

HOMŒOPATHY DURING THE MENOPAUSE

ELIZABETH WRIGHT HUBBARD, M.D., New York

The climacteric, like puberty, is a condition rather than a disease. Both these transition periods in the lives of women should be natural and symptomless. They are both characterized by glandular changes and are, so to speak, the wax and the wane of the moon of womanhood. Both periods may be characterized by unpleasant sensations and menstrual irregularity for the most part functional and without organic disease. These then should be prime fields for the use of Homœopathy, one of whose most brilliant roles is the correction of the processes which cause functional disturbances before these eventuate in more or less irreversible pathology.

In the menopause psychological factors play a large role, not only because of the change in ovarian and other related internal glandular hormone activity, but because the cessation of the possibility of childbearing cuts at the root of womanhood. The traditional role of woman as mistress, mother and social center of the home is challenged. The woman fears that she may lose her charm, her power and acutely fears loss of prestige. If she has not been married nor a mother her frustration becomes keener. She can no longer kid herself that she may still marry and have children. These fears are partly groundless in that once the menopause is over it is well known that women become healthier and outlive their men. There is no loss of sexual desire or desirability.

The main distresses at the climacteric are hot flashes, hemorrhaging, irregular intervals of menstruation, nervous depression, obesity. Such conditions as fibroids, ovarian cysts, polyps, leukorrhœa and cancer may appear at any age.

The mainstays of medicine at this period have habitually been hormones or sedatives, and the gynecologists all too frequently recommend hysterectomy or artificial menopause in cases of troublesome bleeding. In these instances, although there may be no menses from the time of the treatment, there may be years of a state simulating the climacteric and then, at the time the woman would have normally had her change of life, there would be an added and prolonged crisis.

The best treatment for the menopause is the deep constitutional remedy covering the totality of the patient's symptoms at that time. Among such remedies are *Calcarea carbonica*, *Lachesis*, *Sepia*, *Sulphur*; less frequently *Apis*, *Graphites*, *Phosphorus* and *Psorinum*. When we say constitutional remedy, we do not at all necessarily mean the chronic remedy most suited to the personality considered over all its life time. We are told that the body renews itself every 7 years and frequently there will be a change in constitutional remedy in 7 year periods. A child who needed *Silicea* may become

an adolescent calling for *Pulsatilla* and later need *Fluoric Acid*, and by middle age *Thuja*. Or a child needing *Baryta carbonica* may become a case for *Natrum muriaticum* during adolescence and for *Sepia* in the menopause.

In the use of the Nosodes we find them brilliantly effective in children and again among our most helpful and searching remedies in the change of life, particularly *Psorinum*, *Tuberculinum* and *Medorrhinum*.

In metrorrhagia, *Belladonna* followed by *Calcarea carbonica*, if the flow is hot, bright, gushing, is effective. *Ipecac* in steady, bright bleeding, nausea, "persnickety" appetite, a snobbish and difficult disposition will stand out. *Murex* acts well, if one has thought of *Sepia* and yet the woman is far from sexually cold.

Crocus, *Platina* and *Secale* are indicated where the flow is stringy, black or brown respectively, with hysteria, hyper-sensitivity or a dessication of the personality.

Phosphorus, usually thought of as a remedy for the young, does marvels at the menopause where the symptoms agree, especially if with the bright hemorrhage there is chronic cystic mastitis.

Sabina (related to gin) is particularly indicated with a typical pain from the pubis backward and the dark clots in bright flow.

Lachesis is spectacular in the menopause where the neck becomes mottled, the patient has an endless spate of talk, neck beads are discarded and fans carried, and unreasoning jealousy and groundless suspicion combine with a powerful, energetic personality to make the home impossible.

The woman needing *Sepia* shares the honours with *Lachesis*. She is cold, dowdy, indifferent in her housekeeping. Friends and family are too much effort. From passivity she flies into futile rages and makes biting or gross remarks without realizing it.

The *Apis* patient is the widow with many lovers, spiteful, gay, able, with cystic ovaries, the Queen Bee herself.

In those who look too old too soon, who are chilly, costive, wrinkled, sluggish, irresolute, with dark smudges under the eyes, varying between stodgy discouragement and whimsical flippancy, *Graphites* may be the remedy.

We must never forget that *Sulphur* is an amazing remedy for the aging. Their swollen ankles, varicose veins, spotted dresses and untidy hair, and increasing pre-occupation with themselves, and laziness encroach upon the natural personality. These women have passed their vital peak. They need the old spring house-cleaning of brimstone and treacle (sulphur and molasses). The psoric background and the nitrogenous waste accumulation are overwhelming them. In this connection, but in the spare, fussy, disagreeable type, we may think of *Nitric acid*.

Diet in the menopause is of great importance: natural foods, wheat germ instead of buns for breakfast; sunflower seeds in place of a box of

(Continued on page 430)

In 1948 the National Health Service was inaugurated, and the Hospital was graded as a single group with its own Committee of Management.

The Hospital is approved by the General Nursing Council as a Training School for Nurses and is the Registered Address for the Faculty of Homœopathy.

The centenary of the foundation of the Hospital was celebrated in 1949 and many distinguished headed by T.R.H. The Duke and Duchess of Gloucester attended a reception given in the Great Council Chamber of the British Medical Association.

There is no doubt that the Hospital has shown consistent progress throughout its career and it is now the aim of the Management Committee "to maintain the Hospital as an integral and efficient unit in the National Health Service, and to discharge the trust and obligation placed upon it by the Hospital's generous founders and benefactors by safeguarding its primary function as a homœopathic institution and extending the benefits of Homœopathy."

In order that the Hospital shall function as efficiently as possible as primarily a homœopathic institution it must be recognized by the Medical Teaching Authorities as a Post Graduate Medical School for the teaching of Homœopathy. This is the most important aim of the Hahnemann Society.

—*The Layman Speaks, Sept., '60*

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(Continued from page 412)

chocolates to nibble as one reads; no milk; not too rich and heavy fats or starches.

The menopause, in short, can be coped with blithely and gracefully. It should be a time of freedom, leisure, mellow wisdom and enduring health. Under Homœopathy life can begin at 60!

—*Jourl. of the Am. Inst. of Homœopathy, March-April, '60*
