



OSTEOPOROSIS IN FEMALES OF MENOPAUSAL AGE WITH ITS DIETARY PREVENTION AND HOMOEOPATHIC MANAGEMENT

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Abstract

Osteoporosis has a tremendous negative impact on the physical, emotional, and mental wellbeing of postmenopausal women. Here is an attempt to simplify the concept of osteoporosis and its effects on females of menopausal age. The article hereby also specifies the role of diet in prevention of osteoporosis. The way homoeopathy helps in treatment and prevention of osteoporosis.

Key Word- Osteoporosis, Menopausal age, Diet, Homoeopathy.

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INTRODUCTION

It is a chronic disease affecting one in three women and one in five men over the age of 50 years. It causes impaired bone density and quality, hence the name porous. As a result, women having this condition are more susceptible to fracture risk from a non-trivial slip, fall, or even spontaneously. As per WHO (World Health Organization), it is defined as having a bone density of less than 2.5 SD (standard deviation) as compared to an average healthy population of the same age. Women are more at risk of

developing osteoporosis than men because the hormone changes that happen at the menopause directly affect bone density. The female hormone oestrogen is essential for healthy bones. After the menopause, oestrogen levels fall.

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This can lead to a rapid decrease in bone density, Women are at even greater risk of developing osteoporosis if they have an early menopause (before the age of 45) ,a hysterectomy (removal of the womb) before the age of 45, particularly when the ovaries are also removed absent periods for more than 6 months as a result of overexercising or too much dieting.[1,2] These fractures occur mainly at the hip, vertebrae, and distal forearm and are associated with significant morbidity, mortality, and reduced quality of life, attributed not only to the fracture itself but also to the high prevalence of comorbidities in this population of patients.[3]

Defination:

According to the National Institutes of Health Consensus Development Panel on Osteoporosis. Osteoporosis defined as “a skeletal disorder characterized by compromised bone strength leading to an increased risk of fracture”.[3]

TYPES OF OSTEOPOROSIS: [4,5]

Primary Osteoporosis	Secondary Osteoporosis
Postmenopausal Osteoporosis (Type I)	Etiologic - Mechanism Malabsorption
Senile Osteoporosis	Medications - Glucocorticoids

(Type II)	
	Diseases Hyperparathyroidism

Risk Factors:[6,7]

- Autoimmune Disorders-Rheumatoid arthritis (RA), Lupus, Multiple sclerosis, Ankylosing spondylitis
- Digestive and Gastrointestinal Disorders- Celiac disease, Inflammatory bowel disease (IBD), Weight loss surgery
- Medical Procedures- Gastrectomy, Gastrointestinal bypass procedures
- Cancer- Breast cancer, Prostate cancer
- Hematologic/Blood Disorders- Leukemia and lymphoma, Multiple myeloma, Sickle cell disease
- Neurological/Nervous System Disorders- Stroke, Parkinson’s disease, multiple sclerosis (MS), Spinal cord injuries
- Blood and bone marrow disorders- Thalassemia
- Mental Illness- Depression, Eating disorders
- Endocrine/Hormonal Disorders- Diabetes, Hyperparathyroidism, Hyperthyroidism, Cushing’s syndrome, Thyrotoxicosis, Irregular periods, Premature menopause, Low

levels of testosterone and estrogen in men

- Other Diseases and Conditions- AIDS/HIV, Chronic obstructive pulmonary disease (COPD), including emphysema, Female athlete triad (includes loss of menstrual periods, an eating disorder and excessive exercise), Chronic kidney disease, Liver disease, including biliary cirrhosis, Organ transplants, Polio and post-polio syndrome, Poor diet, including malnutrition, Scoliosis, Weight loss.

Role of Diet In Osteoporosis Prevention:

Osteoporosis is a prevalent skeletal disease characterised by reduced bone mass and deterioration of bone tissue. Ensuring that foods with bone-protecting properties are eaten throughout the lifecycle may help to reduce susceptibility to fractures. Alongside sufficient fruit and vegetable and dairy intakes this can also include encouraging dried fruit such as prune consumption. While most of the focus has been on calcium and vitamin D intakes and co-administration of these to reduce fracture risk, it should be considered that a spectrum of nutrients and trace elements are needed for bone health, with phytonutrients and bioactive compounds in foods also having a

seemingly important role. Hence, a wholefood approach would be a more assured way to preventing osteoporosis.[8]

Prevention Of Osteoporosis – Practical Recommendations: [9,10,11,12,13,]

- Consume daily at least 3 portions of milk and dairy produce with reduced fat content.
- Usage of millets like fox millet and finger millet, which can be added in varied proportions to the regular wheat flour.
- Choose vegetables with high calcium content (broccoli, cabbage, okra, spinach, curly kale).
- Drink mineral water with high calcium content.
- Inclusion of nuts and oilseeds like Gingelly seeds, Mustard seeds, Cumin seeds and Poppy seeds, which have very high calcium content.
- Moderate your alcohol intake.
- Eat fish (hilsa, rohu, sardines and pilchards) at least once a week.
- Limit consumption of foods and drinks high in phosphates (colas, bottled ice tea, lentils, beans).
- Use spices, in place of salt to enhance flavor like chives and parsley.
- Eat vegetables and fruit at least twice daily.

- Limit consumption of foods high in oxalates like beets, berries, soybeans, black tea, sweet potatoes, tofu.
- Ensure sufficient intake of Vitamin D (fish, livers, milk), Vitamin K (leafy vegetables, livers, fish) and Vitamin C (Indian gooseberry, citrus fruits).
- Engage in regular physical activity.
- Do not smoke.
- Limit salt intake.

HOMOEOPATHIC APPROACH:

Homeopathy is a holistic art that looks at the symptom picture of a person, including psychological, emotional, physical, and hereditary information for the individual. When practiced in this form, it is often called constitutional homeopathy, because it attempts to address the constitution (underlying health) of a person rather than surface symptoms. Other terms for this form include constitutional and traditional homeopathy. Successful application of the law of similar depends entirely on concepts of individualization and susceptible constitutions. [14] The concept of individualization demands the understanding of the total response of the living organism to the unfavourable environment. This total response is understood through the signs and symptoms, emotional, intellectual (spiritual) and physical planes where the vital force manifests itself. One has to

remember that it is the VITAL FORCE itself which is curing the disease and not our Homeopathic medicines. The work of the Homeopathic single dose administered was only to stimulate the immune reaction that proceeds towards cure. The direction of “Cure” has been laid down by Dr. Hering Cure takes place with symptoms disappearing from Above-Downwards, Inside-Outwards, Centre to Periphery, From more important to less important organs of system, In the reverse order of the appearance of symptoms. Some of these directions seem to confuse the Homeopath since they apparently contradict each other. [15]

HOMOEOPATHY MANAGEMENT

Clinically verified medicines mentioned in Homeopathic Repertory (Synthesis)

- **EXTREMITIES OSTEOPOROSIS**
: *Bor-pur.* cortiso. dys. Mucor
- **GENERALS – OSTEOPOROSIS**
: arg-met. bacis-7. calc-f. cortico. cortiso. dys. fl-ac. morg-p. palo.
- **GENERALITIES – BRITTLE bones**
– **general:** asaf. banis-c. bar-c. bufo calc-f. calc-p. *Calc.* carc. cor-r. cupr. fl-ac. *Lac-ac.* lyc. *Merc.* par. ph-ac. pip-n. ruta **SIL.** sulph. *Symph.* thuj.

- **GENERALS – SOFTENING bones:** am-c. ASAF. aur. bar-c. *Bell.* bufo calc-f. *Calc-i.* calc-p. **CALC.** caust. cic. con. *Ferr-i.* ferr-m. *Ferr-p.* ferr. guaj. hecla *Hep.* iod. ip. *Kali-i.* *Lac-c.* *Lyc.* mag-f. mag-p. **MERC.** mez. *Nit-ac.* nux-m. *Ol-j.* parathyr. petr. ph-ac. *Phos.* plb. *Psor.* *Puls.* rhod.ruta *Sep.* **SIL.** staph. *Sulph.* syph. ther. thuj.
- **GENERALS – BONES; complaints of:** *Arg-met.* ASAF. aur. bell-p-sp. *Calc-f.* *Calc-p.* *Calc.* castor-eq. chin. chlam-tr. cocc. cupr. daph. eup-per. fl-ac. hep. kali-bi. kali-i. lyc. merc-pr-r. merc. mez. *Nit-ac.* **PH-AC.** *Phos.* *Phyt.* **PULS.** pyrog. rhod.rhus-t. *Ruta* sel. sil. staph. *Sulph.* syph.

In Murphy's Homeopathic Repertory –

- **GENERALS-OSTEOPOROSIS**
: arg-met.j13 bacsl-7.pte1 calcf.j13 cortico.sp1 cortiso.j13,mtf11 dYS.fmm1,pte1 fl-ac.mtf11 morg-p.fmm1,pte1 palo.j13
- **EXTREMITIES– OSTEOPOROSIS**
: *Borpur.*stj2 cortiso.mtf11 dys.mtf11 mucor.mtf11
- **Clinical–DECALCIFICATION**
,bones: *Calc.*mp1 *Calc-f.*mp1 *Calc-p.*mp1 corr.mpf1 hecla.mpf1 sil.mpf1 symph.mpf1

Homoeopathic Medicines For Osteoporosis: [17, 18, 19]

1. **Symphytum:** An excellent remedy for fractures and injuries. It facilitates union of fractured bones, lessens the peculiar prickling pain and favours callous formation when trouble is of nervous origin. Irritability at point of fracture; periosteal pain after wounds have healed. Stitches remaining in old injuries, worse touch. *Symphytum* facilitates union of fractured bones by favouring production of callus. Peculiar prickling pain of fracture of bones.
2. **Calcarea Carbonica:** *Calcarea carb* patient bones are soft and weak, and they develop very slowly. The bones are unable to hold the weight of the bulky, flabby body and therefore, often curvatures of bones, especially of spine and long bones occur. Extremities are crooked, deformed and bones are irregularly developed. Pathological fracture of bones. Calcium and phosphorus are deficient in bones.
3. **Calcarea Phosphorica:** Spine weak, disposed to curvatures, especially to the left; unable to support body. Non-union of bones; promotes callous. Defective bone development, tendency of bone to curve, especially long bones, like tibia, fibula, ulna and

radius. Non-union and malunion of bones. Imperfect ossification, defective formation of bones, swelling and softening, neck slender; Stiffness and pain with a cold, numb feeling, worse change of weather. Crawling and coldness. Buttocks, back, limbs asleep. Pain in joints and bones. Weary when going upstairs. Rheumatic pain from draught of air, with stiffness and dullness in the head. Soreness in the sacro-iliac symphyses as if broken. Rheumatism of cold weather; getting well in spring and returning in autumn.

4. **Calcarea Fluorica:** Caries and necrosis of bones with boring pain and heat in parts resulting from congenital syphilis. Cracking in the joints, osseous growth & enlargements of bones with or without caries, in osseous growth and in suppuration of bones, it acts favourably after silicea & calc. phos have failed.
5. **Silicea:** Weak spine, very susceptible to draughts on back. Pain in coccyx, spinal irritation after injuries to spine; disease of vertebrae. Potts' disease. Loss of power in legs. Hands tremulous when using them. Paralytic weakness of forearm.
6. **Sticta Pulmonaria:** Drawing & shooting pains in joints. Joints are red, painful & swollen. The presence of

spot of inflammation & redness over affected joints are very characteristics of sticta. In rheumatic stiffness of neck and rheumatic pain in right shoulder joint, deltoid and biceps. Sticta is a very useful remedy, house' maid's knee.

7. **Phosphorus:** Weak spine, burning in back, pain as if broken. Heat between the shoulder blades. Ascending sensory and motor paralysis from ends of fingers and toes. Stitches in elbow and shoulder joints. Burning in feet, weakness and trembling, from every exertion. Can scarcely hold anything with his hands. Tibia inflames and becomes necrosed. Arms and hands become numb. Can lie only in the right side. Joints suddenly give way.
8. **Phosphoricum Acidum:** Pain in the back and limbs, as if beaten. Boring pain between scapulae. Weak, tearing pain in joints, bones and periosteum. Cramps in upper arm and wrists. Great debility. Pain at night as if bones were scraped. Stumbles easily and makes misteps.
9. **Rhus Toxicodendron:** Great stiffness and rigidity, with lameness and pain, especially on first moving or on waking up in the morning; relieved by continued motion or by walking. Pain as if sprained; as if a muscle or tendon

was torn from its attachment; as if bones were scraped with a knife. Pain between the shoulders on swallowing; pain and stiffness in small of back, worse sitting or lying, better by motion or lying on a hard surface. Hot, painful swelling of joints, soreness of the condyles in bones. Limbs stiff, paralyzed. Tenderness around the knee joint. Loss of power in forearm and fingers; crawling sensation in the tips of fingers. Pain and stiffness in the lumbosacral region.

10. Bryonia Alba: Knee stiff and painful.

Joints red, swollen, hot, with stitches and tearing; worse on least movements. Stitches and stiffness in the lumber region.

11. Arnica Montana: Arnica is very

useful when the injury is from falls, blow, trauma, contusion, blunt instruments etc. It is also useful for recent or remote injuries even if received years ago. Pain in the back and limbs, as if beaten. Sprained and dislocated feeling. Soreness after overexertion. Everything on which he lies seems too hard. Cannot walk erect, on account of the bruised pain in the pelvic region.

12. Ledum Palustre: It is an indicated

remedy for rheumatism, gout and osteoporosis beginning in the lower

limbs and then ascending. Joint becomes the seat of painful nodosities. Affect the left shoulder and right hip joint. There is swelling of feet upto the knees; of ankles with unbearable pain when walking as from a sprain or false step; ball of great toe swollen painful; pain in the heels as if bruised. There is easy sprain of ankle and feet.

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