



Women Geriatric Health Audit & It's Prevention With Homoeopathy & Yoga

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ABSTRACT:

Being women stay healthy after 40yrs of age is the basic thought for all women. Perimenopause is the time leading to changing of hormone levels. This shift in hormones can lead to high blood pressure and heart disease. It can also increase your risk of anxiety and depression. This transition of health can start in 40s and typically takes several years. Many women hardly notice any symptoms or either correlate with presenting scenarios. For these reason common women geriatric health audits are necessary for every perimenopausal females. So that they can change their life style in companion with Yoga and Homoeopathy as option for preventive measures.

KEY WORDS:

Health audit, Geriatric, Perimenopause, Homoeopathy, Yoga

INTRODUCTION:

Ageing is a natural process. We cannot heal old age, but we can protect or extend it. Being women, more than a car it's our own body that needs routine maintenance. A global initiative on the theme "**Prevention of Diseases after Menopause**" is dedicated to millions of mature women after 40, who are going to spend 1/3 of their life after menopause and are ignorant about positive steps for improving their quality of life in second childhood. The natural average age of menopause in India is around 45 years, much earlier than developed countries where it is 51 years. A woman transitions from the reproductive stage to the non-reproductive stage lasts for five to ten years each side of menopause. The menopause and related biological changes needs to investigate the detrimental effect on middle-aged women's wellbeing as well as their general health and quality of life.

HEALTH AUDITS:

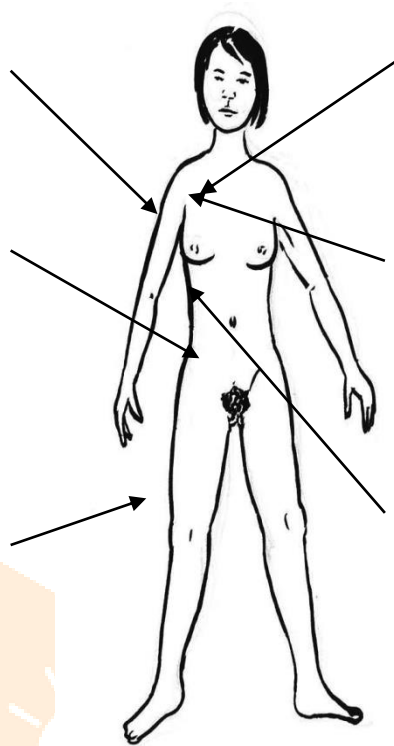
Although not strictly an investigation is one of the most powerful tools in the management of older people under *Comprehensive Geriatric Assessment* which identifies all the relevant factors contributing to their presentation. The outcome should have relevant management plan that not only addresses the acute presenting problems, but improves the patient overall health and function. Under Geriatric Gynaecology, Women should have a 'Health Audit' also known as "**Well Women screening**" check up which includes some major investigations associated with ageing:

Major Health Audits

Mammography, an imaging technique for breast lump before it can be felt.

Pap Smear Test (Cervical Cytology) To identify potentially precancerous changes in cervix cells and tissue and endometrial cancer.

Bone Mineral Density (BMD) A radiation therapy for bone density of the spine, hip, wrist or heel performed by instrument *densitometry*.



Ambulatory Blood Pressure Recording, by Sphygmomanometer. followed by 12 lead ECG.

Lipid Panel or Lipid Profile, To measure cholesterol and triglycerides in risk of heart diseases.

Diabetes Test, includes **Glycated Haemoglobin (A1C) test**, A random, fasting and oral glucose tolerance test.

CONCEPT OF HOMOEOPATHY AND YOGA THERAPY

No system of medicine can reverse the ageing process, but can prevent the ailments of ageing. Homoeopathy and yoga can pre monitor the above geriatric disorders in female. Homoeopathy can give the symptomatic relief in the complaint of pre and postmenstrual complaints and daily yoga therapy controls the neutral body functioning.

Today Homoeopathy and yoga are emerged as the preferred choice of treatment, as homoeopathic medicines work on **Psycho- Neuro- Endocrinal axis** while Yoga works on **psycho-spiritual growth** leading to inner peace and freedom. It contains therapeutic elements which almost universally pursued as a discipline for fitness and health and has proven to be highly effective as such. Yoga offers several techniques for *reducing pain, including deep relaxation, conscious breathing, visualization, and meditation*.

Homoeopathic view as per Master Hahnemann:

To treat a patient we need to take care of the fundamental cause, environmental cause, disease process and not the ultimate of the disease. According to Master Hahnemann, the diseases of ageing come under *True Natural Chronic Diseases* that arise from *Chronic Miasm*. True natural chronic disease like Hypertension, increased cholesterol level, diabetes, cancer which remain silent if unchecked growing worse internally and gives problem to the patient at the end of his life as age advances with aggravated sufferings (§ 78).

Diseases like softening of bone, scoliosis and cyphosis (complication of Osteoporosis), cancer and neoplasm, haemorrhage from womb (Cancer cervix) exist in pathology as independent diseases. Do not guess for these diseases but to investigate the totality of the signs of the individual state (§ 81, F.N-78).

Psora is the only real fundamental cause of diseases and producer of all numerous form of disease. Psora is thousand headed monster of diseases. Like ageing, where simple ignorance towards health blast out as

number of diseases like 'Hydra headed monster'. So employment of anti psoric medicine is more suitable (§ 80- F.N.77).

Investigation in Homoeopathy depicts:

1. Investigation of diseases, Investigation of effect of the medicines and appropriate employment of medicine (§ - 07);
2. Individualizing examination of a case of diseases (§ - 83) followed by rapid and gentle cure (§ - 01);), individualise the case by constitutional approach one means "An individual" especially in chronic diseases where patients moral and intellectual character, his occupation, mode of living and habits, his social and domestic relations, his age, sexual functions etc. If all the symptoms eradicated, diseases is cured internally (§ - 05).
3. Attention on exciting causes, fundamental causes of diseases and PREDISPOSING CAUSES of disease like ageing, remove it.
4. The careful investigation of obstacles to cure like diet and regimen which often unnoticed (§ - 260).
"The most appropriate regimen during the employment of medicine in chronic diseases consists in the removal of such obstacles to recovery, and in supplying where necessary the reverse: innocent moral and intellectual recreation, active exercise in the open air in almost all kinds of weather (daily walks, slight manual labour), suitable, nutritious, non-medicinal food and drink, etc" (§ - 261).
5. Besides HRT the ultimate object is to keep the physical state in a thinned up condition. Hormonal therapy during menopause causes weekend vital energy causes dilatation, relaxation or indurations or even total destruction of certain parts of body (§ -74). § - 261)

Yoga view as per Patanjali:

Yoga is an original and ancient holistic art of living "to join or union" all levels of one's self. The popular usage of the term focuses primarily on postures beneficial for physical health and many people have witnessed the same. Yoga has increasingly become an accepted practice. **Patanjali**, the founder of Yoga described **eight limbs of Yoga** as a practical way to evolve the mind, body and spirit to achieve balance and harmony. The eight limbs of Yoga are – **Yama, Niyama, Asana, Pranayama, Pratyahar, Dharana, Dhyana, and Samadhi**.

The most commonly performed Yoga practices are **postures (asana)**, controlled **breathing (pranayama)**, and **meditation (dhyana)**.

Asana is a Sanskrit word used to describe a *position of the body*. There are around 84 asanas, each one has a special name, special form and a distinct way of performing. The nature of asana poses and the associated deeper and slower breathing patterns would physiologically reduce a woman's oxygen consumption while stabilizing blood pressure and heart rate.

Pranayama i.e. "restraint of the prana or breath" or breath control. Pranayama strengthens the lungs, improves their function and enhances the lung power. It improves the defense mechanism of the body, slows down mental chatter and infuses positive thinking.

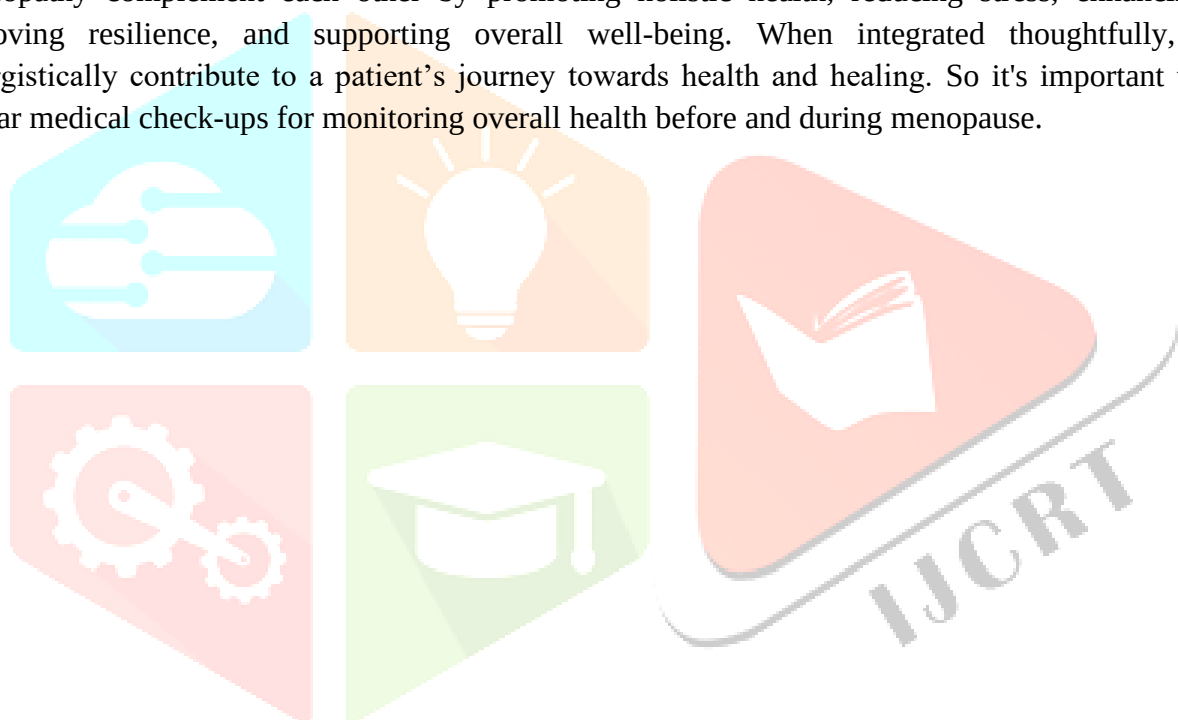
Meditation is a process whereby consciousness looks in and acts upon itself. Meditation has been found to be associated with increased plasma melatonin level and improved sleep quality, particularly if done in the

evening before rest. It has been suggested that there could be neurohormonal pathways with a selective effect in each pathological situation.

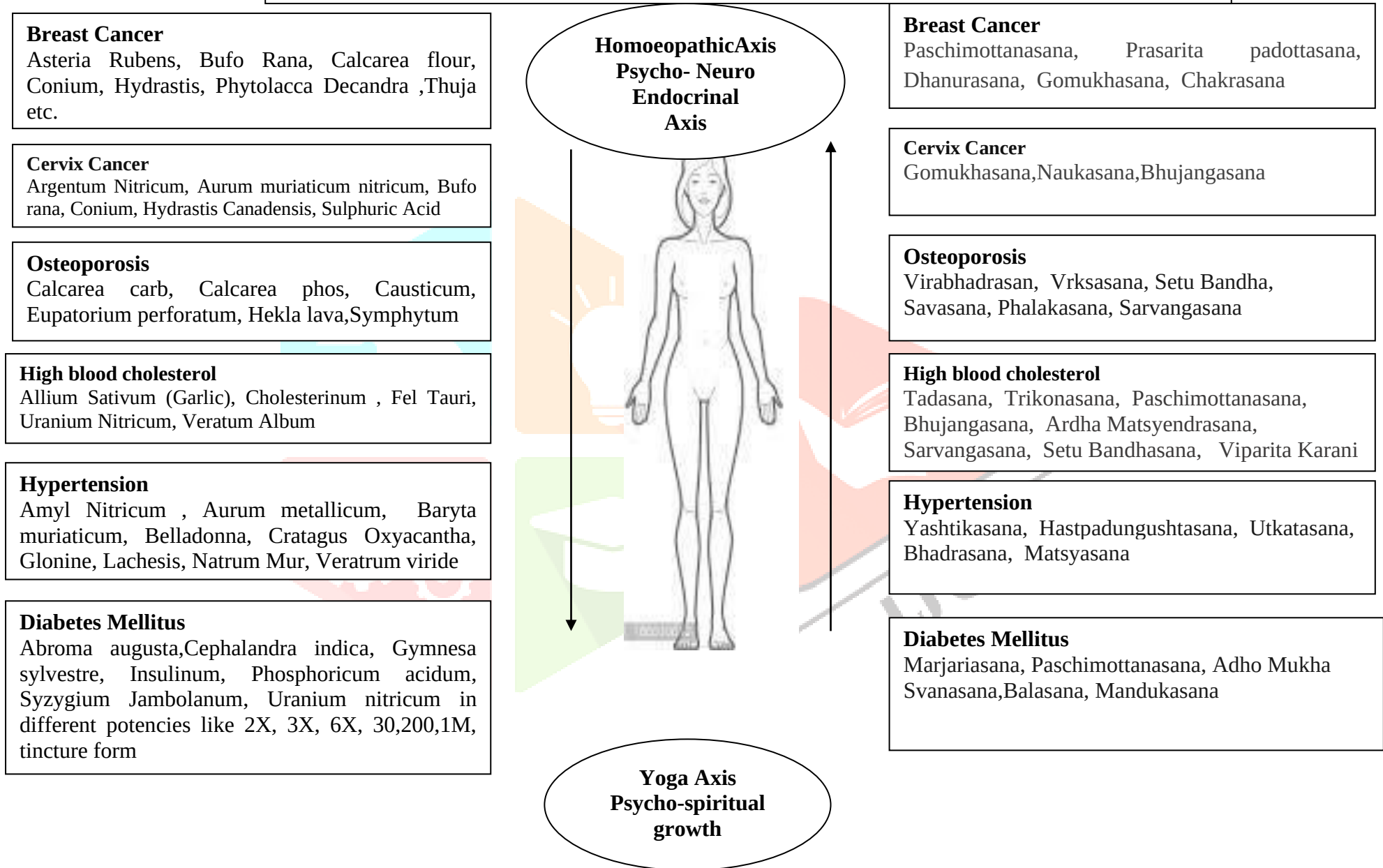
Yoga Asanas bring about normalization of the pathological state by control of counter-regulatory hormones or by increased receptor sites. It has also been suggested that yogic practices create a hypothermic state and an alteration in the sympatho-parasympathetic axis.

Summary

Yoga and homeopathy are both holistic systems of healing that share fundamental principles despite being distinct practices. Above diagnostic investigation are instrumental in identifying diseases at their earliest stages, even before symptoms become apparent. This early detection allows healthcare professionals to intervene promptly, providing patients with better treatment through Homoeopathy and Yoga as options and potentially saving their lives. The “Silent Killer” can be silently restored at their previous state. Yoga and homeopathy complement each other by promoting holistic health, reducing stress, enhancing vitality, improving resilience, and supporting overall well-being. When integrated thoughtfully, they can synergistically contribute to a patient’s journey towards health and healing. So it's important to continue regular medical check-ups for monitoring overall health before and during menopause.



TREATMENT PLAN THROUGH HOMOEOPATHY&YOGA



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