

**HERBAL TREATMENT IN COMPLEMENTARY AND
ALTERNATIVE MEDICINES
FOR TREATMENT OF MENOPAUSAL SYMPTOMS
COMPARED TO HRT**

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2013

ABSTRACT

The present Project Paper describes the usage of Complementary and Alternative Medicine for women transitioning through menopause. Popularity and perceived effectiveness of CAM treatments, use of pharmaceutical medications, characteristics of CAM users and variables associated with CAM use were also reviewed. The relatively high prevalence of CAM used by women transitioning through menopause should encourage research initiatives into determining which CAM treatments are the safest and effective. The increasing and likely preferences of the use of CAM with HRT and other drugs show the importance for the implementation of a surveillance system to report and monitor possible drug-herb adverse events. The efficacy of CAM in curing or reducing menopausal symptoms would be the stepping stone in the advancement in CAM in curing various other ailments. This paper was basically influenced by my own experience with my mother experiencing post menopausal symptoms and the ways she take to relieve some of the symptoms. The study design is structural review of many published journals. Results of the studies done shows that herbal treatment is very beneficial in alleviating post menopausal symptoms and it is better as there are less or no side effects for the patients.