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Help from Chinese herbal medicine

BRITISH researchers have found evidence that Chinese herbal medicine may relieve the symptoms of endometriosis.

Endometriosis is a common gynaecological disorder that affects one in six women of reproductive age. The symptoms include pelvic pain, painful and irregular periods and infertility.

Standard treatments include surgery, which is not always effective, and drug therapies, which have been shown to have unpleasant side effects.

In two separate trials performed by Cochrane Researchers, Chinese

herbal medicine was shown to provide symptomatic relief similar to the relief provided by the hormonal drugs gestrinone and danazo, but with fewer side effects.

"These findings suggest that Chinese herbs may be just as effective as certain conventional drug treatments for women suffering from endometriosis, but at present we don't have enough evidence to generalise the results," said lead researcher Andrew Flower of the Complementary Medicine Research Unit at the University of Southampton in the UK.

Chinese herbal medicine is a complete medical system that has been used for centuries in China and is used in mainstream medical care throughout East Asia.

Previous studies have shown that Chinese herbal medicine is effective for treating menstrual problems and has helped in treatments of breast cancer.

Research has also shown that Chinese herbal medicine is based on compounds that could be used for the development of drugs for HIV/AIDS, and Alzheimer's.
- AFP-Relaxnews