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## Natural approach to menopause induced osteoporosis

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### Introduction and background

A systemic skeletal disease characterized by low bone mass and micro architectural deterioration with a consequent increase in bone fragility and susceptibility to fracture. Asia has the highest increment in the elderly population; therefore, osteoporotic fracture should grow to be a noticeable health issue. The incidence rate of hip fractures in Asia could rise to 45% by the year 2050.

### Methods and studies Results

Complementary and alternative medicine (CAMs) is a group of various medical and health care systems, practices, and products that are not presently considered to be part of formal medicine. CAMs have been described as ‘diagnosis, treatment and/or prevention which complements mainstream medicine as a holistic, subjective and various natural approaches to medical problems. By contributing to a common whole, satisfying claims not met by orthodoxy, or diversifying the conceptual frameworks of medicine. Peer-reviewed publications were identified through searches in Scopus, science direct, Cochrane, PubMed, and also Google scholar by using the search terms “osteopenia,” “osteoporosis,” “menopause,” “CAM,” “phytoestrogens,” “phytotherapy,” “herbal medicine”. The search was completed through July 2015, and was limited to articles published in English. Relevant articles were identified based upon the expertise and clinical experience of the authors.

### Discussion and conclusion

We categorized our result in different categories including: Life style modifications (cigarette, alcohol, exercise and food regimen), supportive cares (intake supplements including vitamin D, C and K) and treatments: synthetic (routine and newer options of hormone replacement and none hormonaltherapies) and natural Options (different Types of CAM including herbal medicines, yoga and chiropractic).

**Keywords:** osteoporosis, menopause, phytotherapy, CAMs, phytoestrogens