Abstract

Objectives: To verify the effects of non-pharmacological therapies measures to the vasomotor symptoms treatment in climacteric women. Methods: A systematic search of peer-reviewed publications into national and international scientific journals was performed on PubMed, Medline, Lilacs, SciELO, ISI web of knowledge, PEDro and Cochrane baselines from January 1998 to December 2010. Randomized controlled clinical trials, written in English, Portuguese or Spanish languages were selected in accordance to the inclusion criteria. Results: Data from eight trials were selected from all of the eligible clinical trials; two studies assessed the effects of physical exercise, one the effects of yoga, and five the effects of acupuncture on the vasomotor symptoms. These randomized trials provided information about an improvement in vasomotor symptoms based on aerobic exercise, yoga and acupuncture therapies. Conclusion: Overall benefits of alternative and non-pharmacological therapies in the vasomotor symptoms treatment in climacteric women, and the real mechanism of these therapies are obscurity until the present time.

Keywords

Acupuncture, Climateric, Physical Exercise, Yoga, Review.