

# MENOPAUSAL SYMPTOMS CONTROLLED BY HERBAL MEDICINES: REVIEW

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## **Abstract**

*One of the most common gynecologic problems during menopause is acute menopausal syndrome, particularly hot flashes. Herbal and alternative drugs are still of great concern to women in the prevention and control of the signs and problems of menopause because of the adverse effects of hormone therapy. The purpose of this research was to study the processes and implications of medicinal plants used in the treatment of symptoms of menopause. The results of the study showed that the medicinal plants, which include Licorice (Glycyrrhiza glabra), Sage herb (Salvia officinalis), Glycine soja, Black cohosh (Cimicifuga racemosa), Fenugreek (Trigonella foenum-graecum), Black cumin (Nigella sativa), Vitex (Vitex agnus-castus), Panax ginseng, Ginkgo biloba, Valerina officinalis, Alfalfa (Medicago sativa), Pimpinella anisum, Hypericum perforatum, Passiflora incarnata, Evening primrose (Oenothera biennis), Red clover (Trifolium pratense), Fennel (Foeniculum vulgare), and Lemon balm (Melissa officinalis) were effective in the treatment of acute menopausal syndrome with different mechanisms. In the treatment of acute menopausal syndrome, medicinal plants can play an essential role, but further research are needed to confirm their effectiveness in the treatment of acute menopausal syndrome.*

**Keywords:** Herb, Estrogen, Medicinal, Menopause, Treatment, Females, Health issues.

## **I. INTRODUCTION**

Biological mechanisms related to menopause originate from changes that arise inside the structure and function of the ovaries. The range of follicles in ladies before menopause is ten times higher than that in ladies after menopause. There are nearly no follicles within the ovaries of postmenopausal girls. This indicates that the variety of saved follicles is a determinant issue in menopausal transition duration. The onset of menopause is associated with a dramatic alternate in hormonal stability, a decrease in estrogen and increase in FSH and LH hormones, which in the end reduces the level of progesterone and causes permanent amenorrhea. The average age of menopause is 50 years but in people of African starting place, it occurs in advance. Vitamins and smoking also affect menopausal age [1].

Acute menopausal syndrome consists of vasomotor phenomena (hot flashes and night sweats) and psychosomatic signs and symptoms, which might be skilled in a different way in people with special psychological, social, and cultural traits. Hot flashes are the most not unusual

symptom, which might be experienced through women in the course of menopause. Hot flashes are periodic flushing and unexpected sweating ailment with chills, palpitations, tension, feeling of stress inside the head and chest, nausea, choking and absence of concentration which usually lasts from between a few seconds to a minute, and seldom lasts as much as an hour. Warm flashes may vary from man or woman to individual and is decided by way of the following factors: alcohol consumption, caffeinated products, eating of highly spiced meals, high ambient temperature, carrying of tight clothing, smoking or publicity to cigarette smoke. Urogenital tract atrophy brought about by estrogen deficiency also can result in signs and symptoms which includes itching, and dyspareunia, urethritis, dysuria, incontinence and frequency of urination.

Hormone remedy is one of the most efficacious treatments for reducing vasomotor symptoms and remedy of different complications related to menopause. However, it has been shown that hormone therapy can induce extended danger of breast most cancers and coronary heart ailment as well as pulmonary embolism. Various research have proven sizable propensity of women for complementary healing procedures and medicinal flora. Several medicinal flowers were studied due to their outcomes on vasomotor and psychosomatic signs in one of a kind research indicating that phytoestrogens vegetation are specifically crucial and effective. To date, extra than three hundred vegetation with phytoestrogens components had been diagnosed. Phytoestrogens are plant components that are much like estrogens in structure and function. Phytoestrogens encompass flavones, lignans, and coumestan. Numerous studies have tested that everyday consumption of phytoestrogens in the food regimen of Asian ladies has brought about a discount in menopausal signs and symptoms, breast cancer, endometrial most cancers and a growth in bone mass in comparison to different regions. Phytoestrogens result in organic responses in flora, and mimic the features of endogenous estrogens by using binding to estrogen receptors. The aim of this examine is to investigate medicinal plant life which have been identified to lessen the signs and symptoms of acute menopausal syndrome [2].

