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Integrative endometriosis

Endometriosis, a chronic inflammatory disease that affects the pelvic peritoneum and ovaries, is one of the most commonly diagnosed gynecological conditions in women. It represents a debilitating condition for females and a challenging and complex disease for doctors. Abnormal menstrual cycles are hard to identify, even for women, and the ability to diagnose endometriosis is limited to serological and imaging tests. Thus, this disorder is often underdiagnosed and poorly treated, resulting in delayed diagnose, significant pelvic pain and infertility. Previous studies have shown that endometriosis has a strong affinity towards estrogen, angiogenesis, and dysregulation of the immune system as well as multifactorial causes such as stress, genetics, and environmental factors. Therefore, it would be prudent to address the disease from a multidisciplinary approach. An integrative approach may help patients based on the totality of their symptoms while providing treatment that covers the following physiological aspects of endometriosis: anti-inflammatory, anti-angiogenetic and aromatase inhibitor. Besides conventional treatment, there is a variety of therapies such as homeopathic medicines, nutritional and herbal supplements which may be used to treat endometriosis. The implementation of this guideline may help endometriosis patients improve help achieve bleeding control, restore an acceptable menstrual pattern, reduce dysmenorrhea, improve fertility, and reduce the progression of endometriosis using effective natural therapies and providing a long-term solution.

Biography

Vijay Nielsen holds a diploma in homeopathic medicine from Dr Nielsen's Homeopathic Medical Education & Research Centre Inc and has completed his fellowship at Vinayaka Mission's Hospital (Salem, India). In 2005 he opened his private practice, Nielsen Clinic, where he specializes in women's health and dermatology, combining homeopathic medicine with a clinical approach. His clinic has won numerous awards, and he was recently selected as one of Impact Magazines Top Doctor for 2018. He is a published author in the Journal of Pharmacy and Pharmaceutical Sciences and has a #1 Amazon Best Seller (Living With Heart - coauthored).

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