

Communication

Traditional Chinese Medicine and Endometriosis – Preliminary Results of a Systematic Review.

Joana Calado^{1,*} , Marisa Santos¹  and Carlos Aurélio Pereira¹ .¹ ABS – Health Level Atlântico Business School, Vila Nova de Gaia, Portugal.* Correspondence: joana.c.calado@gmail.com

Abstract: Endometriosis is a prevalent and debilitating condition characterized by pelvic pain and infertility. Despite its significant impact on women's health, endometriosis is often underdiagnosed, leading to delays in obtaining a correct diagnosis. This highlights the need for a comprehensive understanding of the condition's broader effects on women's health, including potential links to autoimmune diseases, cancer, and cardiovascular disorders. Taking a holistic approach to managing endometriosis and promoting overall well-being is essential. Exploring complementary techniques, such as Traditional Chinese Medicine (TCM), can offer new possibilities for enhancing endometriosis management. TCM takes a holistic approach to health and has gained interest in Western countries. Our objective is to identify systematic reviews with meta-analyses of TCM interventions for endometriosis performed in the past ten years. Our preliminary results indicate that eleven studies were included in the final analysis, mainly focusing on Chinese herbal medicine and acupuncture. Chinese herbal medicine demonstrated potential benefits as an adjuvant therapy for endometriosis treatment, such as the Guizhi fuling formula and herbal formulas combined with dienogest. *Salvia miltiorrhiza*-containing herbal medicine showed promise in enhancing pregnancy rates and reducing recurrence and adverse effects. Acupuncture was found to significantly reduce pain associated with endometriosis. Although more evidence is needed to confirm the positive effects of TCM techniques on endometriosis, Chinese herbal medicine and acupuncture show potential as complementary therapies in the management of endometriosis. These techniques could offer effective and safe treatment options when integrated into Western medical settings, ultimately improving the well-being of individuals affected by this debilitating disease.

Keywords: Traditional Chinese medicine, Acupuncture, Herbal medicine, Endometriosis.

Citation: Calado J, Santos M, Pereira CA. Traditional Chinese Medicine and Endometriosis – Preliminary Results of a Systematic Review. *Journal of Complementary Therapies in Health*. 2023;1(1). doi: 10.5281/zenodo.8125361

Academic Editor: Jorge Rodrigues

Received: 2 May 2023

Revised: 7 June 2023

Accepted: 10 June 2023

Published: 24 July 2023

Publisher's Note: IPTC stays neutral with regard to jurisdictional claims in published maps and institutional affiliations.



Copyright: ©2023 by the authors. Submitted for open access publication under the terms and conditions of the Creative Commons Attribution (CC BY) license (<https://creativecommons.org/licenses/by/4.0/>).