

Efficacy of Homoeopathic Medicine Amyl Nitrosum, Glonoine, Sanguinaria Canadensis and Sulphuric Acidum in Hot Flushes of Menopause.

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I. INTRODUCTION

Menopause is derived from Greek word “menos” means monthly and “pause” means to stop. Menopause is normal physiological process occurring in females with stoppage of menstruation and gradually decline in hormones. Menopause defined as a “Permanent cessation of menstruation cycle at twelve consecutive months without any pathology”. The time periods before menopause known as premenopause and that after menopause refers to as postmenopausal. The average age of menopause is between 40 to 55 years.

During this time women faces many life changing issues like issue at home, responsibility, job, midlife identity crisis, relations, work, children’s tension, appearance, stress, loss of self confidence and feeling of dependency on others. These all changes effects on her as a whole. Repetition of this symptoms leads to many worse conditions on women. These event coupled with the sense of loss of youth, may exacerbate the symptoms of menopause.

The most relevant factors influencing woman’s quality of life is menopausal transition period. During menopause many women suffer from physical, mental and emotional level. This drastically changes in hormones not prompt only uncomfortable physical symptoms, it also turn a women’s emotional and mental plane.

Menopause with its all symptoms known as “Menopausal syndrome”. This symptoms are irregular menstruation, hot flushes and night sweats, psychological changes, atrophy of urogenital organs, low libido, osteoporosis, cardiovascular disease and skin and hair in changes

Hot flushes are one of the most common complaints of menopause. It is a period of Intense heat, warm skin and sweating over whole body

which are uncomfortable for her. Hot flushes are main symptoms of menopause. 60-80% of women experience hot flushes in her menopausal life. It may last for 1 to 10 minutes. The physiological changes with hot flushes are cutaneous vasodilation and perspiration. The characteristic symptom of menopause is ‘hot flush’. Hot flush is characterized by sudden feeling of heat followed by profuse sweating. There may also be the symptoms of palpitation, fatigue and weakness. The physiological changes with hot flushes are perspiration and cutaneous vasodilatation. Both these two functions are under central thermoregulatory control. Low oestrogen level is prerequisite for hot flush. Hot flush coincides with GnRH pulse secretion. It may last for 1-10 minutes, and may be at times unbearable.

Hot flushes are episodes that are experienced by many, but not all, women undergoing menopause. Hot flush is a feeling of warmth, sometimes associated with flushing that spread over the body and sometime followed by perspiration. Hot flushes, a common symptom of menopause and perimenopause, are typically experienced as a feeling of intense heat with sweating and rapid heartbeat, and may typically last from two or thirty minute for each occurrence. The sensation of heat usually begins in the face or chest, although it may appear elsewhere such as the back of the neck, and it can spread through the whole body. Some women pass out if the effects are strong enough. In addition to being an internal sensation, the surface of the skin, especially on the face, become hot to be touch. This is the origin of the alternative term “hot flushes” since the sensation of heat is often accompanied by visible reddening of the face. Excessive flushing can lead to rosacea.

The hot flushes event may be repeated a few times each week or constantly throughout the day with the frequency reducing over time.

AIMS:

The main objective was to show the Efficacy of Homoeopathic Medicine Amyl Nitrosum, Glonoine, Sanguinaria Canadensis and Sulphuric Acidum in Hot Flushes of Menopause. Another important objective was to study and role of Homoeopathic medicines in Management of Hot Flushes of menopause.

II. MATERIAL AND METHODOLOGY:

STUDY DESIGN

The study was prospective, analytic & Comparative. A clinical study was conducted in which total 40 experimental sample were purposively selected from the Anand Hospital and peripheral opd of Hospital .

SAMPLE SIZE

Study sample was selected by purposive sampling method. Individuals who fulfill the inclusion criteria were selected.

INTERVATION

Study participant were given the homoeopathic medicine based on totality of symptoms in each case study. All participant were given medicine in according to case. Symptomatology was reviewed

periodically. When there was no further improvement potency was raised. Changes in the symptomatology necessitated second prscription.

MATERIAL AND METHODOLOGY:

40 samples were selected through random sampling method with fulfillment of inclusion and exclusion criteria. Data collection was done with the personal interview Method according to guidelines given in Organon of medicine. The case perform specially prepared cases and scoring system were selected as tools for the data collection. The remedy was selected on the basis of totality of symptoms and individualization. Repetition and follow ups were decided according to need of particular case.

INCLUSION CRITERIA:

