

Discipline

Dedication

Devotion

HOMOEOPATHY

LAKSHYA



Education is that which enables one, to stand on his own legs- Swami Vivekanand

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**ROLE OF HOMOEOPATHY IN MENOPAUSAL MOOD SWING**

Dr. Manisha G. Boricha M.D.(Hom), Associate Professor, Department of Organon of Medicine

**Abstract: Objectives:** 1. To study evolution of Miasm in Menopausal Mood swing  
 2. To study Homoeopathic medicine in mental aspect with auxiliary mode of treatment  
 3. To utilize the above understanding for enjoying healthy life, free from disease manifestation on mental & physical aspect. **Material & Method:** study of menopausal mood swing with miasmatic evolution through case study after defining, analyzing then further testing data for accuracy. Selection of medicine will be according to concept of individualization. **Result:** observed results will be discussed on study of cases in which the efficacy homoeopathic approach in menopausal mood swing shall be present awareness, counseling with Homoeopathic aid. **Conclusion:** considering the miasmatic background in menopausal mood swing in a natural way, unnoticed in majority of female & with regards to miasmatic influence it has been concluded that menopausal mood swing is predominantly a psoric manifestation.

**Key words:** Menopausal Mood Swing, Miasm, Hormone influence, Auxiliary mode of treatment, Individualization

**Introduction:** One of the strong phenomena happen during menopause is mood swing. It defined as an extreme & rapid fluctuation in mood. During mood swing women often experiences drastically shift in her emotional state.

**Estrogen is directly related to produce serotonin- an important factor in the brain to regulate mood. Other main causes are fatigue, tiredness, lack of sleep, fear of changes in sexual life, stress like family issues, career, finances, relation, etc.**

**It produces ups & downs & one can feel like on roller coaster, she is up one moment & down the next & never able to get off the ride that easily with these changes in moods. She feel totally down & out in her day to day life.**

Menopausal mood swing is very critical state, this is often called 'The Changes' it is combination of physical, mental, emotional changes. Many women are dealing with more issues at home, financial, responsibility, relations, works, children, marriage, look- appearance, emotional trauma or stress, etc. so more or less females are suffer or bother about it all issues. At the end of extreme situation she gives

different kind of expressions like highly irritable or apathetic to loved one or indifference or lonely feeling etc

Source of data: Total 40 cases were taken from Anand Homoeopathic Medical College & Research Institute, Anand.

Sampling procedure: Every case attending the OPD & which fitted into the case definition was taken for the study. Proper follow up will be maintained as per the protocol.

Methods of collection of data: The data should be collected according to instruction given by Dr. Hahnemann in Organon of medicine aphorism No. 83 to 105. Selection of medicine on the basis of reportorial analysis, miasmatic reportorial analysis & concept of totality.

Material: The materials used for study are; case record from college, repertory sheet, miasmatic repertory by Dr. R. P. Patel, Kent repertory, Organon of medicine 5<sup>th</sup> & 6<sup>th</sup> edition.

Inclusion criteria: Female of 35 to 55 years of age of different socio-economic class, perimenopausal mood swing, diagnostic criteria are mainly based on clinical presentation

Exclusion criteria: Female with artificial menopause, mood disorder/depressive disorder/ underlying any other mental disease

Criteria for follow up: It was differing from pt. to pt. but important parameters based on the homoeopathic principles will be considered for it. Follow up will be taken every 7 to 15 days.

**Result:** Study of duration was 12 months. Assessment of progress was based on clinical progress made by individual subject. All collected data & observation were subjected to statistical study. Total 40 cases were studied.

**1. Table 1: Menopausal**  
Study shows total 17cases pt., 17 cases ( 42.5%) were minimum number of pt., 5 51-55 years

Age group	No. of case	(%)
35-40	17	42.5
41-45	12	30
46-50	06	15
51-55	05	12.5

Mood Swing And Age Group:  
which reveals maximum number of from age group 35-40 years & cases (12.5%) were from age group

## 2. Table 2: Menopausal Mood Swing and Miasm

In 40 cases of menopausal mood swing, maximum number of pt. 25 cases (62.5%) were belong from psoric miasm, whereas 12 cases (30%) from Sycosis & 3 cases (7.5%) belong to syphilis miasm.

