

Evaluation of the clinical response of vasomotor symptoms to estradiol vs red clover and placebo.

Background: Vasomotor symptoms are most common menopausal symptoms, which deteriorates the quality of life. Estradiol is very effective but women use herbal more than estradiol.

Objective: The aim of the study is to evaluate the clinical response of vasomotor symptoms to estradiol vs red clover and placebo.

Methods: This cross-sectional study, conducted in ZHSWMCH, from January 2022 to December 2024, included 760 menopausal women with vasomotor symptoms. Menopause rated scale, used to assess vasomotor symptoms. Women of Group A (86) received 1mg +100 mg micronized progesterone, Group B received 20 mg red clover and Group C received placebo daily along with lifestyle modification. After one year of use, effects were assessed. Women with CVD, stroke, thromboembolism & breast cancer were excluded. Written consent & ethical permission was obtained from women & ethical board respectively. Data was analysed by SPSS version 21.0, p value <0.05 was taken significant.

Results: Mean age was for Group, A = 50.0 ± 5.73 , B = 57.0 ± 3.12 and C = 54.3 ± 4.49 . The age of the onset of menopause was 48.8 ± 4.32 for A, 49.8 ± 3.65 for B and 50.7 ± 3.39 for C. Sever, moderate, mild Symptoms were found in BMI of 24.6 ± 3.93 , 23.3 ± 4.21 and, 20.5 ± 3.68 respectively. Hot flushes reduced 60% for A, 10% for B, 2% for C, but sleep disorder and musculoskeletal discomfort were not improved significantly in any group.

Conclusion: Estradiol is most effective treatment for vasomotor symptoms and is superior to red clover and placebo.

Keywords

Estradiol, red clover, vasomotor symptoms.