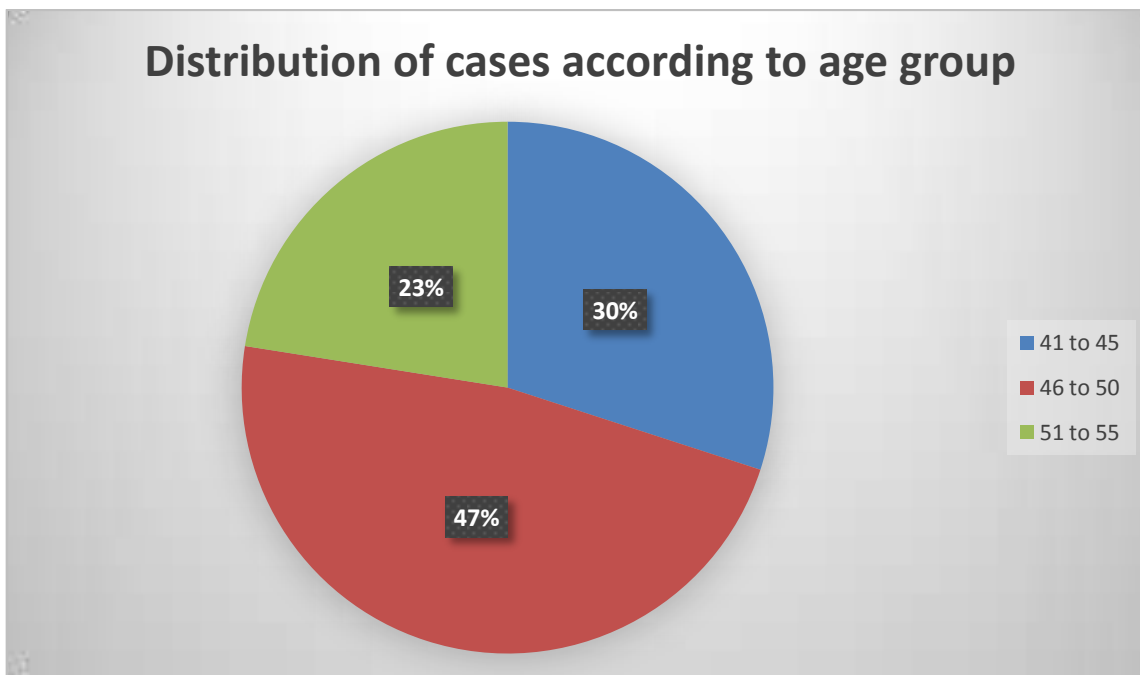
- a) Women age above 40 years having history of menopause
- b) Hot flushes present in normal healthy ladies going in to menopause
- c) Perimenopausal hot flushes women are included
- d) Women of all socio - economic status are taken for study

EXCLUSION CRITERIA:

- a) Cases associated with gross pathological changes in menopause
- b) Age group below 40 and above 55 years will not be included in the study

TABLE: 1
DISTRIBUTION OF CASES ACCORDING TO AGE GROUP

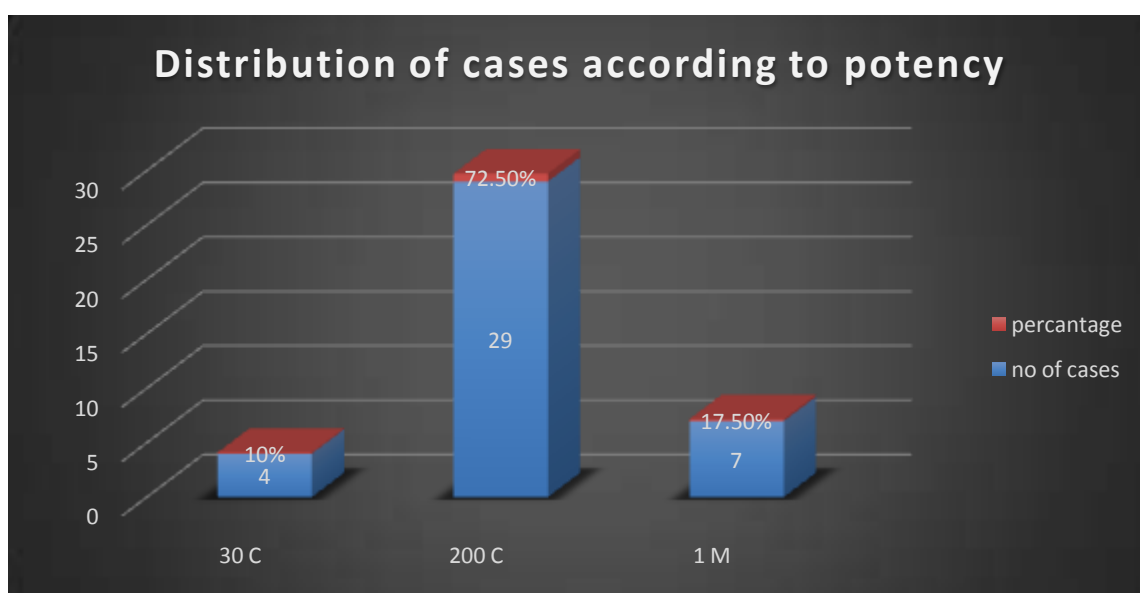
Age	No. Of Case	Improvement
41 to 45	12	30
46 to 50	19	47.5
51 to 55	9	22.5
Total	40	100%



In my study, it was observed that the highest incidence was seen in the age group 46 to 50 years (19 cases), followed by 41 to 45 years age group (12 cases) and minimum incidence was found in 51 to 55 years age group (9 cases). The eldest patient was 55 years age and younger was 41 years old.