Miasm	No. of case	(%)
Psora	25	62.5

Sycosis	12	30
Syphilis	03	7.5

### 3. Table 3: Menopausal Mood Swing And Auxiliary Mode Of Treatment

In 40 cases of menopausal mood swing, auxiliary treatment & counseling was used in 22 cases (55%) while 18 cases (45%) were not given.

Auxiliary treatment/ counseling	No. of case	(%)
Yes	22	55
No	18	45

### 4. Table 4: Menopausal Mood Swing And Response Of Homoeopathic Treatment

It was observed that after administration of homoeopathic medicine 6 cases (15%) had significant improvement, 27 cases (67.5%) had moderate improvement, 4 cases (10%) left the treatment & 3 cases (7.5%) was in status quo condition.

Response	No. of case	(%)
Significant improvement	06	15
Moderate improvement	27	67.5
Left the treatment	04	10
Status quo	03	7.5

**Discussion:** Thus not two women go through menopausal experience it in the same way, all women are not suffer from mood swing but who are highly susceptible to it suffer more. It is a gradual process, each and every woman experience and reacts differently, like her body is going through changes that can have effect on her social life, her feeling about herself & her performance at work. The time of menopause often coincides with other major life changes, like departure of children from home, a midlife identity crisis, or divorce. These events coupled with the sense of loss of youth, many exacerbate the symptoms of menopause & can psychological distress.

The menopause is often regarded as a disease as opposed to natural process & over the years it has become increasingly medicalised. In terms of treatment in modern medicine, they mainly manage with Hormone replacement therapy. HRT does not suit or even help every women, also it produce many side effects. Here on the contrary homoeopathy offers safer & holistic way to manage, it deals with each individual woman's condition & constitution by treating her at the mental, emotional & physical level. During this time, it may also open unresolved or suppressed emotional issues which are coming out on surface; from the homeopathic perspective, this is to identifying symptoms that make patient a unique individual. These all are important for chronic complaint i.e. Miasms. It is obnoxious disease producing agent, inimical to life & dynamic in nature. Anti-miasmatic medicine helps to clear up the suppression (P/H/O) ; clear up present symptoms from their root of origin, this miasmatic diagnosis leads to specific miasmatic group of medicine then select the remedy is to be taking all 'characteristic symptoms' of the individual.

Miasmatic diagnosis considers the predisposition, disposition, and diathesis & disease nature so anti-miasmatic constitutional remedy helps to treat the patient in correct way. Study of miasms helps to remove the blocks & to restore the patient back to the health. Thus we cannot change her physiology but she can change her life very often when she do, her hormones respond in favorable way, that's why managing her life is very important factor. For management the auxiliary treatment is very helpful at this age. Homeopathy stimulates the natural hormonal balance without the use of harmful drugs; instead it simply brings back the balance of mind, body & spirit. As Dr. STUART CLOSE aptly puts it 'Disease is only cured by the internally administered similar medicine, with due regard to the proper auxiliary, psychical, hygienic & mechanical treatment.'

**Limitation:** small sample size. As 40 cases were taken. However, further randomized controlled trials with a larger sample size & longer follow up duration are required to conclusively establish these findings.

**Conclusion:** after the research work, following conclusion were there. It was concluded that study of menopausal mood swing with homoeopathic approach has effective role in treatment. Proper case taking gives idea about totality of symptoms & individualization with miasmatic background as well as selection of Similimum. So in homeopathy such as Lachesis, Pulsatilla, Calcarea carb, Ignasia, Graphitis, Lilium tig, Nat mur, Cimicifuga, Staphisagria & many more medicines are helpful in the case of menopausal mood swing.