## **II. MENOPAUSAL SYMPTOMS**

After menopause, the hormonal stability inside the frame various while in comparison with the previous ages. Estradiol and progesterone manufacturing reduced leading to a slow growth in gonadotropins, mainly FSH. Adrenal androgens were the foremost resources of estrogen within the research individuals which changed into secreted within the shape of estrone (a weak estrogen) in fatty tissues. Estrogen is a drug of desire that is used in the remedy of hot flashes. Progesterone may be efficacious in ladies for whom estrogen is contraindicated. Based totally on the facet results of hormone therapy, medicinal flowers have attracted lots hobby in recent decades. The presence of phytoestrogens and phyto progesterones in medicinal plants and from time to time, the anti-androgen results of medicinal flora that decrease the conversion of testosterone to dehydrotestosterone and boom the conversion of testosterone and androstenedione to estrogen in peripheral tissues could reduce menopausal symptoms, especially hot flashes. In addition, a few herbal drugs that affect the anxious device by means of activating specific neurotransmitters had been powerful in enhancing sleep and reminiscence signs and symptoms in menopausal women. Medicinal plants with distinctive mechanisms of action are effective in the treatment of menopausal symptoms [3].

*Salvia officinalis*: This herb has a mechanism of movement of binding to complex GABA/benzodiazepines receptors in the brain and participates inside the treatment of hot flashes and sweats due to its estrogenic effects. Further, due to its advantageous effect at the worried gadget, it is effective in enhancing memory and sedation. Its results inside the treatment of immoderate sweating have been accredited via the commission. There are not any reports on

dangerous aspect outcomes brought on with the aid of healing doses of this plant. The excessive use of this plant reasons a sense of warmth, dizziness, tachycardia and epilepsy-like seizures. It will increase the chance of cross-reactivity with diabetes and blood pressure capsules [4].

*Melissa officinalis*: One among its derivatives is caffeic acid. This herb is used to deal with nerve stimulation and sleep problems particularly in menopause. There may be no document on risky facet effects prompted by means of the intake of therapeutic doses of this herb.

*Valerian officinalis*: Boom in GABA inside the synaptic cleft due to inhibition of its reuptake, a boom in the secretion of neurotransmitter, and a considerable amount of glutamine in the plant extract are probably chargeable for the sedative effects of the plant roots. Similarly, this herb is used within the treatment of warm flashes in menopause. Dangerous and dangerous side consequences triggered by using the consumption of healing doses of this herb have not been reported [5].

*Black Cohosh*: The herb has been used to treat hot flashes and different menopausal signs for many years without everlasting outcomes on estrogen receptors. Terpene glycosides are the energetic compounds discovered within the plant roots. The compounds inside the rhizome of the plant bind to the estrogen receptor and selectively suppress the secretion of LH with none impact on FSH. No file on risky side results induced with the aid of intake of healing doses of this plant have been mentioned. A few aspect results that end result from the consumption of this herb consist of infection of the liner of the stomach and intestines, nausea and vomiting.

*Trigonella foenum*: This herb carries compounds of mucilage, proteins and steroidal saponins and many others. Its lipid reducing results because of the presence of saponin compounds in the plant, had been tested. Numerous research have proven the results of this plant in the remedy of menopausal signs and symptoms, particularly hot flashes and metabolic syndrome. Harmful and perilous side effects brought on through the consumption of therapeutic doses of this plant have no longer been said. However, it has been tested that repeated outside use of this plant may cause infection.

*Nigella sativa*: It has been proven that this herb is effective within the remedy of metabolic syndrome in postmenopausal ladies; thus, regulating blood sugar and lipids.

*Vitex agnus-castus*: The mechanism of movement of the plant is most probable at the hypothalamic-pituitary axis. Even though a few studies have shown the impact of the plant in increasing the secretion of LH and the quantity of progesterone, however, some different research have suggested that this plant has no impact at the LH and FSH. Alternatively, its results on prolactin relies upon on the amount of the plant used. On occasion, the taking of this herb may additionally lead to nausea, vomiting, dry mouth, headache, dizziness, drowsiness, confusion and anxiety [6].

*Foeniculum vulgare*: This herb has anti-androgenic, anti-inflammatory consequences due to the presence of palmitic acid and beta-sitosterol inside the herb. Its healing consequences were investigated in hot flashes and vaginal atrophy in put up-menopausal ladies. There was no report on the damaging side effects related to intake of therapeutic doses of this plant.

