OBJECTIVES: Phytoestrogens could be an alternative method of the treatment of menopausal syndrome in women with contraindications to hormonal replacement therapy. Design: The aim of the study was to evaluate efficacy and safety of the therapy with Cimicifuga racemosa dry extract. MATERIAL AND METHODS: Twenty women aged mean 52.4 +/- 4.9 years with climacteric syndrome were treated with Cimicifuga racemosa dry extract in a dose of 40 mg a day during 6 months. Kupperman's Index, biochemical parameters and hormonal profile were estimated before and after 3 and 6 months of the therapy. RESULTS: Mean values of Kuppermen's Index were decreased from 30.2 +/- 5.7 points before the therapy to 8.5 +/- 6.3 points after 3 months and to 2.6 +/- 2.1 points after 6 months of the therapy (p < 0.05). No statistical differences in biochemical parameters' concentrations and hormonal profile were observed. CONCLUSIONS: Cimicifuga racemosa dry extract was an effective and safe therapy of climacteric women with contraindications to hormonal replacement therapy.

PMID: 17219796 [PubMed - indexed for MEDLINE]