

End Notes

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Research Paper Abstracts

Journal: The New England Journal of Medicine. July 22, 2010. 363;4.

Title: "Functional Hypothalamic Amenorrhea."

Author: Catherine M. Gordon, M.D.

Abstract

Note: No formal abstract was provided, therefore, the summary above the article has been used.

This Journal feature begins with a case vignette highlighting a common clinical problem. Evidence supporting various strategies is then presented, followed by a review of formal guidelines, when they exist. The article ends with the author's clinical recommendations.

Journal: Journal of Endocrinological Investigation. April 22, 2014. 37:1049–1056.

Title: "Functional hypothalamic amenorrhea and its influence on women's health."

Author: B. Meczekalski, K. Katulski, A. Czyzyk, A. Podfigurna-Stopa and M. Maciejewska-Jeske

Abstract

Introduction Functional hypothalamic amenorrhea (FHA) is one of the most common causes of secondary amenorrhea. There are three types of FHA: weight loss related, stress-related, and exercise-related amenorrhea. FHA results from the aberrations in pulsatile gonadotropin-releasing hormone (GnRH) secretion, which in turn causes impairment of the gonadotropins (follicle-stimulating hormone and luteinizing hormone). The final consequences are complex hormonal changes manifested by profound hypoestrogenism. Additionally, these patients present mild hypercortisolemia, low serum insulin levels, low insulin-like growth factor 1 (IGF-1) and low total triiodothyronine.

Aim The aim of this work is to review the available data concerning the effects of FHA on different aspects of women's health.

Results Functional hypothalamic amenorrhea is related to profound impairment of reproductive functions including anovulation and infertility. Women's health in this disorder is disturbed in several aspects including the skeletal system, cardiovascular system, and mental problems. Patients manifest a decrease in bone mass density, which is related to an increase in fracture risk. Therefore, osteopenia

and osteoporosis are the main long-term complications of FHA. Cardiovascular complications include endothelial dysfunction and abnormal changes in the lipid profile. FHA patients present significantly higher depression and anxiety and also sexual problems compared to healthy subjects.

Conclusions FHA patients should be carefully diagnosed and properly managed to prevent both short- and long-term medical consequences.

Journal: The Journal of Clinical Research in Pediatric Endocrinology. January 2020. 12(Suppl 1): 18–27.

Title: “Where Have the Periods Gone? The Evaluation and Management of Functional Hypothalamic Amenorrhea.”

Author: Marie Eve Sophie Gibson, Nathalie Fleming, Caroline Zuidwijk, Tania Dumont

Abstract

Functional hypothalamic amenorrhea (FHA) is a common cause of amenorrhea in adolescent girls. It is often seen in the setting of stress, weight loss, or excessive exercise. FHA is a diagnosis of exclusion. Patients with primary or secondary amenorrhea should be evaluated for other causes of amenorrhea before a diagnosis of FHA can be made. The evaluation typically consists of a thorough history and physical examination as well as endocrinological and radiological investigations. FHA, if prolonged, can have significant impacts on metabolic, bone, cardiovascular, mental, and reproductive health. Management often involves a multidisciplinary approach, with a focus on lifestyle modification. Depending on the severity, pharmacologic therapy may also be considered. The aim of this paper is to present a review on the pathophysiology, clinical findings, diagnosis, and management approaches of FHA in adolescent girls.

Journal: The International Journal of Research and Review. August 2016. Vol.3, Issue: 8: 4-5.

Title: “Panchakarma Chikitsa in Stree Roga.”

Author: G.M. Kavya, Sushila Sharma

Abstract

A healthy woman can make healthy family and ultimately a healthy nation. Healthy state of women is very much needed for the society, its growth and prosperity. Ayurveda one of the world's oldest system of health, gives a detail description of stree roga vyadhis. The fundamental principle followed here in treating these diseases affecting female genital tract is directing towards Panchakarma chikitsa. The purificatory measures to be followed for the purpose of detoxification of the body itself are shodhana karma. It is the prime factor of the Panchakarma chikitsa. For all most all diseases of the female genital tract, treatment modality starts from shodhana karma. So for women to be healthy, undergoing the shodhana karma according to the season is very much needed for the prevention of these diseases. Here an attempt is made for the conceptual study and analyzing of complete diseases of Stree roga. All the classical references regarding chikitsa of the same were collected and analyzed. Study of all these chikitsa sutra found beneficial. All of them are directing towards single base line treatment of

Panchakarma chikitsa. The vamanadi shodhana karma can only make the women free from these diseases. The conceptual study of these treatment modality also gives the hint towards preventing the same diseases by following Shodhana karma according to the season every year.

Journal: Journal of Ayurvedic and Herbal Medicine. May-June 2016. 2(3): 86-8.

Title: "Uttar Basti- A critical review."

Author: Rashmi Sharma, Chandan Singh

Abstract

In Ayurvedic Gynecology Sthanik Chikitsa (Local therapies) are the specialized treatment procedures. These procedures basically deal with the disorders of Tryavarta Yoni (Three coverings of Vagina). Vitiation of Vata is mainly responsible for Yoniroga and Artava Vikara. "Basti" is best Vata Shamana Chikitsa. Out of this Uttar Basti is most widely used and unique treatment concept of Stree Roga. In this Study Uttar Basti is reviewed through ancient texts and an effort is made to understand the concept of Uttar Basti.