

CLINICAL EVALUATION OF RUBRIC MENOPAUSE THROUGH MENOPAUSE RATING SCALE (M.R.S) WITH THE HELP OF CROSS REPERTORIZATION FROM KENT, MURPHY AND BOERICKE REPERTORY.

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Abstract:

Menopause is “complete cessation of menstrual periods”. It is not a disease but a transitional state of women. As women age, their health becomes a multidimensional issue influenced by factors such as career, changes in home life, diet and physical activity, the economy, society and the environment. Though menopause is a normal physiological change, yet we find majority of females undergo a many of symptoms in varying intensity, which can be termed as a “Menopausal syndrome”.

Background: Women generally experience menopausal distress during the change of their life also known as the climacteric year's i.e. between the ages of 45 to 55 years. Homoeopathic treatment is gentle and harmless without causing any side effect.

Need for Study: Most of the women are unaware or do not pay attention to menopause symptoms regular screening of such women can improve quality of their life. Also to study utility of repertories and rubrics in menopausal cases using M.R.S scale.

Aim and Objectives:

Aim -To evaluate rubric menopause through menopause rating scale (M.R.S) with the help of cross repertORIZATION from Boericke, Kent and Murphy repertory.

Primary Objective –

Change in MRS score through 26 weeks from baseline after treatment with homoeopathic medicine based on cross repertORIZATION rubrics from Boericke, Kent and Murphy repertory.

Secondary Objectives-

- To study rubrics regarding menopause from Boericke, Kent and Murphy repertories.
- To come to a rational conclusion about use of repertories in cases of menopausal syndrome.
- To investigate changes in primary and secondary outcome measures.

Methodology:

An open clinical trial was undertaken to ascertain the role of homoeopathic medicine based on cross repertorization rubrics from repertories in menopausal syndrome. Each case was studied for 6 months with the help (M.R.S) scale.

Menopause Rating Scale

Symptoms:

	none	mild	moderate	severe	very severe
Score =	0	1	2	3	4
1. Hot flushes, sweating (episodes of sweating)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Heart discomfort (unusual awareness of heart beat, heart skipping, heart racing, tightness)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Sleep problems (difficulty in falling asleep, difficulty in sleeping through, waking up early)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Depressive mood (feeling down, sad, on the verge of tears, lack of drive, mood swings)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Irritability (feeling nervous, inner tension, feeling aggressive)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Anxiety (inner restlessness, feeling panicky)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Physical and mental exhaustion (general decrease in performance, impaired memory, decrease in concentration, forgetfulness)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Sexual problems (change in sexual desire, in sexual activity and satisfaction)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Bladder problems (difficulty in urinating, increased need to urinate, bladder incontinence)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Dryness of vagina (sensation of dryness or burning in the vagina, difficulty with sexual intercourse)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Joint and muscular discomfort (pain in the joints, rheumatoid complaints)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Result and Conclusion:

The result between baseline score and score after 6 months of treatment, revealed a significant improvement in symptoms of distress during menopause. The reduction in score resulted when medicines were prescribed taking in consideration of cross repertorization from Kent, Murphy and Boericke repertory. Total 213 cases were screened, 127 cases were enrolled and completed study which suggests that homoeopathic medicine are useful in menopausal cases. Menopause Rating Scale could be used as an effective tool while examining the patients of menopausal cases with the help of Kent, Murphy and Boericke repertory.

The rubrics regarding menopause from different repertories are as follows

BOERICKE REPERTORY

Menopause-amyl, bell, bellis, cact, caul, cim, con, gels, glon, ign, jabor, kali.c, kreos, lach, mancin, murex, nux m, nux v, oophor, puls, sang, sep, sul, ustil, zinc.v.

KENT REPERTORY –

Menopause- agar, apis, arg-n, chin, cocc, con, croc., crot c, crot-h, cucl, gels, graph, helon, lach, mang, murx, phos, psor, puls, sel, sep, sulph, sul-ac, tab, verat

MURPHY REPERTORY–

Menopause- 2 agar, 2 aml-n, 2 apis, 2 arg-n, 2 bell, 2 bell-p, 2 bry, 2 cact, 2 calc-ar, 2 caul, 2 chin, 2 cimic, 2 cocc, 2 con, 2 croc, 3 CROT-C, 2 cycl, 2 gels, 2 glon, 3 GRAPH, 2 helon, 2 hydr, 2 ign, 2 jab, 2 kali bi, 2 kali-c, 2 kali-s, 2 kreos, 3 LACH, 2 manc, 3 MANG, 2 murx, 2 nux-m, 2 nux – v, 2 ov, 2 ph-ac, 2 phos, 3 PSOR, 3 PULS, 2 sabin, 2 sang, 2 sec, 2 sel, 3 SEP, 2 stront c, 3 SULPH, 2 sul-ac, 2 tab, 2 ter, 2 ther, 2 ust, 2 verat, 2 zinc-val.

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