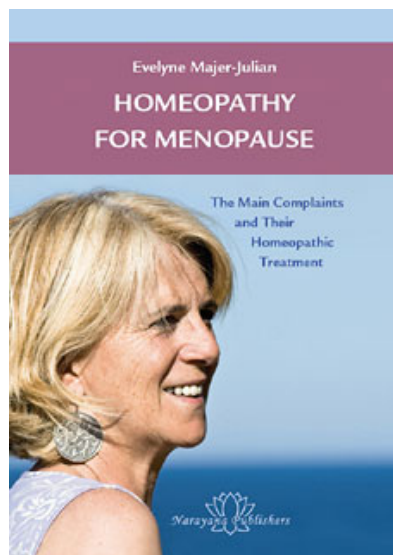




## Evelyne Majer-Julian Homeopathy for Menopause

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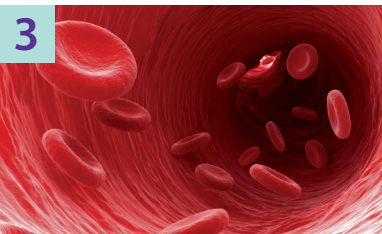
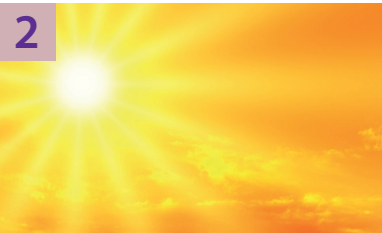
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## I. Major Homeopathic Remedies

### **Lachesis mutus**

Many patients are familiar with *Lachesis*, the well-known poison introduced by Constantine Hering. They use it on their own and obtain satisfactory results. It is best, of course, to use *Lachesis* when indicated by signs and symptoms: intense heat, congested face, malaise, thirst with dry mouth, sensation of suffocation, palpitations. *Lachesis mutus* will tend to be most helpful for women who are slender, nervous and quick to anger.

Excitable and talkative, she constantly complains. She speaks rapidly and jumps from one subject to another, fears being poisoned but partakes freely of wine and alcohol. She is insomniac or, if she does sleep, dreams of dead people, coffins, snakes. She does not tolerate extreme cold or heat, and cannot stand a tight belt or collar due to the feeling of constriction in her throat. She experiences the same sensation at the anus.

Circulatory troubles: She bruises easily. Congestive headaches come on in particular after exposure to the sun, with pressure and a bursting sensation at the temples. Worse from motion, pressure, stooping.

Aggravation: after sleep, in the morning, with depression.

Great relief from any discharge: especially from menstruation, in premenopause. When she had her periods, menstrual discharge could be haemorrhagic, containing black debris.

Everything is worse on the left side: headaches, sore throat, ovarian pains.

### **Dosage:**

*Lachesis* is not THE menopause remedy, nor the miracle “anti-hot-flash” remedy, but it is useful for all women, at one time or another, in the appropriate dosage.

- For symptoms involving the mental sphere and nervous system, a weekly or monthly dose in 12C or 30C may be recommended, proceeding to the Korsakovian potencies as needed: 200K, MK or higher.
- For circulatory congestion, 6C may be given daily.
- If the patient is a “true *Lachesis*”, with symptoms typical of the remedy, the 6C/12C/30C potencies in liquid form would be recommended. Fifteen drops per day would be optimal.

### **Sepia or Sepia succus (Cuttlefish ink)**

A wave of heat begins in the abdomen and rises to the face and head, followed by shivering, sweating, and a sensation of cold in the back, with extreme weakness, headache, and the need for fresh air.

*Sepia* is often portrayed as a slender brunette of earthy complexion, with yellowish spots on the face and body. General weakness, with easy perspiration of an offensive odour. *Sepia* has a dark view of things. Indifferent to everyone and everything, she takes refuge in solitude.

Worse in the morning and evening, at the new and full moon. She does not like tight clothing. She feels better after physical exercise if it does not increase the venous congestion in the pelvis and abdomen.

