

HOMOEOPATHIC FIRST AID TREATMENT FOR MENOPAUSE PROBLEMS

These recommended remedies for problems after delivery cover a range of different symptoms under the headings of Hot Flushes, Vaginal dryness, and General Ill-health. The idea is to choose the remedy best suited to the patient, bearing in mind the physical, emotional and mental symptoms. They are safe to give while breast feeding.

The common potency for first aid use is 30c. The dose is to suck 2 tablets 3 times daily for the duration of the symptoms (up to a week at a time).

If symptoms are recurrent or particularly strong, then constitutional treatment may be required, from a Homoeopathic doctor.

HOT FLUSHES

- Lachesis:**
- Sweating with flushes, often violent headaches on the top of the scalp.
 - Red-faced, irritable, angry, talkative, jealous, suspicious.
 - Worse morning and after sleep, from heat and alcohol.
 - Better in cool air.
- Sepia:**
- Flushes of heat, sweat from least motion, general lack of warmth of the body.
 - Sallow-faced, irritable, weepy, angry, depressed.
 - Loss of sexual urge, low dragging backache.
 - Worse evening, extreme cold or humidity.
 - Better in fresh air, or after sleep, vigorous exercise or dancing.
- Pulsatilla:**
- Variable flushing, worse for heat. Apart from the face, the rest of the body may be chilly.
 - Gentle and weepy, changeable moods, needs sympathy and reassurance.
 - Worse heat and humidity, tight clothing.
 - Better with gentle exercise and fresh air.
- Belladonna:**
- Hot flushes of the head and face, with redness and congestion.
 - Sudden start and finish to the flushes. Profuse sweating of the face.
 - May have palpitations and great intolerance of pressure, touch, or sudden jarring or unexpected motion.
 - Worse touch, jar, noise, draught, afternoon, lying down.
 - Better sitting up.
- Sulphur:**
- Flashes of heat throughout the body, with a general heat.
 - Tend to be untidy and disorganised.
 - May have diarrhoea, insomnia and often some form of eczema or skin infection.
 - Worse at rest, when standing, from warmth of bed, bathing, I lam.
 - Better d_ry warm weather.

VAGINAL DRYNESS

- Bryonia:**
- Vaginal dryness with normal skin.
 - May be associated with constipation, dry cough or sore throat.

- Lycopodium: -Vaginal dryness and also external skin.
 -May be associated with flatulence, weakness, and digestion.
 -The temperament may be diffident, shy and nervous.
- Natrum Mur: -Vaginal dryness, often intensely painful, yet the external skin may be waxy and greasy.
 -A dry cough may be present.
 -Emotional symptoms are marked, and there may be a solitary tearful depression.
- Staphisagria: -Considerable pain and soreness to the vaginal lining from sexual intercourse.
 -Resentful feelings are common.
- Calendula
 Cream: -This is a good soothing, healing and antiseptic cream.
 -It can be used for general irritation, and as a lubricant.
 -Apply when required, or 3 times a day.

GENERAL ILL-HEALTH

- Ignatia: -Nervous and depressed.
 -Frequent sighing, exaggerated responses, contrary emotions.
 -Lump in the throat.
- Amica: -Fatigue, exhaustion.
 -Aching muscles, backache.
 -Tired, aching legs, with bruising and discolouration.
- Hamamelis: -Varicose veins, with sudden tender veins.
 -Aching and stiffness.
- Graphites: -Timid, sad, indecisive.
 -Emotional and weepy with music.
 -Not interested in sex.

HOMOEOBOTANICAL F

This is a blend of herbs in a low Homoeopathic potency. It has been formulated to ease the problems arising in women through hormonal imbalance. It can help menopausal problems, including hot flushes, vaginal dryness and discharge.

The dose is 3 drops 3 times daily.

Homoeopathic remedies and Homoeobotanicals may be obtained from this address.

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