TABLE NO: 2
DISTRIBUTION OF CASES ACCORDING TO THE POTENCY USED

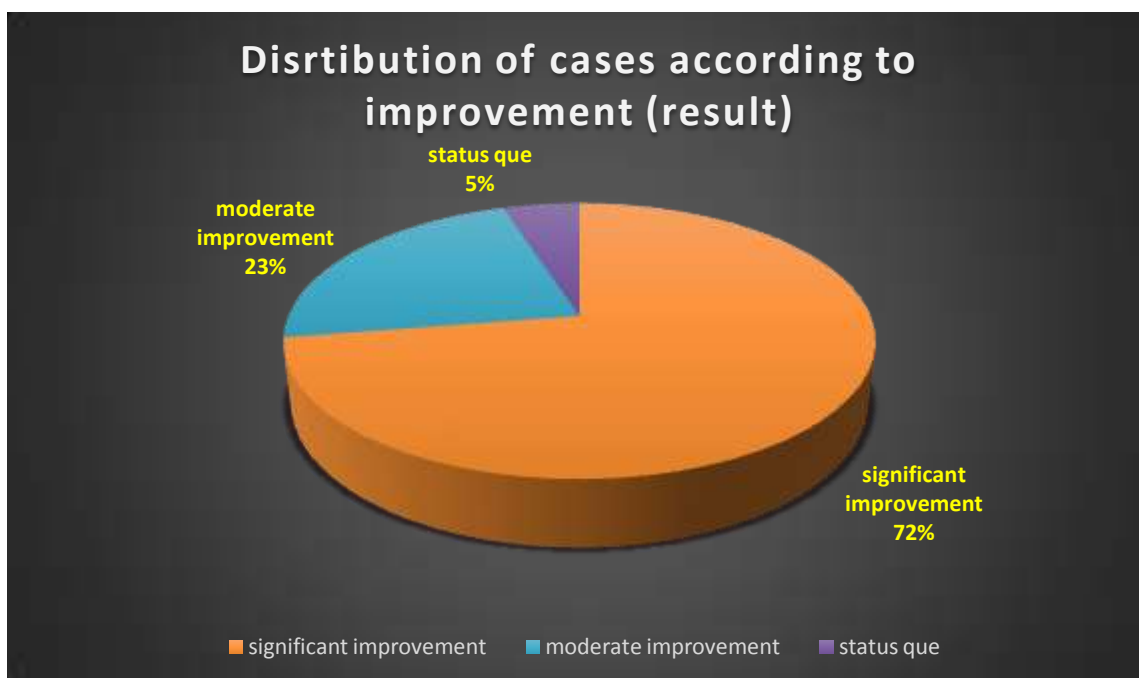
Potencies	No. of Cases	Percentage
30 C	4	10%
200 C	29	72.5%
1M	7	17.5%
Total	40	100%



The potencies varied from 30 to 1M as per demand of the case. In my study, out of 40 cases, 200 Potency was given in 29 cases, 30 potency was given in 4 cases, and 1M potency was given in 7 cases.

TABLE NO. 3
DISTRIBUTION OF CASES ACCORDING TO RESULT

Sr. No.	Result	No. of Cases	Percentage
1	Significant Improvement	29	72.5%
2	Moderate Improvement	9	22.5%
3	Status quo	2	5%



In my study, out of 40 cases, it was observed that 29 cases shown significant improvement, 9 cases shown moderate improvement, and 2 case shown status quo.

Table no 4
Distribution of remedies used in relation with result

Sr no	Name of Remedies	Significant Improvement	Moderate Improvement	Status Quo
1	Amyl Nitrosum	7	3	
2	Glonoine	8	1	1
3	Sanguinaria Canadensis	8	2	
4	Sulphuric Acidum	6	3	1
5	Total	29	9	2

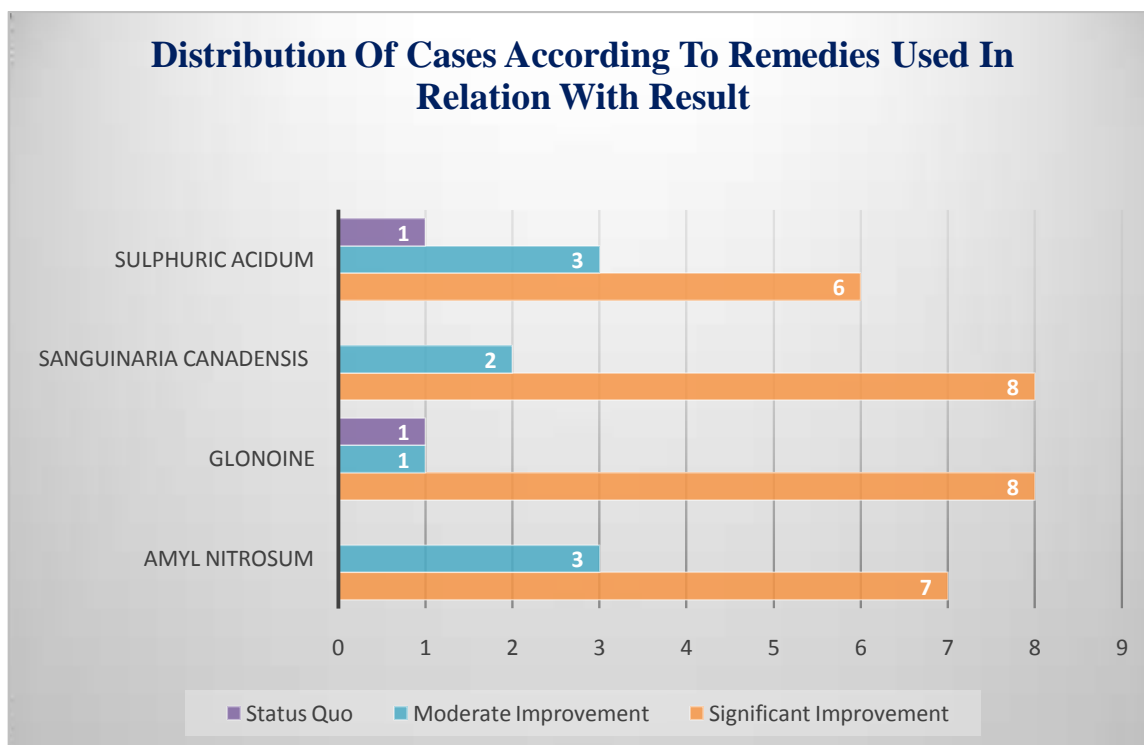


Table no 5

DISTRIBUTION OF SYMPTOMS OF AMYL NITROSUM ACCORDING TO RESULT

Sr no	Symptoms	Total symptoms	verified	Not verified
1	Flushing of heat followed by cold and clammy skin and profuse sweat	9	8	1
2	Heat and redness of the face	9	8	1
3	General sudden perspiration with great debility	8	6	2
4	Precordial anxiety	7	4	3
5	Beating, throbbing, bursting sensation in head	6	5	1
6	Anxiety as if something might happen	6	5	1
7	Hot burning in stomach	6	5	1
8	Fluttering at slightest excitement	6	4	2
9	Aggravation close room	6	4	2
10	Amelioration cold room & cold air	5	3	2
11	Face flushes at slightest emotion	4	3	1
12	Mental confusion	3	2	1
13	Trance like state	2	1	1