Laxity of the viscera: this occurs in the stomach and especially the genital organs, which feel as if they will fall out through the vulva; the patient must cross the legs tightly. She complains of pelvic congestion with yellow-green discharge and itching; of venous congestion with heaviness in the legs; of a sensation as if a foreign body is lodged in the rectum (“like a ball”) with haemorrhoids; of weakness in the epigastrium with an empty feeling in the stomach and white tongue (except during the menses); of nausea and even vomiting.

Everything tastes too salty, and she prefers bitter or sour foods, such as pickles. She cannot digest milk.

Along with these digestive troubles, cutaneous lesions appear: the *Sepia* spots on the face (brownish circle around the mouth and in a butterfly shape on the nose), as well as over the whole body. The skin is fragile and has an offensive odour. Dry eczematous lesions form in the creases of the joints and at the perineum. Herpetic eruptions will often accompany these cutaneous symptoms. Irritating perspiration on the feet creates a “wet sock” sensation.

### **Dosage:**

As with all the polychrests, different potencies will be prescribed depending on the symptoms.

- ▶ *Sepia* in lower potencies, 6C taken daily, corresponds to all signs of pelvic congestion, with laxity, heaviness, and bladder infections.
- ▶ In higher potencies, 12C to 30C, 200K or MK, taken weekly or monthly, *Sepia* is indicated when the mental picture corresponds to the provings.

- ▶ If mental and physical signs are present together, 15 drops daily of *Sepia* 6C/12C or 30C may be prescribed.

### **Sulphur**

The principal anti-psoric remedy.

Hot flashes occur at night and are worse from the heat of the bed, with burning and itching; heat at the crown of the head with a feeling of coldness on the soles of the feet; sensation of burning in the feet, obliging her to stick them out of bed.

Accompanying signs are: perspiration on the face, irritating perspiration on the body, with offensive odour. Congestion in the head and chest provoke a rush of blood to the heart, palpitations, and dyspnoea which occurs mostly at night but may also follow physical exercise.

Often, women who need this remedy will be robust, but they may sometimes be thin; they walk bent over due to weakness in the thoracic muscles of the back, and detest standing for any length of time. The skin is troublesome, with a variety of eruptions which can be squamous, or ulcers may develop in the creases of the joints.

Worse from bathing. She does not like it and actually avoids it, which accentuates the “dirty” appearance of the skin. Redness of all the orifices of the body: lips, ears, and anus, with haemorrhoids worse from chronic constipation. Painful hunger. She prefers sweets over meat and dairy products; she eats little and drinks much and often.

Worse: around 11 a.m. and 5 p.m., from standing, from the heat of the bed, from washing or bathing.

Better: from warm, dry weather.

Left-sided remedy.

**Dosage:**

- For cutaneous problems, it is wise to stay away from high potencies, which can exacerbate the situation in a most impressive manner. It is preferable to use 6C daily and 12C in occasional doses.
- If the woman is weak and thin, it is better to prescribe *Sulphur iodatum* in 12C.

**Phosphorus**

This remedy corresponds to hot flashes that burn along the back. Burning sensation that travels up the spine, between the shoulders. Heat of the palms of the hands with cold feet.

One patient noted, laughing and a little embarrassed: *“My back burns and perspires each time I make love.”*

The woman who needs *Phosphorus* feels a sense of oppression, like “a weight sitting on the chest.” Hypersensitive, especially to perfumes, she is worse in the evening and from stormy weather. She complains of spasms and muscle cramps, with electric shocks on falling asleep; she tends to have vertigo.

She tends to be tall, asthenic, with prominent shoulder blades and a tendency to hunch the back. Her skin is fine, with alternating redness and paleness of the face. When she had periods, they were haemorrhagic, and the least injury always bleeds profusely.

*Phosphorus*, a widely used remedy, is helpful for a range of problems involving the bones, liver and kidneys, lungs, nervous system, eyes, and haemorrhages.

The woman needing *Phosphorus* is better from cold food and drink, which are vomited

as soon as they become warm in the stomach. She feels better lying on the right side, and after sleep. This is a right-sided remedy.

**Dosage:**

- All the classical authors recommend prescribing *Phosphorus* with caution. When pulmonary tuberculosis was a frequent and dreaded illness, using *Phosphorus* in high potency carried a risk of activating the tuberculous lesions.
- To be taken daily in 6C; weekly or monthly doses in 12C.