*Evening Primrose*: *Oenothera biennis* oil contains omega-three fatty acids, which increases prostaglandin E2 that has anti-inflammatory results. Its efficacy in lowering warm flashes associated with menopause has been confirmed by means of numerous research. *Oenothera biennis* oil may additionally motive mild gastrointestinal facet outcomes together with nausea,

vomiting, diarrhea, bloating or decreasing of seizure threshold in patients with seizure disorders or the ones taking antiepileptic pills [7].

*Ginkgo biloba*: This plant has anti-inflammatory and antioxidant properties. Its utility in the remedy of attention disorders, reminiscence impairment in postmenopausal ladies has been reiterated with the aid of several research. Its side outcomes include mild gastrointestinal issues, allergies, headache, muscle spasms, coronary heart palpitations, arrhythmia, dizziness, improved bleeding after surgical operation, lowering of seizure threshold.

*Medicago sativa (Alfalfa)*: Its effect on warm flashes has been investigated and tested via distinct studies. However, the incidence of hypokalemia and digestive disorders induced through infection with Salmonella, E. Coli and Listeria are feasible following the intake of products derived from alfalfa seeds.

*Hypericum perforatum*: Scientific trials showed the impact of the plant extract inside the treatment of slight to mild melancholy and anxiety and its efficacy on libido, vaginal dryness, urinary tract troubles and intellectual complications because of menopause. The aspect outcomes include gastrointestinal soreness, sensitivity to light, restlessness and fatigue [8].

*Panax Ginseng*: This plant exhibited anti-inflammatory properties. As a nutritious agent, it is able to be used orally within the treatment of fatigue, weak point and for improving attention. This plant has been proven to be effective within the remedy of melancholy and mood disorders in post-menopausal girls. The side effects encompass low blood sugar, insomnia, complications, anxiety, gastrointestinal issues, and zits.

*Pimpinella anisum*: It carries caffeic acid derivatives. The effectiveness of this plant on warm flashes symptoms in menopause has been suggested. There has been no document on dangerous and threatening facet consequences which can be associated with the consumption of healing doses of this plant.

*Glycyrrhiza glabra*: It contains terpenes, saponins, flavonoids, isoflavonoids, and steroids. It's been shown that this plant is effective in mitigating warm flashes symptoms in menopause. However, extended use of this herb leads to increase in blood strain, coronary heart troubles, pseudo-hyperaldosteronism, hypercortisolism, high blood pressure, hypokalemia and hypernatremia.

*Passiflora incarnata*: It consists of flavonoids and has phytoprogestogenic, anti-anxiety and anti-insomnia effects. Its efficacy on neurological symptoms and hot flashes associated with menopause has been suggested in a few research. Thus far, no dangerous headaches which might be associated with the consumption of therapeutic doses of this plant have been detected [9].

*Trifolium pratense*: It incorporates flavonoids and has phytoestrogenic results. It has been tested that oral consumption of dietary supplements containing isoflavones of this plant is effective in reducing the frequency and severity of warm flashes. However, the concomitant use of this plant with hormonal drugs have to be averted because of go-reactivity. A few research recommended that the plant has no impact on warm flashes related to menopause while others recommended the notable effect of this plant in decreasing the frequency and intensity of warm flashes. Up to now, no dangerous headaches which might be associated with the consumption of therapeutic doses of this plant have been detected.

*Glycine soja*: Soy consists of huge quantities of protein and isoflavones like daidzein and genistein. The findings of medical trials suggest that soy extract reduces the frequency of warm flashes in post-menopausal ladies. But, different studies reported that there has been no vast difference between the soy and placebo companies. The possible side consequences encompass belly pain and digestive troubles inclusive of diarrhea, extended menstrual cycle and get in touch with dermatitis [10].

### III. CONCLUSION

The medicinal herbs tested on this take a look at had consequences on the bodily and psychological symptoms of menopause at extraordinary ranges and mechanisms of motion. Although, further studies and medical trials are required if you want to use those medicinal herbs as an unique or opportunity treatment for acute menopausal syndrome in the close to future. The principle challenge of this systematic evaluate become the opportunity of the presence of ebook bias. The quality of the clinical trials was now not evaluated with the aid of the use of the Cochrane Collaboration's hazard of Bias device, instead the articles were reviewed with the aid of one reviewer and move-checked by using any other researcher.

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