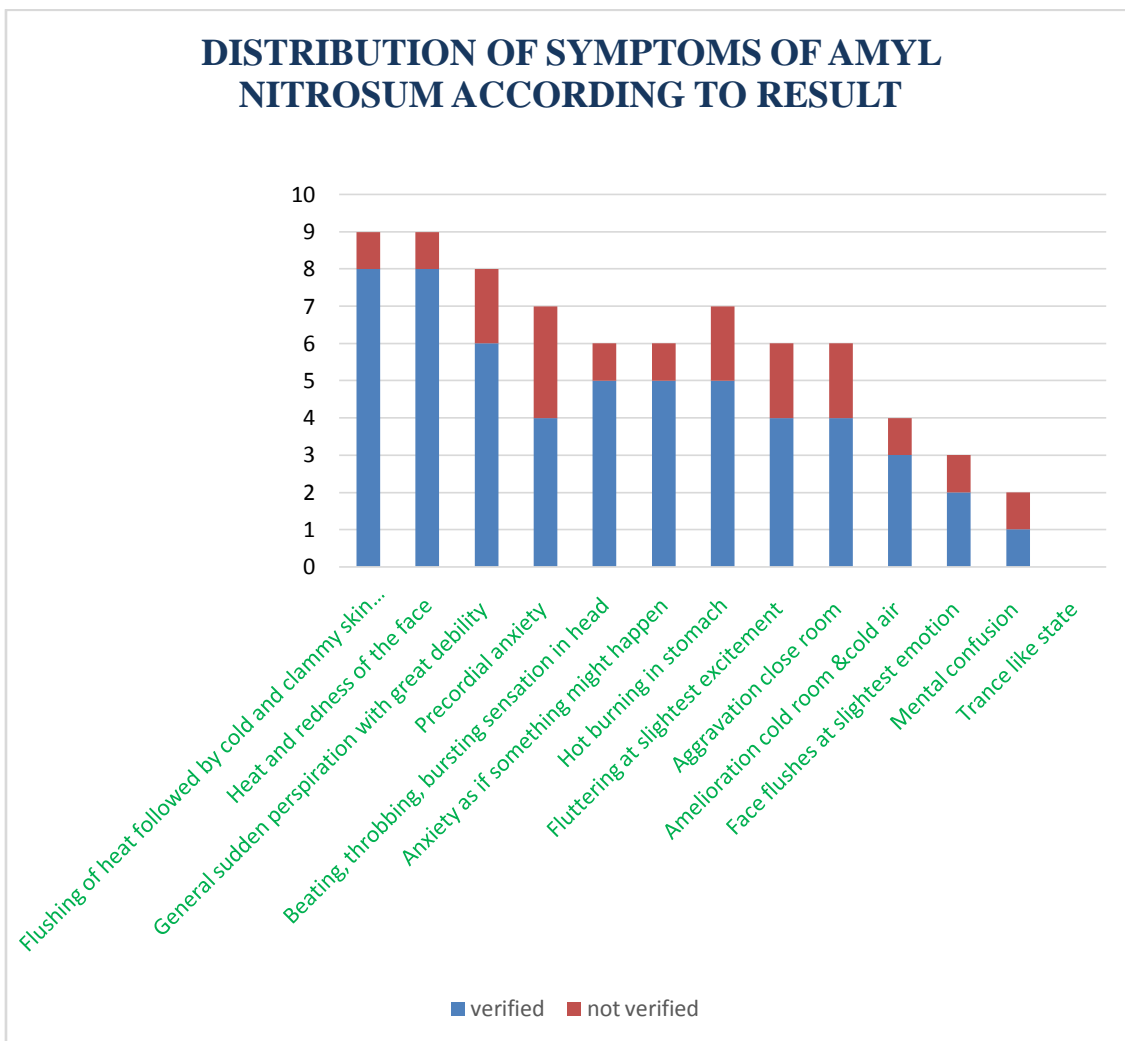


Table no 6
DISTRIBUTION OF SYMPTOMS OF GLONOIN ACCORDING TO RESUL

Sr no	Symptoms	Total symptoms	verified	Not verified
1	Sensation of warm throughout body	9	8	1
2	Sweat alternate with chill	8	7	1
3	Flushed hot, livid, pale, sweaty, red face	8	7	1
4	Profuse sweat mostly on face, chest, stomach so that everything was wet	7	6	1
5	Open air amelioration	7	5	2
6	Heart sensation of fulness, heaviness, heat	6	5	1
7	Forgetful	6	4	2
8	Menses delayed or sudden cessation	6	4	2
9	Throbbing headache	5	4	1
10	Cannot bear any heat about on head	5	4	1

11	Sun aggravation	5	3	2
12	Cold things amelioration	4	2	2
13	Bad effect of mental excitement fright, fear	4	2	2
14	Nausea causes perspiration	4	1	3
15	Sleepiness every in the morning	2	1	1