## II. Lesser-Known Homeopathic Remedies

### Glonoinum (Trinitrate, Nitroglycerine)

Proved by Hering.

Flushes of heat affecting the head but not the face, with intense cerebral congestion, worse from the least jar. This forces the woman to walk with her head held straight, taking small steps. She cannot tolerate anything on her head.

Pulsating pains everywhere in the body; heart palpitations, especially after violent emotions. Vertigo; burning between the shoulders.

Heat, sun, lying or stooping, wine, and various stimulants worsen the symptoms.

Symptoms are relieved in open air and when she holds her head straight with her hands.

#### Dosage:

- ▶ Use daily in 6C.
- ▶ Note: for some women, the least drop of wine or alcohol sets off surges of heat. Others note that they feel better in the mountains where the air is cool.

### Amylum nitrosum (Amyl nitrate)

Flushes of heat with cerebral congestion. Red face. She feels as if the head will burst; pulsation in the carotids, temples, and the entire body. Cardiac erethism, dyspnoea and anxiety; sometimes a sensation of icy coldness.

The woman cannot tolerate a tight collar. Better in open air.

#### Dosage:

- ▶ 6C. May be used in conjunction with *Glonoinum* or *Lachesis*.

### Belladonna (Deadly nightshade)

Congestion in the head with redness and swelling of the face. Hyperesthesia and hyperexcitability from light, noise, and touch. Needs calm; needs to lean the head back. Worse at night. Sudden appearance and disappearance of symptoms.

*Belladonna* is a good match for sudden hot flashes when the skin is burning hot and seems to radiate heat that can be felt by another person. Perspiration and heat, especially on parts of the skin that are covered.

#### Dosage:

- ▶ 6C daily. In high potencies when we find neuropsychological states corresponding to *Belladonna*.

### Melilotus alba (White sweet clover)

Acute congestion of the head with intense redness of the face, throbbing carotids, headache. At the same time, congestion of the chest with oppression and cough, or congestion of the abdomen with constipation and throbbing haemorrhoids.

Tendency to haemorrhage: bleeding of the nose or rectum, which relieves. Worse from warm, rainy, and stormy weather.

#### Dosage:

- ▶ 6C taken daily.

### Sanguinaria canadensis (Bloodroot)

Flushes of heat with a rush of blood to the head and chest, redness of cheeks, burning of the palms of the hands and the soles of the

feet. The headache is very specific: pain begins in the morning, increasing and decreasing with the sun's trajectory through the sky; it begins at the occiput and extends forward, above the right eye. Migraine with nausea and vomiting which occurs every 7 days.

Worse from: noise, motion. Better from: sleep, in the dark. Right-sided symptoms.

**Dosage:**

► 6C.



### III. New Homeopathic Remedies

#### **Rauwolfia serpentina**

Hahnemannian provings of this remedy were done by Leeser and Schrenk in 1954, by Templeton in 1954/1955, and by Beja in 1956. Julian confirmed the provings through clinical studies.

In this proving, we find neurocirculatory dystonia with flushes of heat. Redness alternates with paleness of skin; alternating excitement and depression. Congestive headache at the forehead with throbbing arteries, extension towards the occiput, better from fresh air and exercise.

Heat of the entire body with or without perspiration. When perspiration occurs, it is sticky, and imparts an offensive odour to

the limbs. Episodes of arterial hypertension are accompanied by palpitations, precordial chest pains and faintness with anxiety.

Better from: open air, exercise, and continued motion.

Worse from: heat, closed rooms, after a meal, on waking, and around 6-8 p.m.

**Dosage:**

► In low potency: 6X/6C daily.

► In high potency: 6/12/30C weekly.

*Rauwolfia* is a very interesting member of the group of newer homeopathic remedies.



## Comparative Materia Medica:

	Rauwolfia	Aurum	Lachesis
Better from motion and open air	+++ ++	+++ ++	+ ++
Worse while eating	++	++	++
Worse on waking and from heat	+ +	+ +	++ ++
Erotic dreams	++	+++	+++
Better from walking and during menses	++ /	++ /	/ +++
Libido: Better Worse	/ +	/ +	+++ /

### Thalamus

Hardy carried out clinical provings on this remedy in 1968.

