

# Homeopathic Research for Women's Health

## Menopause

In a prospective study 82% of patients reported improvement of menopausal symptoms after homeopathic treatment. Main symptoms noted were hot flushes and sweats, tiredness, anxiety, sleeping difficulties, mood swings and headaches. Women referred to homeopathy were those who either could not take hormone replacement therapy (HRT), for whom HRT was unsuccessful, who did not want HRT or who had to come off HRT. Mean length of homeopathic treatment was 5 months.

*Relton, C. NHS. Homeopathy Menopause Service. Outcome study. In press.*

## Polycystic Ovary Syndrome

36 women suffering from Polycystic Ovary Syndrome (PCOS), and fitting the mental picture of the homeopathic remedy *Pulsatilla*, were given *Pulsatilla* 6C, 4 hourly throughout the day for 2 weeks after the end of menstruation, and this was repeated for 4 consecutive cycles.

At the end of the trial 30 of the 36 women had no symptoms of PCOS and they had normal ovulating follicles and 4 of the 36 women became asymptomatic.

*Sanchez-Resendiz J., Guzman-Gomez F., Polycystic Ovary Syndrome. Boletin Mexicano de Homeopatia, 30, 1997, 11-15.*

## Pre menstrual syndrome (PMS)

In a randomized controlled double-blind clinical trial (1992-94) 19 women suffering from PMS were treated individually with homeopathy. 90 % of the patients who had received homeopathic treatment experienced more than 30 % improvement. Only 37.5 % of patients who received placebo experienced a similar improvement. Sick-days before menses were reduced from 0.75 to 0 in the homeopathy-group, and was unchanged in the control group. Use of conventional drugs was also reduced in the homeopathygroup.

*Yakir M, Kreitler S, Brzezinski A, Vithoulkas G, Oberbaum M, Bentwich Z.*

*Effects of homeopathic treatment in women with premenstrual syndrome: a pilot study. Br Homeopath J. 2001 Jul ;90(3): 148-53.*

## Homeopathy and oestrogen withdrawal

40 out of 45 women with breast cancer withdrawing from oestrogen and then treated homeopathically, experienced significant improvement in their primary symptoms, anxiety and depression, as well as improvement in quality of life. Primary symptoms changed from 7.8 to 5.4, and from 7.2 to 4.1 ( $p < 0.001$ ). The homeopathic approach appears to be clinically useful in the management of oestrogen withdrawal symptoms in women with breast cancer.

*Thompson EA, Reilly D. The homeopathic approach to the treatment of symptoms of oestrogen withdrawal in breast cancer patients. A prospective observational study.*

*Homeopathy. 2003 Jul;92(3):131-4.*