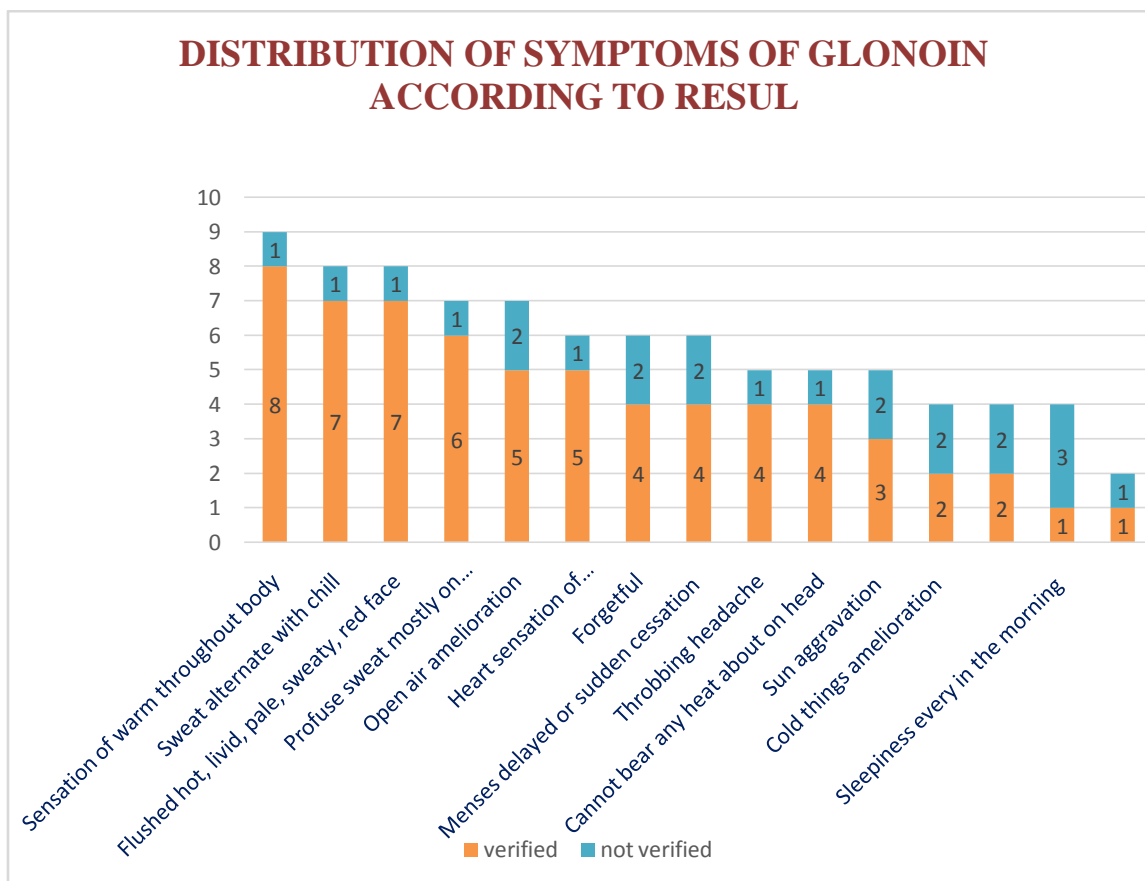


Table no 7

DISTRIBUTION OF SYMPTOMS OF SANGUINARIA ACCORDING TO RESULT

Sr no	Symptoms	Total symptoms	Verified	Not verified
1	Burning in palm and sole	10	9	1
2	Burning heat rapidly alternating with chill and shivering	9	7	2
3	Copious or cold sweat	9	7	2
4	Periodical headache return at climacteric every seven day	8	7	1
5	Heat and dryness of skin	8	6	2

6	Palpitation of heart	8	6	2
7	Mensesprofuse, offensive, bright red	7	5	2
8	Redness and burning of cheeks	6	5	1
9	Aggravation motion	6	5	1
10	Amelioration sleep	5	5	0
11	Mind confuse	5	4	1
12	Leucorrhoea foetied & corrosive	4	4	0
13	Headache with nausea and chilliness followed by flushes of heat extending from head to stomach	4	2	2
14	Dreamy state with eye open	3	1	2
15	Amelioration cool air	2	1	1
16	Burning in ears & eyes	2	0	2

DISTRIBUTION OF SYMPTOMS OF SANGUINARIA ACCORDING TO RESULT

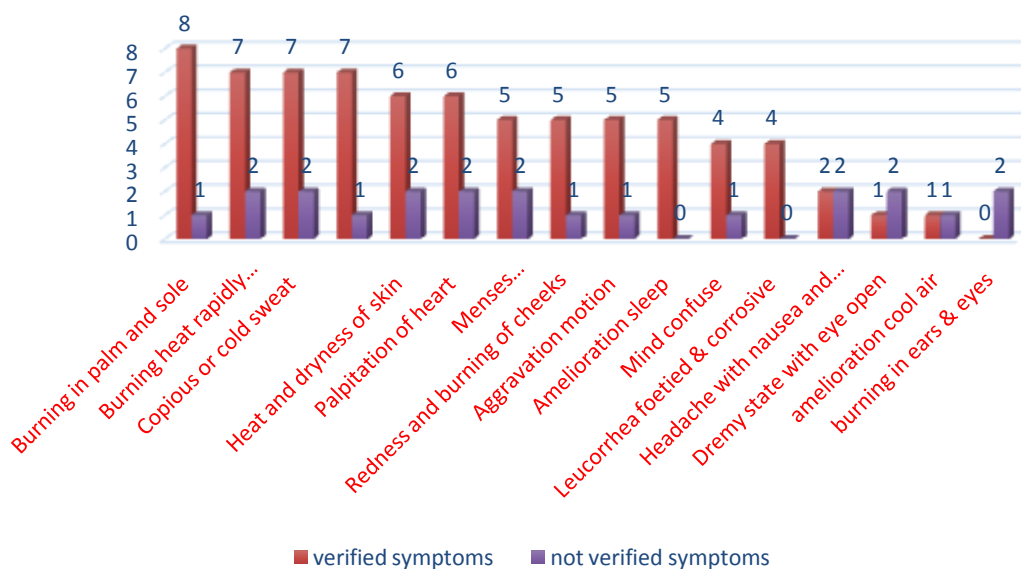
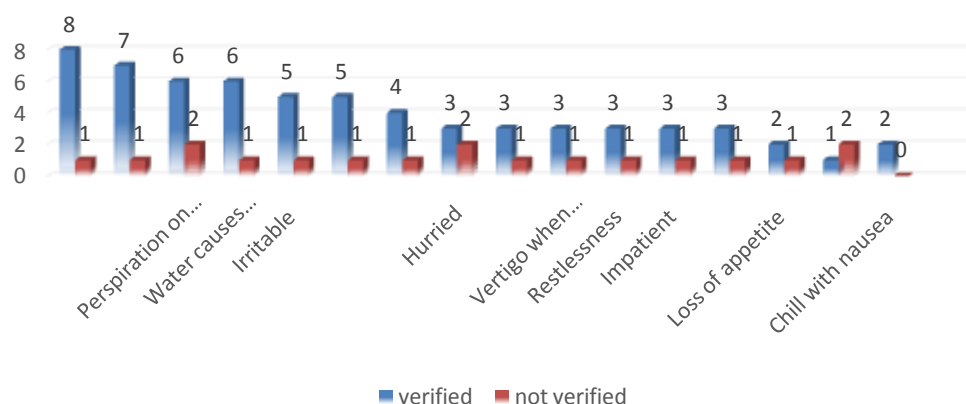


Table no 8
DISTRIBUTION OF SYMPTOMS OF SULPHURIC ACID ACCORDING TO RESULT

Sr no	Symptoms	Total symptoms	Verified	Not verified
1	Flushes of heat with perspiration	9	8	1
2	Hot flushes then trembling or cold sweat	8	7	1
3	Perspiration on least movement	8	6	2
4	Water causes coldness of stomach relieved after applying heat	7	6	1
5	Irritable	6	5	1
6	Sweat affected upper part of body	6	5	1
7	Acrid, burning leucorrhea	5	4	1
8	Hurried	5	3	2
9	Red blotches on skin	4	3	1
11	Vertigo when seated disappearing in the open air	4	3	1
12	Restlessness	4	3	1
13	Impatient	4	3	1
14	Retarded sleep & Early waking	4	3	1
15	Loss of appetite	3	2	1
16	Early and profuse menses	3	1	2
17	Chill with nausea	2	2	0

DISTRIBUTION OF SYMPTOMS OF SULPHURIC ACID ACCORDING TO RESULT



STATISTICAL STUDY

Step – 1

RESEARCH HYPOTHESIS: Amyl Nitrosum, Glonoine, Sanguinaria, Sulphuric Acid having efficacy in case of menopausal hot flushes.

Step – 2

Contingency table

No	Before treatment score (x)	X ²	After treatment score (y)	Y ²	XY
1	13	169	12	144	156
2	12	144	10	100	120
3	11	121	9	81	99
4	13	169	11	121	143
5	12	144	11	121	132
6	10	100	7	49	70
7	13	169	10	100	130
8	14	196	8	64	112
9	13	169	12	144	156
10	12	144	12	144	144
11	14	196	13	169	182
12	11	121	6	36	66
13	12	144	10	100	120
14	10	100	6	36	60
15	13	169	11	121	143
16	12	144	7	49	84
17	12	144	10	100	120
18	13	169	8	64	104
19	12	144	9	81	108
20	14	196	12	144	168
21	13	169	10	100	130
22	11	121	10	100	110
23	12	144	11	121	132
24	10	100	6	36	60
25	10	100	2	4	20
26	12	144	6	36	72
27	13	169	12	144	156
28	13	169	11	121	143
29	14	196	7	49	98
30	13	169	2	1	26
31	12	144	12	144	144
32	13	169	7	49	91
33	11	121	11	121	121
34	12	144	10	100	120
35	13	169	8	64	104
36	12	144	12	144	144
37	14	196	13	169	182
38	13	169	11	121	143
39	15	225	13	169	195
40	13	169	10	100	130
Total	495	6183	378	3861	4738

Step - 3

$$\begin{aligned} N &= 40 \\ \Sigma x &= 495 \\ \Sigma x^2 &= 6183 \\ \Sigma y &= 378 \\ \Sigma y^2 &= 3861 \\ \Sigma xy &= 4738 \end{aligned}$$

Step - 4

$$\begin{aligned} \sqrt{\Sigma x^2 \times N - (\Sigma x)^2} \times \sqrt{\Sigma y^2 \times N - (\Sigma y)^2} &= \frac{(\Sigma xy \times N) - (\Sigma x \times \Sigma y)}{\sqrt{6183 \times 40 - (6183)^2} \times \sqrt{3861 \times 40 - (3861)^2}} \\ &= \frac{(4738 \times 40) - (495 \times 378)}{\sqrt{247320 - 6183^2} \times \sqrt{154440 - 3861^2}} \\ &= \frac{189520 - 187110}{491.057 \times 388.04} \\ &= 0.0126 \end{aligned}$$

Step - 5 result of karl'spearson test = 0.0126

Step - 6 Value of coefficient of correlation shall always with sign '+' and '-'

Where r = + positive and if the value is one then there is perfect positive correlation between variables.

The above calculation show there is positive correlation between them with the magnitude value of + 0.0126 .

Step - 7 conclusion

By the above inference I concluded that formulated research hypothesis is accepted which says that Amyl Nitrosum, Glonoine, Sanguinaria Canadensis and Sulphuric Acid used in case of hot flushes of menopause.

III. DISCUSSION

Hot flushes are one of the most common complaints of menopause. The allopathic medication has been give the hormonal therapy but has its own side effects and relapses are seen invariably in all the cases after stopping the medication. But homeopathy does not consider disease as something different from the whole sickness, it deals with each individual women condition and it gives relief and cure.

Study was conducted on remedy profile of menopausal hot flushes with special emphasis of Amyl Nitrosum, Glonoine, Sanguinaria Canadensis and Sulphuric Acid in hot flushes.

The cases are studied from the formation of prepared from individual remedy profiles of Amyl Nitrosum, Glonoine, Sanguinaria Canadensis and Sulphuric Acid from the books like Allens's keynotes Materia Medica, Allen's Encyclopaedia of pure Materia Medica, Boericke's Pocket Manual of Homoeopathic Materia Medica, Boger's A Synoptic key of the Materia Medica, Clarke's Dictionary of Practical Materia Medica, Hering's Guiding Symptoms of Our Materia Medica

A present study was carried out in 40 cases with pre-defined medicines. The patients

between the age group 41 - 55 were selected for the study. who belong to different socio-economic group was taken as per inclusion and exclusion criteria. After that patients were followed up for minimum duration of 6 months, even more in some cases. After treatment, the result is analyzed according to decided criteria. Cases were reviewed at regular interval of 15, 30 days as per requirement of the cases.

So I have studied 40 cases of hot flushes and I have made an effort to ascertain the verification of remedy profile of hot flushes of menopause with special reference to individual remedy profile Amyl Nitrosum, Glonoine, Sanguinaria Canadensis and Sulphuric Acid.

I hereby discuss various aspect observed in 40 cases studied thoroughly and the outcome of the study is briefly discussed below.

AGE INCIDENCE:

In the present study, out of 40 cases, In my study, it was observed that the highest incidence was seen in the age group 46 to 50 years (19 cases), followed by 41 to 45 years age group (12 cases) and minimum incidence was found in 51 to 55 years age group (9 cases). The eldest patient was 55 years age and younger was 41 years old.

POTENCY USED:

The potencies varied from 30 to 1M as per demand of the case. In my study, out of 40 cases, 200 Potency was given in 29 cases, 30 potency was given in 4 cases, and 1M potency was given in 7 cases.

IV. RESULT:

In my study, out of 40 cases, it was observed that 29 cases shown significant improvement, 9 cases shown moderate improvement, and 2 case shown status quo.

REMEDIES USED IN RELATION WITH RESULT:

In the present study, selection of remedy was done among predefined remedies. Amyl Nitrosum, Glonoine, Sanguinaria Canadensis and Sulphuric acid had shown more cases of significant improvement. Amyl Nitrosum had shown 7 cases of significant improvement and 3 case of moderate improvement. Glonoine had shown 8 cases of Significant Improvement, 1 case of moderate improvement and 1 case of mild. Sanguinaria Canadensis had shown 8 cases of Significant Improvement and 2 case of moderate improvement. Followed by Sulphuric Acid had shown 7 case of significant improvement, 2 case of moderate improvement and 1 case of status quo.

REMEDY PROFILE OF AMYL NITROSUM, GLONOINE, SANGUINARIA CANADENSIS, AND SULPHURIC ACID

Remedy profile was eradicated after study of the remedies from the following books:

- Allen H.C, Keynotes of Materia Medica
- Allen T.F, Encyclopedia of Practical Materia Medica.
- Boericke W, Pocket Manual of Homoeopathic Materia Medica.
- Boger C.M, A Synoptic key of the Materia Medica
- Clarke J.H., Dictionary of practical Materia Medica.
- Hering C., Guiding symptoms of Our Materia Medica.

VERIFIED SYMPTOMS OF AMYL NITROSUM:

Flushing of heat followed by cold and clammy skin and profuse sweat (9/8)
Heat and redness of the face (9/8)
General sudden perspiration with great debility (8/6)
Precordial anxiety (7/4)
Anxiety as if something might happen (6/5)
Hot burning in stomach (6/5)

Beating, throbbing, bursting sensation in head (6)
Fluttering at slightest excitement (6/4)
Aggravation close room (6/4)
Amelioration cold room & cold air (5/3)

NOT VERIFIED:

Confusion
Hot burning in stomach

VERIFIED SYMPTOMS OF GLONOINE

Sensation of warm throughout body (9/8)
Sweat alternate with chill (8/7)
Sweat alternate with chill (8/7)
Profuse sweat mostly on face, chest, stomach so that everything was wet (7/6)
Open air amelioration (7/5)
Heart sensation of fullness, heaviness, heat (6/5)
Forgetful (6/4)
Menses delayed or sudden cessation (6/4)
Cannot bear any heat about on head (5/4)

NOT VERIFIED:

Nausea causes perspiration
Cold things amelioration
Sleepiness every in the morning

VERIFIED SYMPTOMS OF SANGUINARIA CANADENSIS

Burning heat rapidly alternating with chill and shivering (9/8)
Burning in palm and sole (9/8)
Periodical headache return at climatic every seven day (8/7)
Heat and dryness of skin (8/6)
Palpitation of heart (8/6)
Copious or cold sweat (7/6)
Menses profuse, offensive, bright red (7/5)
Redness and burning of cheeks (6/5)
Aggravation motion (6/5)
Amelioration sleep (5/5)

