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## RESULTS OF TREATMENT OF FUNCTIONAL DISORDERS OF MENOPAUSAL PERIOD WITH ANTIDEPRESSANT DRUGS COMPARING TO HOMEOPATHIC REMEDIES AND PLACEBO

### Abstract

Menopausal hormone therapy once seemed the answer for many of the conditions women face as they age. It was thought that hormone therapy could ward off heart disease, osteoporosis, and cancer, while improving women's quality of life. But beginning in July 2002, findings emerged from clinical trials in USA, showed this was not so. In fact, long-term use of hormone therapy poses serious risks and may increase the risk of heart attack - 29 percent increased risk, stroke - 41 percent increased risk and breast cancer - 26 percent increased risk. Data comes from Institutes of Health (NIH) which launched the Women's Health Initiative (WHI), one of the largest studies of its kind ever undertaken in the United States. New critical data connected with traditional therapy of menopausal symptoms, increased interest on alternatives to hormone therapy including homeopathic remedies.

Author verify affectivity of use of Ignatia amara containing complex homeopathic remedies ( IACCHR ) as alternative to hormone therapy in treatment of menopause-related vegetative and emotional disturbances. Substantial improvement in psychological and psychosomatic symptoms was observed. Climacteric complaints diminished or disappeared completely in the majority of women ( 95,7% by patient evaluation and 96,2% by physician evaluation). Comparing to standard used pharmaceuticals by IACCHR treatment better tolerance and lower risk of side effects was observed. The results obtained in this work indicate the significant therapeutic potential of this group of treatments, beneficial specially for patients with accompanying emotional disorders. For a significant percentage of those women, psychometric tests indicate the presence of depressive states requiring anti-depression treatment. Full-blown forms of depression requiring therapeutic intervention affect 20 -30% of women in this age group.

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### *Curriculum vitae*

I was born on 5.06.1946 in Toruń. My father was an architect. I completed primary school and secondary school in Zalesie Dolne outside Warsaw. From 1964 to 1970 I studied at the Medical Academy in Łódź and the Medical Academy in Warsaw.

Upon completion of the mandatory post-graduate internship, in 1972 I started work at

the Psychosomatic Institute in Warsaw remaining there until 1983 at the following positions: assistant, senior assistant, academic-research associated professor and senior registrar of the clinical ward in the framework of the II Psychiatric Clinic (headed by Prof. S. Puzyński). While working at the Institute I completed 1st and 2nd degree of specialization in psychiatry, earning the title of Doctor of Medicine. From 1983 to 1989 I worked as an assistant at the University of Warsaw, Faculty of Biomedical Foundations of Development and Upbringing. Simultaneously, I worked half-time at the Children's Hospital at ul. Niekłańska in Warsaw, fulfilling the function of associate director of the Psychosomatic Unit. Between 1989 – 1993 I worked at the Medical Psychology and Psychotherapy Unit Medical University of Post-Graduate Education in Warsaw (headed by Prof. S. Leder) and half-time at the Health Promotion Unit at the Center for Organization and Protection of the Health Service (headed by dr med. J. Karski). In 2004 I earned the title of a habilitated doctor of medical sciences. Since 1993 I have been employed at the Psychosomatic Institute in Warsaw, initially at the position of medical director and then extraordinary professor and chief director. Since 1999 I have served as head of the Unit of Psychosomatics, Sexology and Pathology of Human Relations at the Medical University of Post-Graduate Education in Warsaw, which is responsible for post-graduate training of physicians in Poland. Since 1972 I have continued uninterrupted psychiatric and psychotherapy practice, earning two degrees of psychiatric specialization and psychiatric certificates of the Polish Psychiatric Associated and Polish Balint Association.

During the entire time of occupational activity I held responsible social functions, four times as member of the presidium of the Primary Board of the Polish Association of Physicians, repeatedly the function of president in several academic associations as well as member of international authorities of medical associations. On several occasions I was elected to European and international authorities of IPPNW organizations with head offices in Boston that was designated with a Nobel peace price and UNESCO award. Immediately after this organization was granted a Nobel prize I was elected by the world congress of IPPNW that took place in Moscow in 1998 - to represent this organization as a Nobel prize laureate with rights to finance meetings and lectures from prize funds devoted to the psychological and medical consequences of stress in life associated with social factors. In connection therewith I went on a round of lectures across Europe, USA, Canada, Australia and Japan. I am a cofounder of the Psychosomatic Section of the Polish Association of Physicians and the Polish Balint Association in which organization through a series of terms I served as the chairman and I am the current chairman. I am an active member in a number of international medical academic organizations including American Psychosomatic Association and European Psychosomatic Net.

I have authored 120 academic works, including 45 books as author of the book or author of the chapter, with a total Impact Factor of 311. I have published together with prof. Luban-Plozza the first in Poland academic textbook on psychosomatics with chapter on Balint groups. I have also introduced in Poland together with prof. S. Leder Balint groups to obligatory course of specialization of psychiatry and voluntary of family medicine.

For many years I have been active in the organizational committee of Polish Medical Chambers, I have supported a range of medical associations, including the Polish Medical Academy. I was honored with the Silver Service Cross for voluntary activity. I do not belong to any political party.