Flushes of heat with redness, worse at night; cyanosis of extremities; excessive sweating, often on one half of the body, with the impression that the odour is offensive or smells of sulphur.

Needs solitude and time to sit and do nothing.

Paraesthesia: tingling, prickling, cervico-brachial neuralgia. Pains are violent, constant, appearing suddenly. Malaise and anguish with the pains.

Walking is difficult and she takes small steps; deep pains in feet and legs while walking.

Worse: from cold or heat, exertion, emotions.

Better: at night from fresh air, motion.

Left-sided symptoms.

### Dosage:

- From 6C to 30C. The remedy seems to act more effectively as a suppository in 6 or 12C, two times per week.

### Buthus australis (Scorpion venom)

A. Azan carried out provings in 1938. Sensation of heat at the level of the heart; palpitations, tightness in throat, anguish and shivering with sudden high fever and drooling. Overly talkative, like *Lachesis*, with mood swings. Alternating prostration and restlessness.

Better: from rest and while eating.

Worse: from exertion, at the end of the day, during the chill.

### Dosage:

- 6C in daily doses for cardiovascular symptoms.
- 12 to 30C, weekly dose, for neuropsychological symptoms that match the remedy.



## IV. Soy Products and Hot Flashes

The potentially beneficial effects of Soy on certain menopausal symptoms are being explored with increasing interest. Only 25% of Japanese women complain of hot flashes, versus 85% of American women. This is not a cultural phenomenon: when Japanese women westernise their diet, this symptom becomes just as frequent as it is for the Americans.

In Italy, studies have been published regarding the effects of soy protein powder supplements on vasomotor disturbances. One double-blind study was done on 104 women who met the biological criteria for menopause. Over a twelve week period, fifty-one women, ages forty-eight to sixty-one, received 60 grams of soy protein daily, and fifty-three others (ages forty-five to sixty-two) were given 60 grams of casein.

For the women who took the Soy, a decrease in hot flashes was noted:

- 26% at 3 weeks;
- 33% at 4 weeks;
- 45% at 12 weeks.

The placebo group had a decrease of 30%. It must be noted that seven of the women discontinued the study, due to gastrointestinal problems.

### Some special products I recommend in telephone consultations

#### THLASCOSE

25 drops, 3 times per day

Hamamelis ø 25 g each

Hydrastis ø

Lachesis 6C

Solidago 6Ch

OR

CLIMAXOL 25 drops,

3 times per day

Gentian (tincture) 3 parts

Nux vomica 3 parts

Hamamelis 18 parts

Viburnum 6 parts

Lobelia 8 parts

Arnica 14 parts

Senecio 14 parts

Hydrastis 6 parts

Crataegus 6 parts

Alcohol Aesculus 22 %.

OR

#### POCONEOL

10 drops each, 3 times per day

N° 5: Myristica bicuiba 6C

Mespilodaphne pretiosa 6C

Echinodorus macrophyllus 6C

Viscum album 6C

Cereus grandiflorus 6C

Schimus molle 6C

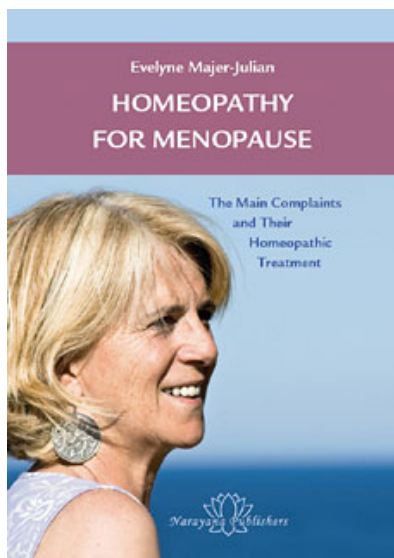
N° 14 : Plumeria lancifolia 6C

Chondrodendron tomentosum 6C

Solanum paniculatum 6C

Acanthus volubilis 6C

Mimosa pudica 6C



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