NOT VERIFIED:

Dreamy state with open eye
Burning in ears and eyes

VERIFIED SYMPTOMS OF SULPHURIC ACID

Flushes of heat with perspiration (9/8)
Water causes coldness of stomach relieved after applying heat (9/8)
Perspiration on least movement (7/6)
Perspiration on least movement (7/6)
Irritable (7/6)
Sweat affected upper part of body (6/5)
Acrid, burning leucorrhoea (5/4)

NOT VERIFIED:

Hurried
Impatient

Retarded sleep

Vertigo when seated disappearing in open air

In the present study, efforts were made to make the journey period of the patients more enjoyable, pleasurable, symptoms free and to break down the recurrence. Hence, on the basis of the above discussed points we can conclude that the homeopathic medicines have efficacy in cases of hot flushes.

V. SUMMARY AND CONCLUSION

The study was carried out to prepare theoretical remedy profile and verified them with special emphasis to individual remedy profile of Amyl Nitrosum, Glonoine, Sanguinaria Canadensis and Sulphuric Acid with the help of cases of hot flushes of menopause.

40 different cases having condition hot flushes of menopause had taken, in which 10 cases per each remedy especially Amyl Nitrosum, Glonoine, Sanguinaria Canadensis and Sulphuric Acid from Anand Homoeopathic Hospital and The major area of study was to access the hot flushes of menopausal symptoms with special reference from individual remedy profile of Amyl Nitrosum, Glonoine, Sanguinaria Canadensis and Sulphuric Acid. Out of 256 cases, considering the totality of cases and remedy profile matching with the Amyl Nitrosum, Glonoine, Sanguinaria Canadensis and Sulphuric Acid, the medicine was given with suitable potency in required doses. There after the cases were reviewed at regular time interval or as per requirements of cases. All the sign and symptoms were observed and checked for the verification in each and every follow up.

All the 256 cases were studied, considering the remedy profiles of all 4 medicines, 40 suitable case were selected as per inclusion and exclusion criteria. As a conclusion maximum verified symptoms of Amyl Nitrosum, Glonoine, Sanguinaria Canadensis and Sulphuric Acid are listed. From all 4 medicines' verified symptoms of hot flushes of menopause was portrayed.

The statistical analysis such as Distribution of cases according to age, potency, result, remedies used in relation with result, distribution of cases of each medicine is calculated and interpreted. After this much study, I have reached on following conclusion.

Conclusion

FREQUENTLY VERIFIED SYMPTOMS OF AMYL NITROSUM

Flushing of heat followed by cold and clammy skin and profuse sweat

Heat and redness of the face

General sudden perspiration with great debility

Precordial anxiety

Anxiety as if something might happen

Hot burning in stomach

Beating, throbbing, bursting sensation in head

Fluttering at slightest excitement

Aggravation close room

Amelioration cold room & cold air

FREQUENTLY VERIFIED SYMPTOMS OF GLONOINE

Sensation of warm throughout body

Sweat alternate with chill

Sweat alternate with chill

Profuse sweat mostly on face, chest, stomach so that everything was wet

Open air amelioration

Heart sensation of fullness, heaviness, heat

Forgetful

Menses delayed or sudden cessation

Cannot bear any heat about on head

FREQUENTLY VERIFIED SYMPTOMS OF SANGUINARIA CANADENSIS

Burning heat rapidly alternating with chill and shivering

Burning in palm and sole

Periodical headache return at climateric every seven day

Heat and dryness of skin

Palpitation of heart

Copious or cold sweat

Menses profuse, offensive, bright red

Redness and burning of cheeks

Aggravation motion

Amelioration sleep

FREQUENTLY VERIFIED SYMPTOMS OF SULPHURIC ACID

Flushes of heat with perspiration

Water causes coldness of stomach relieved after applying heat

Perspiration on least movement

Perspiration on least movement

Irritable

Sweat affected upper part of body

Acrid, burning leucorrhea

Hurried

Red blotches on skin

Vertigo when seated disappearing in the open air

Impatient

Retarded sleep & Early waking

Loss of appetite

Early and profuse menses

Chill with nausea

Besides my aim and objective, the following significant observations are made after the research work, which are as follows:

The most common age group suffering from hot flushes was found in between 45 to 50 years.

The potencies used in cases ranged from 30 to 1M as per the need of the case but 200 potency was the most commonly used potency

Majority of cases were significantly improved, Sanguinaria Canadensis, Glonoine had shown more case of significant improvement and moderate improvement followed by Amyl Nitrosum and at last Sulphuric Acid. These proved that homeopathic medicines have efficacy in cases of hot flushes of menopause.

It has been a common problem in people who have a problem of feverish feeling, confused about fever, severe palpitation, she thinks about cardiac related issues, and continuously thoughts on her health related.

Many of the cases had taken allopathic medication. But every time they had to take medication. But with homeopathic medication in 6 - 8 weeks the patient did not use any allopathic drugs and felt completely better.

The study was conducted with limited patients and for limited and for limited time duration. It was seen that the frequency, severity and recurrences of complaints of hot flushes were reduced through Homeopathic management thus improving the quality of life individual mentally and physical.

The Study was carried out to prepare individual remedy profile of Amyl Nitrosum, Glonoine, Sanguinaria Canadensis and Sulphuric Acid. With reference of prefix materia medica, the individual remedy profile was made. The aim was to verify theoretically made remedy profiles of Amyl Nitrosum, Glonoine, Sanguinaria Canadensis and Sulphuric Acid. with the help of cases hot flushes of menopause

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