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Changing with herbs:
Treatment of menopausal symptoms by qualified herbal
practitioners: a prospective, randomized controlled trial

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Changing with herbs
***Treatment of menopausal symptoms by qualified
herbal practitioners: a prospective, randomized
controlled trial***

Research into herbal medicine has concentrated almost exclusively on the plants themselves, and the phytochemicals within them, yet despite its long tradition, little attention has been paid to the practice of trained herbalists. "Changing with herbs" investigates the treatment of menopausal symptoms by qualified herbal practitioners. This pilot randomised controlled trial compares treatment of women with menopausal symptoms by one of 3 NIMH herbalists with a waiting list control over a 5-month period. The aim was not to ask "does this herb work?" but to ask "does this approach help in practice?" To this end the intervention by the herbalists is seen as an entire complex system, not to be fragmented, but investigated as a whole. A nested qualitative study within the trial explored the experiences of the women and herbalists taking part, and gathered data about the treatment. The trial also piloted the methodology of using a waiting list control in measuring herbal practice, and aimed to generate data on sample size needed for future trials.

To find out more go to:

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