

Homoeopathic Perspective of Menopause: A Literature Review

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Jaya Gupta*

*Scientist-IV

Central Council for Research in Homoeopathy, New Delhi.

Address for correspondence-

Dr. Jaya Gupta

Central Council for Research in Homoeopathy,

61-65, Institutional Area, Janak Puri, New Delhi.

[Email-jgupta21@gmail.com](mailto:jgupta21@gmail.com)

Abstract

Objective

To systematically review published clinical trials related to the Homoeopathic therapy in menopausal symptoms.

Methods

We conducted a search of the literature using Pub Med Central, British Homoeopathic Journal, Homoeopathy (<http://www.journals.elsevier.com/homeopathy/recent-articles/>) for English-language studies that included the following search terms: Menopause, hot flushes, night sweat, vaginal dryness, vaginal atrophy, vaginal bleeding, Homoeopathy. Additional articles were obtained through references cited in articles previously identified. Case-study & Case-series are excluded. The search was restricted to English literature.

Results

Although Homeopathy significantly improved subjective symptoms of hot flushes, frequency and severity, mood, fatigue, and anxiety in uncontrolled, open-label studies, but there is a need for additional investigations of homeopathy for the treatment of hot flushes and other menopausal symptoms. The purpose of this review was to evaluate the benefits of Homoeopathic therapy for managing menopause-related symptoms.

Conclusion

It was observed that homoeopathic therapy is useful in relieving distressing symptoms during Menopause transitional phase and normalizing the FSH and lipid levels. However further studies are required in order to develop evidence-based clinical recommendations.

Key words-menopause; homoeopathy; literature review