A Study on the Effectiveness of Homoeopathic Medicines in the Treatment of Menopausal Hot Flushes Using Kent's Repertory

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Abstract

Background: Hot flushes are transient episodes of heat sensation, flushing, sweating, palpitations, and anxiety, affecting approximately 85% of menopausal women. They increase risks of osteoporosis, cardiovascular disease, depression, productivity loss, and healthcare use. A global study reported hot flush prevalence of 67% in Europe, 68% in the US, and 62% in Japan, while an Indian Menopause Society study reported 75% vasomotor symptoms in India. Their high prevalence and concerns regarding long-term hormone therapy risks necessitate safer, individualized treatments.

Objectives: The study evaluated individualized homeopathic treatment for menopausal hot flushes using Kent's Repertory, assessed improvement with the Hot Flash Related Daily Interference Scale (HFRDIS), and identified indicated remedies.

Materials & Methods: An open prospective study was conducted on 46 menopausal women at the National Institute of Homoeopathy, Kolkata. Individualized medicines were prescribed using Kent's Repertory. HFRDIS scores were assessed at baseline, 3rd and 6th months. Repeated measures ANOVA was used for statistical analysis.

Results: Forty-six patients received individualized homeopathic treatment guided by Kent's Repertory; 6 dropped out, and data from 40 were analyzed. HFRDIS scores declined from 60.45 (±9.47; SE 1.33) at baseline to 45.93 (±11.08; SE 1.32) at 3 months and 29.33 (±15.36; SE 2.35) at 6 months. Repeated measures ANOVA showed a statistically significant time effect ($p < 0.001$), with a large effect size (partial $\eta^2 = 0.805$), explaining 80.5% of the variance. Lachesis, Sulphur, Phosphorus and Sepia were most frequently prescribed.

Conclusion: Individualized homoeopathic treatment guided by Kent's Repertory significantly improved menopausal hot flushes. Larger randomized controlled trials are warranted.

Keywords: Hot Flash Related Daily Interference Scale (HFRDIS), Individualized Homoeopathy, Kent's repertory, Menopausal Hot Flushes, Repertorization, Vasomotor Symptoms (VMS).