

3<sup>rd</sup> World Congress on

# MIDWIFERY AND WOMEN'S HEALTH

November 13-14, 2017 | London, UK

## Effectiveness of individualised homeopathic treatment for women with endometriosis: Randomised controlled trial

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Endometriosis is a chronic condition affecting 2 to 10% of women at reproductive age. It adversely impacts on physical, emotional, psychological and social well-being. The treatment for endometriosis remains controversial between surgical and medical options. Treatment of emotional symptoms along with physical may constitute the most powerful therapeutic result. Therefore, the present study was undertaken to observe the effect of individualized homeopathy treatment of depression, levels of stress and pain in patients with endometriosis. The prospective randomized controlled trial included 162 diagnosed with endometriosis in Jaipur, India. Informed consent was taken and all the patients were randomized into Individualized Homeopathy (IH) and Control Group (CG). Outcome measures were assessed using Brief COPE, beck depression inventory, perceived stress scale and visual analogue scale. Assessments were taken at baseline and three-months post-treatment. Patients with endometriosis who used Homeopathy had better adaptation to stress ( $p < 0.002$ ) and less depression ( $p < 0.001$ ). The intensity of dysmenorrhea was reduced in the intervention group ( $p < 0.001$ ). The results of this study indicate that pain can be improved through individualized homeopathy treatment in women with endometriosis.

### Notes: