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Impact of phytoestrogens on treatment of urogenital menopause symptoms: A systematic review of randomized clinical trials

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Abstract

Objective: Menopause symptoms affect the various dimensions of women's lives and they can lead to reduction of their quality of life. Phytoestrogens can be used as an approach to diminish these symptoms. The aim of this systematic review was to investigate the effect of phytoestrogens on the treatment of urogenital menopause symptoms.

Study design: PubMed, EMBASE, Web of Science, Cochrane library, Scopus and ProQuest were systematically searched from 2000-2020. All randomized clinical trials were included. The quality of the selected papers was evaluated by the CONSORT checklist.

Results: 33 eligible high-quality papers were reviewed. Various forms of phytoestrogens such as Pueraria Mirifica, fennel, Hop plant (*Humulus lupulus* L.), Glycine Max (L.) Merr, soy, red clover, black cohosh, ginseng, cimicifug racemosa, genistein, diadzein, glycitein and isoflavone in the form of oral capsules and pill, food supplement, enriched powder, vaginal gel, cream and suppository could improve menopausal urogenital symptoms. The recovery rate in vaginal use of these phytoestrogens was greater than other consumptions.

Conclusions: After using a variety of phytoestrogens in different forms indicators of urogenital atrophy and urinary disorders improved and women's sexual function improved after treatment. The use of phytoestrogens as a safe, low-risk compared to hormone therapy and almost accessible method for women can relieve urogenital symptoms and promote the sexual satisfaction and quality of life.

Keywords: Atrophy; Fennel; Hops; Isoflavone; Menopause; Phytoestrogens; Plant estrogens; Soy; Urogenital symptom.

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