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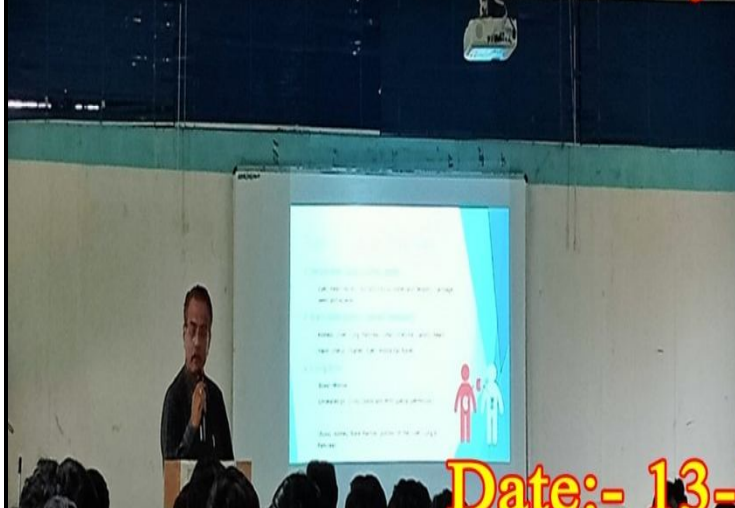




# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.



## “Organ Donation” Awareness Seminar by Dr. R.N.Kabariya (M.Ch.- Neuro)



Date:- 13-08-2021



## “World Organ Donation Day”





# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.



## Celebration of Independence Day



Date:- 15-08-2021



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॥ सा विद्या या विमुक्तये ॥  
ESTD. 2000

# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.

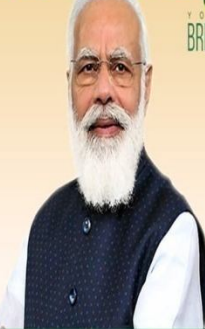
75  
आज़ादी का  
अमृत महोत्सव



## LAUNCH OF Y BREAK APP

75  
Azadi Ka  
Amrit Mahotsav

## "AYUSH" Week



VENUE: VIGYAN BHAWAN

TIME: 6:00 PM



## Launching "Y-Break App"

YOGA BREAK APP  
@ Workplace

**OBJECTIVES**

- To **De-stress, Refresh** and get **Re-focused** to enhance immunity at their work place.
- To minimize the discomfort throughout the day, making it easier to focus on work.
- To increase the productivity of individuals at work place.

1:17:36

Swipe left to reveal comments and reactions



-1:11:24







# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.



## “AYUSH” Week



## Distribution of Ayush Prophylactic Medicines



## Kharakdi.-Ta.Ghogha





# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.



## "AYUSH" Week



## "AYUSH" Aap Ke Dwar



## Shivam Vidyalay-Devgana

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# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.



## “AYUSH” Week



## “AYUSH” Aap Ke Dwar



## Shivam Vidyalay-Devgana

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# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.



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ESTD. 2000

## "AYUSH" Week

VC (4 sept) - Hamaara Ayush Hamaara Swasthya Award...  
Active Participant | Participants(285)

hija Nesari Joined

REC

Dinesh kumar  
Dinesh kumar ,principal kisan int. college Alipurkheri muzaffarnagar(up)

## Series of Lecture on "Ayush System"

VC (4 sept) - Hamaara Ayush Hamaara Swasthya Award...  
Active Participant | Participants(274)

Dr Tanuja Nesari Left

### AIM AND OBJECTIVES

#### Health & Wellness

Prevention

Promotion

Treatment

Palliation

Rehabilitation

Individual

Family

Community

Nation

bharatvc.nic.in is sharing

REC Stop sharing Hide

Dr. Aziz Arbar

Participants 285

ACTIVE 72 PASSIVE 213

Search Participant

- You(ASHUTOSH VIDHYALAY)
- HP Gurukul International
- All India Institute of Ayurveda  
Moderator Presenter
- Umesh Tagade  
Moderator
- Alia, New Delhi  
Moderator
- Prof. Umesh Shukla
- Dr Dattatraya Patil Dhanwant...
- Dipanshu Gehlod
- Oxford Public school(Delhi)

Participants 274

ACTIVE 71 PASSIVE 203

Search Participant

- You(ASHUTOSH VIDHYALAY)
- HP Gurukul International
- All India Institute of Ayurveda  
Moderator Presenter
- Umesh Tagade  
Moderator
- Alia, New Delhi  
Moderator
- Prof. Umesh Shukla
- Dr Dattatraya Patil Dhanwant...
- Dr. Aziz Arbar
- NCH





॥ सा विद्या या विमुक्तये ॥  
ESTD. 2000

# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.



