

## MENOPAUSAL DEPRESSION: EMOTIONAL WELL-BEING" WITH HOMOEOPATHY

<sup>\*1</sup>Dr. Falguni Pilot, <sup>2</sup>Dr. Aishvarya Patel and <sup>3</sup>Dr. Divya Patel

<sup>1</sup>MD (Hom), Ph.D.-Scholar (Parul University) Associate Professor; Department of Obstetrics and Gynecology, S.S. Agrawal Homoeopathic Medical Collage & Hospital, Navsari.

<sup>2</sup>MD (Hom) Assistant Professor; Department of Physiology and Biochemistry, S.S. Agrawal Homoeopathic Medical Collage & Hospital, Navsari.

<sup>3</sup>MD (Hom) Assistant Professor; Department of Organon of Medicine, S.S. Agrawal Homoeopathic Medical Collage & Hospital, Navsari.

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**\*Corresponding Author**

**Dr. Falguni Pilot**

MD (Hom), Ph.D.-Scholar  
(Parul University) Associate  
Professor; Department of  
Obstetrics and Gynecology,  
S.S. Agrawal Homoeopathic  
Medical Collage & Hospital,  
Navsari.

### ABSTRACTS

Emotions are the internal essence of human being episode become more common during and immediately after the age of menopausal. With the help of Homoeopathy, we can bring the emotional balance in the equilibrium, on the level of soul, mind and body. The Homoeopathy system gives best results in case of menopause with the increased risk of depression.

**KEYWORD:** Depression, Menopause, Homoeopathy, Mental health at menopause.

### INTRODUCTION

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

## MENOPAUSE

Natural menopause is defined as the permanent cessation of menstrual periods, determined retrospectively after a woman has experienced 12 months of amenorrhea without any other obvious pathological or physiological cause.

It occurs at a median age of 51.4 years in normal women, and is a reflection of complete, or near complete, ovarian follicular depletion, with resulting hypoestrogenemia and high FSH concentrations.

Menopause before age 40 years is considered to be abnormal and is referred to as primary ovarian insufficiency (premature ovarian failure).

The menopausal transition, or perimenopause, occurs after the reproductive years, but before menopause, and is characterized by irregular menstrual cycles, endocrine changes, and symptoms such as hot flashes.

**DEFINITION:** Menopause means permanent cessation of menstruation at the end of reproductive life due to loss of ovarian follicular activity. It is the point of time when last and final menstruation occurs. It is the point at which a woman has not had a period in 12 consecutive months.<sup>2</sup>

**PHASES OF MENOPAUSE:** The phases of menopause is usually broken down into FOUR categories.

- Pre – menopause
- Peri – menopause
- Menopausal phase
- Post – menopausal 2

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

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

- **SYMPTOMS OF MENOPAUSE:** It may sound like strange number, but research has shown that menopause typically comes with a list of 34 different symptoms.
- **COMMON SYMPTOMS**
- Hot flushes
- Night Sweats
- Loss of libido
- Vaginal Dryness
- Irregular Periods
- **MENTAL SYMPTOMS**
- Anxiety
- Irritability
- Panic Disorders
- Difficulty Concentrating
- Mood Swings
- Foggy Brain
- Depression
- **PHYSICAL CHANGES**
- Fatigue
- Hair Loss
- Trouble Sleeping
- Dizziness
- Weight Gain
- Bloating
- Allergies
- Brittle Nails
- Osteoporosis
- Irregular Heartbeat
- Body Odour
- Bladder Problems
- **PAINS:**
- Breast Pain
- Headache

- Joint Pain
- Burning Mouth
- Electric shocks
- Nausea & Digestive Troubles
- Dental Problems
- Muscle Tension
- Dry & Itchy skin
- Tingling Extremities

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

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

The main reason women, especially menopausal women are more likely to suffer from depression due to insomnia, nighttime hot flushes. It is a serious mental illness characterized by more than two weeks of extremely low moods that affect how a person feels, thinks and acts.

### TYPE OF DEPRESSION

**Major depression:** Lasts for more than two weeks and is characterized by intense feelings of sadness, loss of interest in normal activities, withdrawal from friends and family and negative thoughts.

**Dysthymic disorder:** Less intense than major depression, but often lasts for longer, normally for two years or more.

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

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

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

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

## **SIGN AND SYMPTOMS OF DEPRESSION**

### **PHYSICAL SYMPTOM**

Fatigue

Decreased energy

Overeating

Appetite loss

Insomnia

Early morning wakefulness

Excessive sleeping

Persistent aches or pains

Headaches, cramps or digestive problems that do not ease even with treatment

### **EMOTIONAL SYMPTOMS**

Persistent sad, anxious or "empty" feelings

Feelings of hopelessness and/or pessimism

Feelings of guilt, worthlessness and/or helplessness

Irritability

Restlessness

Thoughts of suicide/suicide attempts

### **BEHAVIOURAL SYMPTOMS**

Loss of interest in activities or hobbies once pleasurable, including sex

Difficulty concentrating

Difficulty remembering details

Difficulty making decisions

Neglecting responsibilities

Failing to attend to one's physical appearance

**ESTROGEN AND SEROTONIN:** Estrogen hormone has a significant effect on the brain chemical known as “Serotonin”, which causes feeling of happiness and helps maintain a stable mood. Estrogen helps to stimulate the production and transmission of serotonin and prevents it from being broken down. When not enough estrogen is present during Menopause, it causes most commonly depression.

