

ARTICLE: HOMEOPATHY– FOR WOMEN’S HEALTH

A team from the Department of Obstetrics and Gynaecology at Tarbait Modarres University in Iran CAM therapies such as homeopathy are gaining acceptance in countries across the world, both among health providers and consumers (1). A majority of patients consulting with CAM practitioners are women, often seeking help for **reproductive health problems, menstrual disorders, menopause, problems during pregnancy and childbirth.**

Homeopathy has a long history of successfully treating women and their health problems and is the preferred healthcare option chosen by a growing number of women. **Gentle, fast, non-invasive , nonaddictive and safe , homeopathy is the perfect option for the treatment of women’s healthcare problems.** A number of studies have shown that women make up between 64 and 80 % of the clientele visiting homeopaths (2).

WHAT HOMEOPATHY HAS TO OFFER AND THE EVIDENCE FOR IT

Homeopathy has the potential to treat a wide range of disorders in women and there is a growing body of research evidence that appears to support its effectiveness in the following conditions: **menopausal hot flushes, night sweats , headaches, fatigue , anxiety and depression; premenstrual syndrome ; menstrual disorders ; infertility; and complaints during and after pregnancy.** Homeopathy is also effective in treating a range of diseases and complaints that are increasingly common in women, such as **fibromyalgia** (muscle, tendon and ligament pain, and fatigue), **depression, migraine and tension headaches.**

HOMEOPATHY– A SAFE ALTERNATIVE FOR TREATING YOUR PROBLEMS

It is the clinical experience of thousands of homeopaths over the last two centuries that homeopathy is comparatively safe even for women in pregnancy and in labour. Research into the safety of homeopathy has shown that about one in five experience an aggravation of their symptoms for a short while after treatment, but these effects are mild and transient (3-6). **Homeopathy can increase wellbeing prior to pregnancy, improve the chances of conception, treat morning sickness during pregnancy, post-partum bruising of mother and newborn infant, breast feeding problems and postnatal depression** (7). A homeopathic remedy acts to help the body to heal itself.

HOMEOPATHY EFFECTIVE IN PREMENSTRUAL SYNDROME (PMS)

Homeopathy is effective in treating premenstrual syndrome (PMS) and is helpful in treating hormonal imbalance generally. Research has shown that 90 % of women with PMS experience improvement after homeopathic treatment (P=0.048) (8). Homeopathic treatment also reduced the number of sick-days and the use of conventional drugs in women suffering from PMS. The trial was randomised and double-blind placebo controlled.

HOMEOPATHY FOR THE MENOPAUSE

A growing number of women choose homeopathy to treat complaints during menopause. Many of these women have tried hormone replacement therapy (HRT) but have either experienced too many side-effects, no effect from the treatment or do not want to continue treatment for other reasons. The use of alternative therapies for menopause symptoms is common. Women who use them generally find them to be beneficial. A telephone survey of more than 850 women aged 45 to 65 years showed that 76 % used alternative therapies (9). This included 22 % who used these therapies to treat their menopause symptoms. As many as 89 % found these therapies to be somewhat or very helpful.

Research has shown that 80 % of women treated with homeopathic medicine experience significant improvements in their hot flushes, tiredness/fatigue, sleep problems, headaches and psychological problems (10).

Homeopathy is a safe and effective choice of treatment, for the benefit of your health care.

Reference list

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