is not thirsty; is almost always **weepy**. Other symptoms during menopause: vaginal yeast infections; cervical erosion; asthma starting during menopause; irregular periods; uterine pains and non-menstrual bleeding (metrorrhagia); involuntary urination; varicose veins; nose bleeds; left-sided migraines and headaches with pain in temples; tinnitus; palpitations; insomnia; skin bruises easily; rheumatic pains in extremities, especially hip pains; weight gain; fluid retention; desires sweets; osteoporosis; post menopausal ailments and hormonal disturbances (estrogen). Female problems and hormonal imbalances of menopause, miscarriage, and infertility. Given constitutionally it regulates high estrogen metabolism with progesterone imbalance. Highly emotional and feminine people who fear being neglected, feel easily slighted and craves sympathy. Though generally mild mannered, their personalities can bend "which ever way the wind blows," changeable, blowing hot and cold. Constant and lifelong fears of anything or everything, with fixed ideas about religion, sex and food. They are weighed down by their anxiety and feel cautious, discouraged and suicidal. Depression with feelings of abandonment, neglect and dependency on others. Anxiety is felt in the stomach. Depression and weepiness. Mental imbalance, changeable moods, over-excitable; claustrophobia; anxiety in pit of stomach during peri-menopausal period. Symptoms are **Better** from: fresh open air, cool rooms, windows open, cold, dry weather, cold bathing, cold compresses, slow walking, gentle motion, weeping, sympathy, evening; and **Worse** from: heat and warmth, warm rooms, humid conditions, change in weather from cold to warm and warm to cold, being chilled and wet weather; too many clothes, warm compresses, late afternoon, evening, night, after eating.

Remedy Interactions & Antidotes Pulsatilla [PULS]-- Antidoted by: ANT-T, ARG-M, ARG-N, ASAF, NUX-V, IGN, CHAM, COFF, SPIG, STANN; coffee. Incompatible: SEP.

It antidotes: AGAR, AMBR, ANT-T, ARG-M, ARS, ARUM-T, ASAF, AUR, BELL, CANTH, CHAM, CHIN, CHIN-S, COFF, COLCH, DAPH, EUPHR, FERR, HAM, IGN, KALI-BI, KALI-M, LIL-T, LITH-C, LYC, MAG-C, PLAT, RAN-B, SABAD, SABIN, SEL, SPIG, STANN, STRAM, SUL-AC, SULPH, TAB, THUJ, VALER, VIOL-T.

Acute of: NUX-V, SIL, SULPH.

SEPIA

Hot flashes that **move upward with profuse perspiration, and weakness after a flush**; especially during the day in the afternoon, in the evening and at night, and worse for slightest exertion mental or physical; anxiety during hot flashes; hot sweats worse at night; offensive smelling sweats; profuse perspiration of female genitals during menopause. Other symptoms during menopause: anxiety; palpitations; weakness and sudden fainting worse before periods and in a room full of people; sinking sensation in the stomach; weight gain; increased or lack of appetite; difficult breathing; hair loss; migraines, left-sided headaches, burning at top of head; nose bleeds; early, irregular and heavy periods

with flooding; congestion and nervous irritability of female organs and tissue; backaches better for movement; involuntary urination; nose bleeds; osteoporosis; vaginal discharge, vaginal dryness; vaginal yeast infections; vaginal pain during sexual intercourse; uterine pain; ovarian pain; cervical erosion; heavy menstrual periods during, metrorrhagia during and after menopause; total loss of sexual libido; constipation; weariness; generally chilly. Hysterical tendencies during menopause; anxiety and mental imbalance in peri-menopause and during menopause. Anxiety during menopause with flushes of heat. Anxiety in the evening but improves in the morning. Anxiety makes them walk faster. Agoraphobia with fear of going out; dread of meeting with friends. Claustrophobia in narrow places. Poor memory and difficulty concentrating worse under stress; irritable and over-sensitive. Menopause causes many symptoms. Depression is worse on waking in the morning, but better after getting up.

They become indifferent to everything and everyone with disgust for life. They do not want to do anything, neither work nor play, even thinking is an exertion. They tend sulk and lash out at those closest. Withdraws and may use alcohol or marijuana to escape. Symptoms are **Better** from: vigorous exercise and motion, walking fast, rapid motion, dancing, lying down, rising up, napping, crossing limbs, open air, during a storm, thunder and lightnings, afternoon, evening after eating, when alone, firm pressure, touch, loosening clothes, heat/warmth, hot compresses, drawing up limbs, after sleep, afternoon, darkness, tobacco; and **Worse** from: rest, lying in bed, before sleep, during first sleep, after sleep in the morning, slow movement, physical exertion, jarring, kneeling, stooping, while standing, touch, after sex, sexual excess, before and during menses, left-side, consolation, morning, evening, emotional upsets, becoming cold, open air, when heated, before thunderstorms, full moon, increasing and decreasing moon, spring, winter, dusk, during and after perspiration, washing.

Remedy Interactions & Antidotes Sepia [SEP]-- Antidoted by: ACET-AC, ACON, ANT-C, ANT-T, ARG-N, RHUS-T, SULPH; vegetable acids. Incompatible: LACH, PULS, PSOR.

It Antidotes: ANAC, CALC, CIST, DAPH, RHUS-T, ANT-T, NAT-M; CHIN, MERC, NAT-P, PHOS, PSOR, SARS, SULPH, TAB. Compatible: EUP-PER, LYC.

Chronic of: IGN, NUX-V.

STAPHYSAGRIA

Vaginal dryness and thinning, **atrophic vaginitis**, with very painful soreness from sexual intercourse; involuntary urination. Symptoms are **Better** from: after breakfast, while eating, lying in bed, after lying down, warmth and heat, after sexual intercourse, light, yawning, rest; and **Worse** from: early morning, 3 p.m., waking, after sleep, after afternoon nap, dehydration, mental affections and emotional upsets from anger, thinking of symptoms, sexual excesses, suppressed sexual desire.

Remedy Interactions & Antidotes Staphysagria [STAPH]-- Antidoted by: AMBR, CAMPH. Incompatible: RAN-B also before or after. It Antidotes: AMBR, COLOC, MERC, PH-AC, OP, THUJ. Chronic of: COLOC.

SULPHUR

Hot flashes in the chest and ascending upwards to the face, heat in head; that are **worse for heat of any kind, in a warm room, in the evening, at night, and in a room full of people**; weakness after a flush; hot sweats day and night; heat flushes with perspiration worse before periods and in a room full of people. Other symptoms during menopause: heavy periods or non-menstrual bleeding (metrorrhagia) during menopause; sleepiness and insomnia; fast pulse; fainting; nose bleeds; burning feet, soles, palms,

and top of head, heat in head; rheumatic pains in extremities; cramps in limbs during the night; left-sided headaches and migraines; tinnitus; asthma starting during menopause; heavy periods during; osteoporosis; feet and soles burning; skin eruptions, rashes, infections, itching, hives, boils, dry skin; bruises easily; tingling, prickling or legs falls asleep; diarrhea; vaginal pain during sexual intercourse; flatulence, stools like balls; weight gain; lack of appetite, craves sweets worse before periods; weariness. Nervous and irritable they are prone to anxiety about their health and skin, and they are not easily reassured. The anger may be suppressed, but is expressed as anxious itching especially of the skin. Anxiety and fear with butterflies in stomach.

Depression, irritability, and weeping during menopause. Depression with cowardice and despondency. Taciturn irritability accompanies their depression which can be with constant dwelling on their condition with wringing of their hands. Weepiness They feel generally worse during menopause. Chaos is appealing and they find clutter and messy surroundings comforting, or has a theoretical desire for neatness. Symptoms are **Better** from: open air, must have windows open, dry, warm weather, dry heat, walking, motion, darkness, lying on the right side, lying on affected part, movement, scratching, motion, after perspiring; and **Worse** from: heat of any kind, being heated, warmth of bed, warm room, atmospheric changes, wet weather, stormy weather, extreme cold, water, bathing, menopause, hunger, delay in eating, suppressions, periodically, at rest, after long sleep, staying in one position, standing still, sustained effort, talking, morning, 11 a.m., night, wool, vaccinations, narcotics.

Remedy Interactions & Antidotes Sulphur [SULPH]-- Antidoted by: ACON, ARG-N, BRY, CAMPH, CHIN, FERR, HYDR, MERC, PETR, PULS, RHUS-T, SEP, SIL, THUJ. Incompatible: RAN-B, tea. It Antidotes: ACON, ALOES, ALUMN, BRY, CALC, CANTH, CHIN, COP, GUA, HYDR, IOD, MERC, NIT-AC, OLND, PHYT, RHUS-T, SEP, THUJ. Compatible: CALC (before or during, but do no follow), CALC-P, CHAM, LYC, MANG, MED, NUX-V, SARS.

SULPHURICUM ACIDUM: Hot flashes in face, with clammy, sticky sweats, worse in the evening, at night, and after exercise; red face; with perspiration and especially while eating warm food. Other symptoms during menopause of: trembling inside; pains at menopause; cervical erosion; prolapse uterus and vagina; emptiness in stomach; nosebleeds; canker sores and mouth ulcers; alcoholism; weariness. Older women who are weak during the menopausal years. Hurry and haste in movements, cannot do things fast enough. Irritable and fretful over slightest cause. Symptoms are **Better** from: warmth, moderate temperatures, rest, hands near head; and **Worse** from: menopause, lifting arms, odor of coffee, evening.

Remedy Interactions & Antidotes Sulfuricum acidum [SUL-AC]-- Antidoted by: PULS. It Antidotes: CAP, IP; lead poisoning.

Conclusion:

This part of training also enlightens the scope of strengthening the existing system, by effective training the existing workforce for their capacity building, and highlights training opportunities for working professionals to pursue a related academic program.

Department of AYUSH, Ministry of Health and FAMILY WELFARE has taken the initiative with the lunch of the CME programme. This programme is one week training for homoeopathic physicians to build upon the skill of good homoeopathic prescriber.

It would be of importance to highlight and review success stories and contribution made by this physician in improving the process of out flow in the existing system.

Thanks to all trainees participating in this CME programme.

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