

The use of homeopathy and flower therapy as an aid in the treatment of climacteric symptoms: an integrative review.

Camila Faria de Amorim Pereira¹ and Adriana Passos Oliveira²

¹ Instituto de Biofísica Carlos Chagas Filho, Centro de Ciências da Saúde, Universidade Federal do Rio de Janeiro, Rio de Janeiro, RJ-Brasil. Contact: cfapereira2011@gmail.com.

² Laboratório Multidisciplinar de Ciências Farmacêuticas, Faculdade de Farmácia, Universidade Federal do Rio de Janeiro, Rio de Janeiro, RJ-Brasil.

Climacteric is characterized as the set of symptoms that usually start in the period of transition from the reproductive phase to female senility, and directly impacts woman's quality of life. Currently, the treatments approved by the FDA for this pathology mainly involve the use of antidepressants and hormone replacement, both having side effects. Clinical studies carried out in 2002, showed an increased risk of breast cancer, and other pathologies related to the prolonged use of these drugs. The impact of the studies resulted in a greater interest in complementary and alternative medicines (CAMs), such as the use of homeopathy and flower remedies for the treatment of climacteric symptoms. This abstract aims to present an integrative review on the use of homeopathy and flower remedies in the treatment of climacteric symptoms, in order to identify its main scientific evidence.

For this, methodology consisted of research in the databases Web of Science, Google Scholar, HomeoIndex, LILACS and SciELO. The inclusion criteria were original human studies, totally available, and published in the last 10 years in Portuguese, English and Spanish, presenting the use of floral remedies or homeopathic treatment.

The main homeopathic medicines used were *Lachesis mutus*, *Belladonna*, *Sepia officinalis*, *Sanguinaria canadensis* and *Sulfur*. The main flower remedies were *Cherry plum*, *Agrimony*, *Gentian*, *Walnut*, *Olive* and *Larch*. The findings in this review demonstrate a positive outcome trend in favor of the effectiveness of these practices through the studies evaluated, encouraging the expansion of new designs and research that fully contemplate the principles of these practices.

Thus, this work contributes to the advancement in the understanding of each one of these rationalities, making this work a source of consultation for health professionals and for future research, resulting in a strengthening of CAMs in the field of health.

Keywords: homeopathy, flower remedies, menopause, climacteric, CAMs.