## "AYUSH" Week

VC (4 sept) - Hamaara Ayush Hamaara Swasthya | Active Participant | Participants(2/4)

AIM AND OBJECTIVES

Health & Wellness

- Prevention
- Promotion
- Treatment
- Palliation
- Rehabilitation
- Individual
- Family
- Community
- Nation

Dr. Aziz Arbar

Participants (2/4)

ACTIVE (1) PASSIVE (3)

Search Participant

- You(ASHUTOSH VIDHYALAY)
- HP Gurukul International
- All India Institute of Ayurveda
- Umesh Tagade
- AIIA, New Delhi
- Prof. Umesh Shukla
- Dr. Dattatraya Patil Dhanwant
- Dr. Aziz Arbar

## Series of Lecture on "Ayush System"



Discipline

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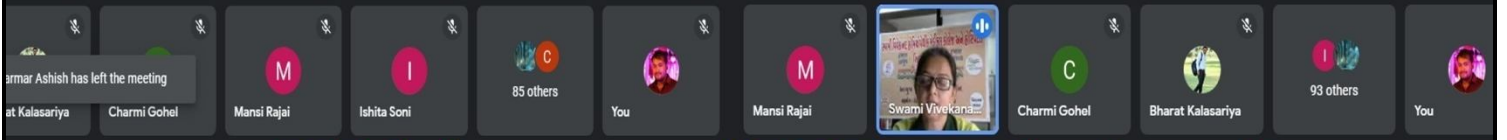
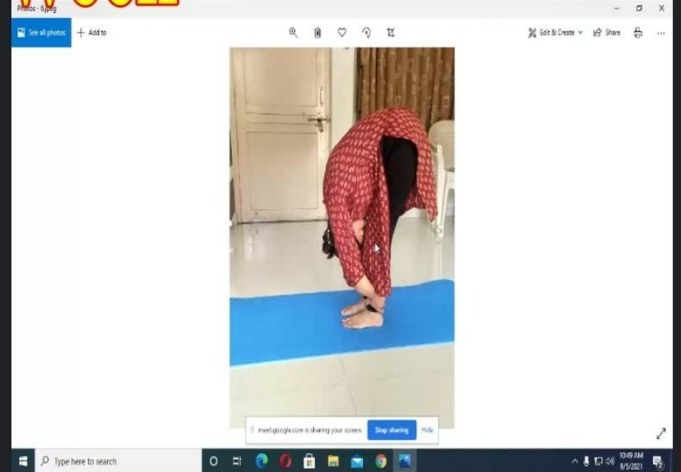




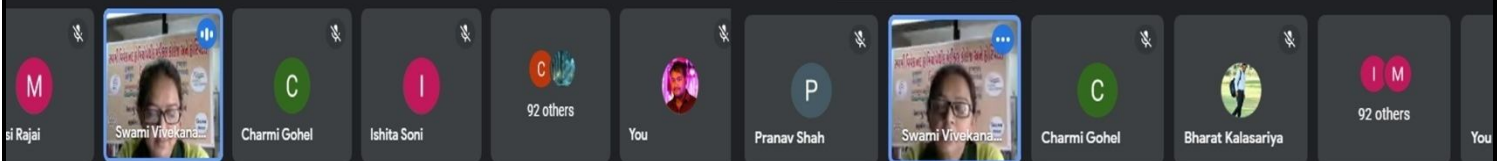
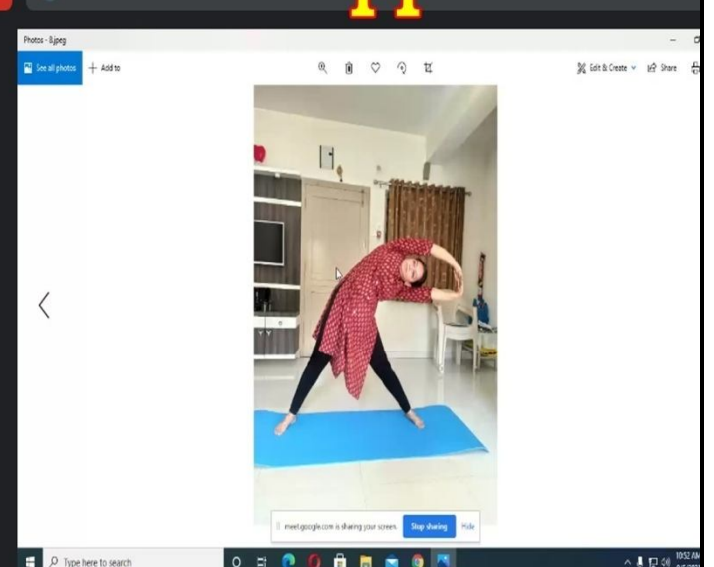
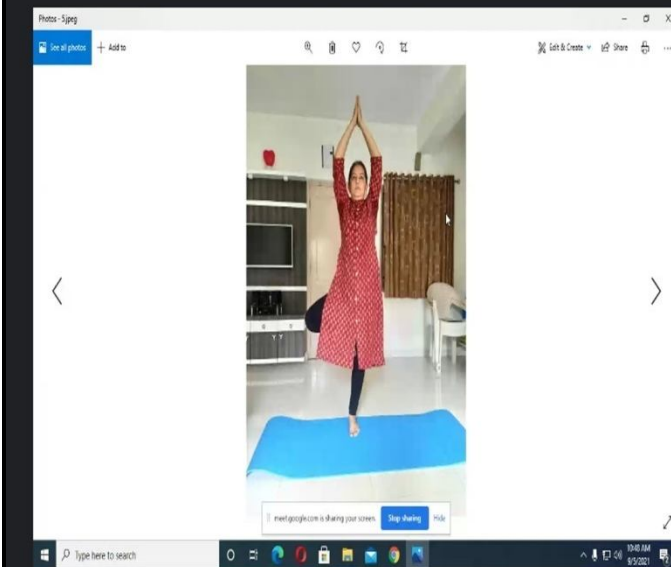
# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.