**ESTROGEN AND CORTISOL:** Low levels of estrogen are also thought to cause depression during menopause because of its effect on cortisol, the “stress” hormone. Normally, estrogen helps to keep cortisol level low, but when estrogen levels drop during menopause, women have higher levels of cortisol than ever before. Studies have found that high levels of cortisol can be a cause of depression.

○ **FACTORS LEADING TO DEPRESSION AT THE AGE OF MENOPAUSE**

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

○ **MANAGEMENT**

**A. LIFE STYLE MANAGEMENT**

- Relaxation, Meditation, Yoga
- Take proper Nutritious diet
- Take active participation in every activity
- Advise regular Exercise
- Listening music, Playing game
- Spent time with family and friends
- Proper support from the family
- Cessation of smoking and alcohol
- Important supplements given

## B. MEDICAL MANAGEMENT

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

## SCOPE OF HOMOEOPATHY IN CASE OF MENOPAUSAL DEPRESSION

Homoeopathy is one of the most popular holistic systems of medicine. The aim of homoeopathy is not only to manage the symptoms of menopause but to address its underlying cause and individual susceptibility.

Homoeopathic remedies have long been utilized for the therapy of menopause symptoms and it has been established to be vital in curing them as well.

According to Dr.Hahnemann in 5th and 6th edition of Organon of Medicine:-In all cases of diseases patients emotional state should be noted as most prominent symptom along with the symptom complex so as to record the true image of the disease in order to cure it homoeopathically [Aphorism-210]. Menopausal depression is the dynamic resultant of emotional state, intellectual state & the responses to the environmental situation that effect emotional & intellectual state. Mind is the key to the man. The symptoms of mind have been followed by Dr.Hahnemann and all of his followers to be the most important symptoms in the sickness. Man consists in what he thinks and what he loves and there is nothing else in man. If these two parts of man the will and understanding be separated it means insanity, disorder and death. All dynamised medicines of homoeopathy operate upon will and understanding first affecting man in his ability to will and to think and ultimately upon the functions, sensations and tissues of the body. In homoeopathy as the drugs are first proved upon healthy human beings, every proved drug affect first man's mind and proceeding from the mind to the physical economy to the outermost plane that is hairs, skin, nails. A Homoeopath never prescribes sedatives, sleeping pills for soothing anxieties, frustrations and anger outbursts of disease dindividual rather the remedy is prescribed suited to individual there by restoring the health without any harmful side effects. The deviations and alterations in the mood and behavior of the menopausal female are very important symptoms for a homoeopath, as all the alterations over the mental and emotional plane have a high value in homoeopathic prescribing as these are the true reflections of the diseased individual. Homoeopathy believes for every existing disease there is causative miasm behind it. We are having symptoms

according to each miasm. Symptoms like anxiety, anger, irritation, frustration, mood disturbances, insecurities, changes in appetite, disturbances in sleep come inside the domain of psoric miasm

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

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

### **Somatopsychic**

The term somatopsychic refers to the relationship between the body and the mind particularly how physical conditions can affect mental health for example, a bodily illness might lead to mental symptoms like anxiety or depression.

### **List of Medicine**

1. *Conium Mac.* – Depression during menstruation pregnancy and menopause. Excitement cause mental depression. Timid weak memory, afraid to be alone. Memory weak, unable to sustain any mental effort.<sup>1</sup>
2. *Ignatia* – Nervous debility during menopause. Women of sensitive, easily excitable nature, dark, mild disposition, quick to perceive, rapid in exudation. Rapid change of mental and physical condition, opposite to each other. Worse by drinking coffee.<sup>1</sup>



3. Lachesis. – Very important during climacteric and for patients with a melancholic disposition. Sensation of tension in various parts cannot bear anything tight anywhere. Flooding at climacteric and in pre-cancerous flowing.<sup>1</sup>
4. Pulsatilla. – Depression due to hormonal change. There is extreme tendency to cry and craving for sympathy, Fresh air, cold drink desire. Weeps easily. Timid, irresolute. Morbid dread of the opposite sex.<sup>1</sup>
5. Sepia –Unusual bleeding during menopause, Hot flushes at menopause with weakness and perspiration. Symptoms travel upwards. Easy fainting. Ball like sensation in inner parts. Feels cold even in a warm room. Indifferent to those loved best. Averse to occupation, to family. Irritable, easily offended. Dreads to be alone. Very sad.<sup>1</sup>

## CONCLUSION

At the age of menopause depression is common problem with women due to hormonal changes. This affects the Emotional, Social behavior of the person as well. Homoeopathic prescriptions are based on totality of symptoms, considering mental symptoms at the highest grade. Since homeopathic medicines act dynamically and holistically it has potential role in management of menopausal depression.

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