19th International Conference on
Gynecology, Obstetrics and Womens Health
August 28-29, 2025 | Paris, France

Study of climacteric changes in postmenopausal women and efficacy of Phytoestrogens

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Menopause is associated with estrogen deficiency, leading to vasomotor, urogenital, psychological, and musculoskeletal symptoms that impair women's quality of life. While hormone replacement therapy (HRT) is effective, its adverse effects necessitate safer non-hormonal alternatives. Phytoestrogens, plant-derived compounds with estrogenic properties, offer a promising strategy. To assess the prevalence of climacteric symptoms among Nepalese postmenopausal women and evaluate the efficacy of phytoestrogens in symptom relief. This prospective hospital-based study was conducted at Dhulikhel Hospital, Nepal. Sixty symptomatic postmenopausal women (aged 40–60 years) meeting inclusion criteria were enrolled. Participants received phytoestrogen supplementation and were followed monthly for symptomatic changes. Data were analyzed using STATA 13; $p < 0.05$ was considered statistically significant. The mean age at menopause was 51.45 ± 5.37 years. The most common symptoms were hot flushes (63.6%), urogenital complaints (56%), vaginal dryness (39.6%), and mood swings (18.3%). Following phytoestrogen therapy, relief was reported in 53.9% for vasomotor symptoms, 9.3% for urogenital issues, and 1.5% for psychological complaints. No adverse effects were recorded. Climacteric symptoms are highly prevalent among Nepalese women, with vasomotor disturbances being the most common. Phytoestrogens demonstrated efficacy in alleviating vasomotor symptoms, providing a safe, non-hormonal alternative to HRT. This highlights the importance of phytoestrogen awareness, dietary intake, and further large-scale studies to strengthen evidence.

Biography

Binita sanjel is a clinician and researcher in gynecology and women's health with a special focus on menopausal care, reproductive endocrinology, and preventive women's medicine. She has actively contributed to studies on climacteric symptoms, reproductive health, and the integration of alternative therapies in women's healthcare. Her current research explores the role of phytoestrogens as a safe, natural intervention for improving the quality of life in postmenopausal women.