## "AYUSH" Week



## Webinar on "Y-Break App"



Discipline

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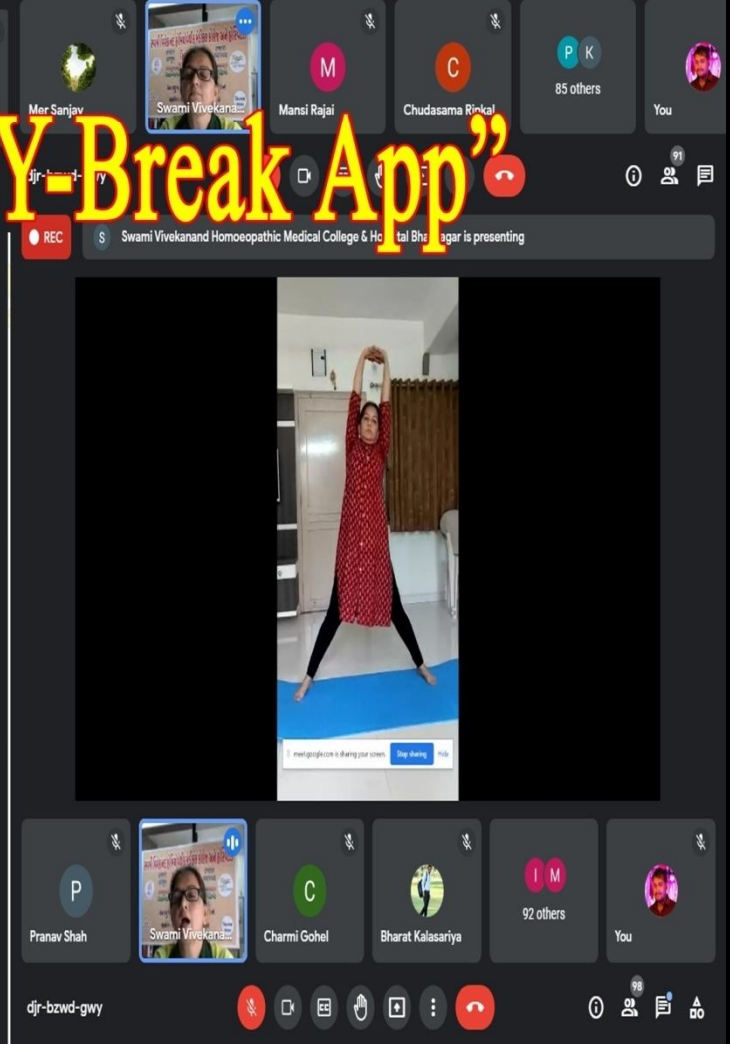
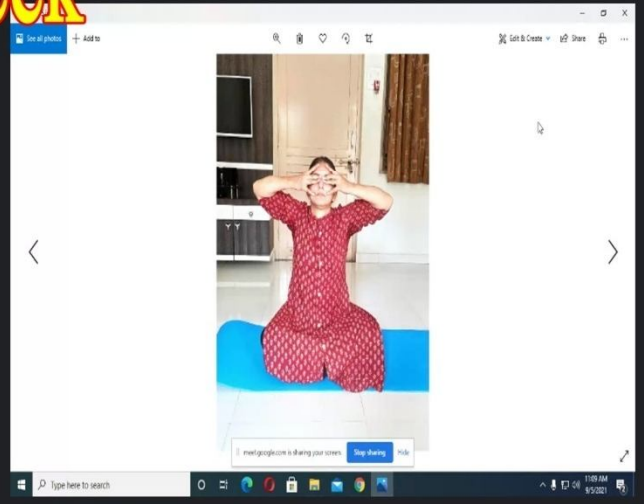
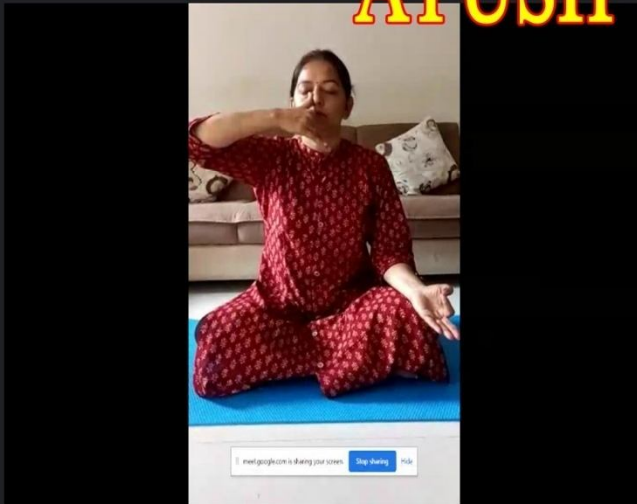
Devotion



# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.



