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### Treatment for Homeopathy in Andropause (Male Menopause)

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#### ABSTRACT

In this review article the author argues that complete presentation of various homeopathy remedies can reduce the Andropause and related all mental and physical illnesses Life is neither Possible to overcome safely.

#### Keywords:

Andropause and Homeopathy

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## Introduction

Most of the people believe that Menopause is essentially a phase in women's life whence they suffer from hot-flushes, night sweats, irritability and reduced libido. Any such phenomena in males has neither been proclaimed nor trusted.

## What is Andropause

Also known as "male menopause," Andropause is a condition where there is a decrease in the level of testosterone as a man gets older. Andropause is also known as PADAM- Partial Androgen Deficiency in the Ageing Male. It is a normal part of male ageing, although for some men Andropause is accompanied by a gradual and undesired decline in their sexuality. Sometimes, Andropause can even expose men to some serious health risks. There are some drugs that can affect testosterone levels and cause Andropause in the body, such as opiates, barbiturates, anti-fungal medications, anabolic steroids and diuretics. Other factors that cause low testosterone levels and Andropause are: liver cirrhosis, chronic renal failure, infections and inflammations, anemia, asthma, and sleep apnea.

Andropause often goes undiagnosed and its symptoms are often vague. Most of the times, men do not accept that they even have a problem such as Andropause. Many times physicians do not think the possibility of low androgen levels or Andropause. Diagnosing andropause can be quite a task; it is purely based on questionnaire. If the questionnaire of the patient is positive or there are indications or symptoms that point towards a low testosterone level, then a testosterone level test is done to confirm Andropause.

## How can recognize Andropause?

Other than decline in testosterone, Andropause is often manifested by following symptoms:

### Physical

- Less endurance for physical activity
- Gain in weight

- Bone deterioration
- Loss or thinning of hair
- Sleep disturbance

### Psychological

- Irritability
- Indecisiveness
- Anxiety and fear
- Depression
- Feeling lonely, unattractive and unloved
- Forgetfulness and difficulty concentrating
- inability to concentrate
- mood swings

### Sexual

- Reduced interest in sex
- Increased anxiety and fear about losing sexual potency
- Increased fantasies about having sex with a new and younger partner.
- Loss of libido or sex drive.
- Decreased erectile function.
- decreased strength of orgasm
- More relationship problems and fights over sex, love and intimacy

### Causes:

Testosterone is a hormone produced by the testes, which brings about the male uniqueness. It is the equivalent of estrogen in females. Testosterone essentially improves the ability of cell for oxygen uptake throughout the body and helps control blood sugar, regulates cholesterol levels and helps in maintaining the body's immune

surveillance. Testosterone is quintessential for a healthy sex life. Some of the important functions of testosterone are as follows:

- Growth and development of male sex organs
- Growth of facial hair
- Change in voice ( deep male voice)
- Maintain muscle mass
- Bone density and formation
- Role in erythropoiesis
- Carbohydrate metabolism
- Lipid metabolism

When testosterone levels decrease, the testosterone target organ response diminishes, bringing about changes, a few of which are listed below.

- Low sex drive
- Emotional/ psychological
- Behavioral changes
- Decreased muscle mass
- Reduced muscle strength
- Increased body fat
- Osteoporosis
- Cardiovascular risk
- Back pain

### **How can cope with changes associated with Andropause?**

The easiest method to cope is to enjoy life as it comes, after menopause is a transition phase of your life whence you should take care of your physical as well as psychological needs. Exercise, take brisk walk, eat well and just relax. The basic mantra is Enjoy Ageing. Next is to talk to your friends and doctor about it; research demonstrates that men by and large are less likely to see a doctor for any reason. The male ego doesn't usually ever want to admit to having a

problem. Men want to be macho and if they have a problem they just don't want to talk about it. It is because the male psyche does not accept a dependent role. So ignoring this behavior would surely help in dealing with such complaints.

### **Lifestyle Modification**

Experts feel that a holistic approach is the key to the management of andropause. Depression or sexual problems should be treated if necessary. Seen from that light, the following are recommended for men showing symptoms of andropause.

- Dietary changes-partaking low fat food, plenty of water, soy products, tomatoes and green veggies
- Exercise
- Avoiding alcohol and smoking
- Stress reduction methods like meditation and relaxation techniques
- Counseling as a couple
- Rediscovering an interest in career
- Spirituality

### **Homeopathy in Andropause**

Homeopathy offers a help in cases of Andropause; homeopathic medicines are known to control symptoms related to hormonal imbalances. If chosen appropriately, they even regulate the reduced hormonal levels bringing about a sense of well being and comfort.

Some homeopathic medicines which have been found to give better results in such cases are:

Lycopodium : Intellectually keen but physically weak men who seek dispute. Impotence excessive flatulence.

Graphitis : Aversion to coition in timid, chilly men with chronic constipation.

**Agnus cast :** Premature old age with melancholy, self contempt and no sexual power or desire.

**Caladium :** Sensitive, irritable, depressed individual with no erections even after caress. Disturbed digestion with frequent eructations.

**Argentum Nitricum:** Argentum Nitricum is prescribed when erection cannot be achieved during intercourse. Other symptoms treated by Argentum Nitricum include nervousness and cravings for salty or sweet foods.

**Baryta Carbonica:** Baryta Carbonica is often used in aged men with reduced sexual desire and impotence. Other symptoms treated with Baryta Carbonica include shyness as well as numbness from scrotum to knees that goes away when sitting down.

**Chaste Tree:** Chaste Tree, also known as Vitex angus castus, is used if symptoms include cold genitals and flaccidity as well as forgetfulness and trouble concentrating.

**Selenium Metallicum:** Selenium Metallicum is used when the patient has sexual desire but his ability is weakened. He may also experience involuntary ejaculation as well as fatigue that are also treated with this remedy.

**Agnus Castus 30:** Agnus Castus is the best remedy for low testosterone causing erectile dysfunction. The genitals are relaxed and flaccid. Along with this, there is inability to attain erection. Sexual desire also diminishes in such cases. Low sex drive

**Sabal Serrulata Q:** Sabal Serrulata is prescribed for loss of sex drive with atrophy of testes

**Nuphar Luteum Q-** Nuphar Luteum is recommended as one of the best Homeopathic medicines for low testosterone leading to complete loss of sexual desire. The genitals are relaxed. Involuntary emissions during stool and urination may also be present in such instances.

**Acid Phos and Selenium 30:** Acid Phos and Selenium are effective remedies for treating hairfall from whiskers and genitals due to low testosterone levels.

**Kali Phos 30:** Kali Phos offers immense help when marked fatigue and prostration are present. The person feels exhausted all the time. Depression, sadness, dullness of the mind and weariness are some accompanying symptoms.

**Avena Sativa Q-** Avena Sativa is another powerful tonic to enhance energy levels. It is indicated when intense debility and exhaustion appear. Difficulty in concentration and sleeplessness. It is also one of the best Homeopathic medicines to deal with weakness associated with over indulgence in sexual activity.

**Ginkgo Biloba, Yohmibine, Tomatoes, fenugreek etc...**

## Conclusion

Andropause is male, very annoying and unfortunately unavoidable conditions that take a toll on a person's emotional and physical well being. There are many powerful yet gentle therapies to help one cope not only with life during andropause, but thereafter as well. Men should seek these homeopathy, which will keep them healthy in every dimension of life; whether they are going through Andropause.

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