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Homeopathic Approach in The Management of Menopause

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ABSTRACT:

Menopause is defined as permanent cessation of menstruation at the end of reproductive life due to loss of ovarian follicles and the age of menopause range between 45- 55 years of average. The cause of early menopause is use of oral pill, socioeconomic condition, race, height and late menopause is seen in women with high parity or higher BMI, chemotherapy, ovarian section. Most of the women nearing menopause will begin some of vasomotor symptoms like hot flushes, sudden feeling of warmth and sweating, fatigue etc. Homoeopathic medicines are very good results in case of premenopausal symptoms, early menopause and late menopause. The effectively counselling every women along with postmenopausal symptoms and reassurance. The simlimum on the basis of totality and individualization. Homoeopathic medicines can be useful in reducing the intensity of the menopausal symptoms, if each case is taken thoroughly and individually.

Keywords: Menopause, Postmenopausal Symptoms, Homoeopathic Medicines and Management.

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