## "AYUSH" Week



Discipline

Dedication

Devotion





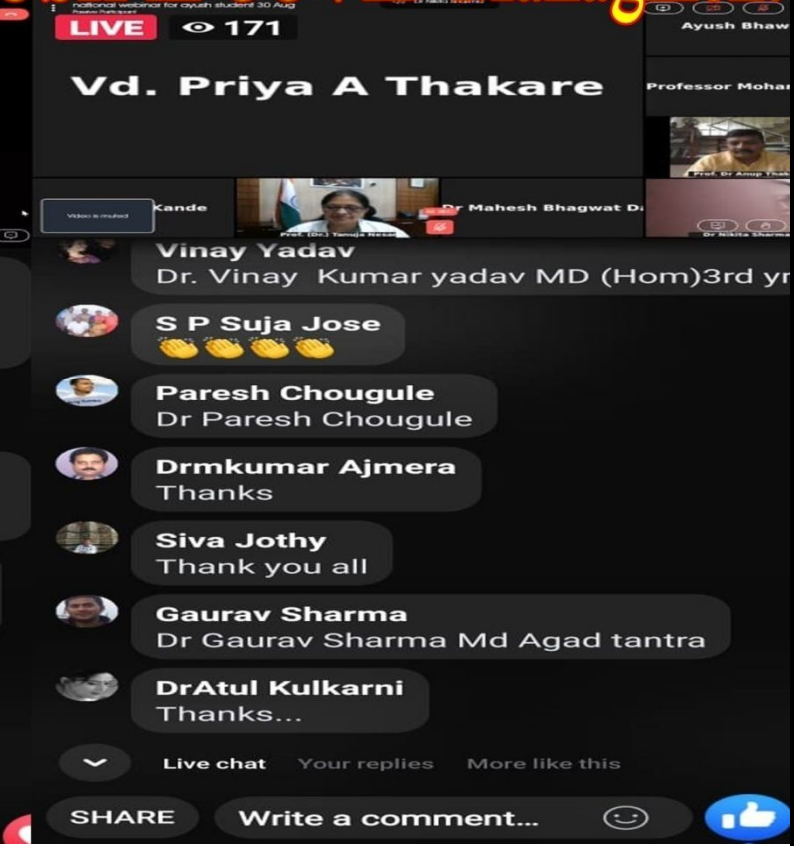
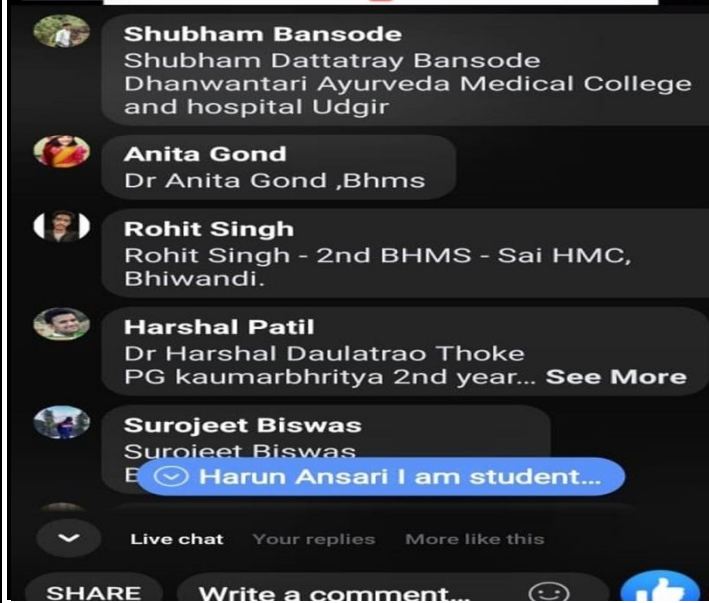
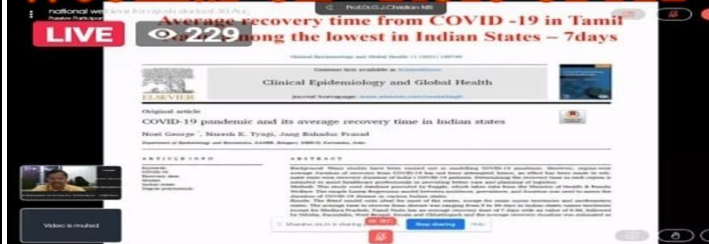
# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.



## "AYUSH" Week



## Webinar on "Role of AYUSH in COVID Management"







# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.



## “AYUSH” Week



## School Program



## Sarathi School-Bhavnagar

Discipline

Dedication

Devotion





# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.



## “AYUSH” Week



## School Program



**Niramal Vidyalay-Bhavnagar**

Discipline

Dedication

Devotion





# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.



## “World Physiotherapy Day”



## “Physiotherapy” Awareness Seminar by

**Dr. Jinal Talsaniya**



**Date:- 08-09-2021**





# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.

## Seminar by Dr. Pranav Shah at Parul University

## "Use of Mother Tincture in Day to Day Life"

Date:- 13-09-2021





# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.



## Pledge for Organ donation



Discipline

Dedication

Devotion





# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.



**Pledge for Organ donation**



Discipline

Dedication

Devotion





# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.



Discipline

Dedication

Devotion





# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.



## "World Heart Day"



## Awareness Rally



Discipline

Dedication

Devotion





# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.



## Celebration of "World Heart Day"



**Date:-29-09-2021**

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