

Aviva Romm

BOTANICAL  
MEDICINE *for*  
WOMEN'S HEALTH



CHURCHILL  
LIVINGSTONE  
ELSEVIER

# CONTENTS

## PART I:

### **Foundations of Botanical Medicine**

#### Chapter 1:

Botanical Medicines, CAM, and Integrative Medicine: Definitions and Use Prevalence 1

#### Chapter 2:

History of Herbal Medicines for Women 8  
*Women, Herbs, and Health Reform: A Historical Summary* 8  
*Ancient to Modern Herbal Prescribing* 13  
*History of American Botanical Medicine: From Thomson to the Eclectics* 17  
*Specific Indications for Botanicals for Women: Eclectic Medical Tradition* 20

#### Chapter 3:

Fundamental Principles of Herbal Medicine 24  
*The Evidence Base for Botanical Medicine* 24  
*Constituents of Medicinal Plants* 30  
*The Actions of Herbs* 34  
*Selection Criteria, Formulation, and Prescribing* 53  
*Botanical Preparation Forms* 59  
*Special Preparations* 70  
*Botanical Medicine Dosing* 72

#### Chapter 4:

Guidelines for Herbal Medicine Use 75  
*Botanical Medicine Safety: Guidelines for Practitioners* 75  
*Integrating Botanical Medicines into Clinical Practice: Ethical Considerations and Guidelines* 93  
*Selecting and Identifying Quality Herbal Products* 94

## PART II:

### **General Gynecologic and Menstrual Health Concerns**

#### Chapter 5:

Menstrual Wellness and Menstrual Problems 97  
*Menstrual Health and the Menstrual Cycle* 97  
*Puberty, Menarche, and Adolescence* 105  
*Acne Vulgaris* 113  
*Amenorrhea* 122  
*Dysmenorrhea* 130  
*Dysfunctional Uterine Bleeding* 139  
*Premenstrual Symptoms, Premenstrual Syndrome (PMS), and Premenstrual Dysphoric Disorder (PMDD)* 149  
*Premenstrual Headache and Migraine* 164  
*Polycystic Ovary Syndrome* 175

#### Chapter 6:

Endocrine Disorders and Adrenal Support 186  
*Thyroid Disorders: Hypothyroidism and Hyperthyroidism* 186  
*Stress, Adaptation, the Hypothalamic-Pituitary-Adrenal-Axis (HPA) and Women's Health* 197

#### Chapter 7:

Conditions of the Reproductive Organs 211  
*Uterine Fibroids* 211  
*Fibrocystic Breasts and Breast Pain* 219  
*Endometriosis* 225  
*Cervical Dysplasia: Botanical and Naturopathic Approaches* 235  
*Chronic Pelvic Pain* 244

- Chapter 8: Vaginal Infections and Sexually Transmitted Diseases 256  
*Vulvovaginitis and Common Vaginal Infections* 256  
*Genital Warts (Condyloma and HPV)* 267  
*Herpes* 271  
*HIV Infection and Botanical Therapies* 283
- Chapter 9: Urinary Complaints 290  
*Urinary Tract Infection* 290  
*Interstitial Cystitis* 298
- Chapter 10: Breast Cancer 306
- PART III: *Fertility and the Childbearing Cycle***
- Chapter 11: Pregnancy and Botanical Medicine Use and Safety 321
- Chapter 12: Fertility Challenges 334
- Chapter 13: Pregnancy: First Trimester 347  
*Pregnancy Care and Prenatal Wellness* 347  
*The Role of Herbs in the Prevention and Treatment of Miscarriage* 348  
*Nausea and Vomiting of Pregnancy and Hyperemesis Gravidarum* 353
- Chapter 14: Pregnancy: Second Trimester 362  
*Heartburn (Gastroesophageal Reflux) in Pregnancy* 362  
*Iron Deficiency Anemia* 364  
*Preterm Labor and Uterine Irritability* 368
- Chapter 15: Pregnancy: Third Trimester 370  
*Constipation during Pregnancy* 370  
*Hypertension in Pregnancy* 373  
*Group B Strep (GBS) Infection in Pregnancy* 378  
*Pruritic Urticarial Papules and Plaques of Pregnancy* 383  
*Varicosities in Pregnancy* 387  
*Insomnia in Pregnancy* 390  
*Breech Presentation and Version* 394
- Chapter 16: Labor and Birth 398  
*Facilitating Labor: Induction, Augmentation, and Dysfunctional Labor* 398  
*Pain in Labor* 410
- Chapter 17: The Postpartum 416  
*Postpartum Care of the Mother* 416  
*Postpartum Depression* 418
- Chapter 18: Breastfeeding and Botanical Medicine 433  
*Breastfeeding and Herbs: A Comprehensive Review of Safety Considerations and Breastfeeding Concerns for the Mother-Infant Dyad* 433  
*Common Lactation Concerns: Engorgement, Cracked Nipples, Mastitis, and Insufficient Breast Milk* 446
- PART IV: *The Menopausal Years***
- Chapter 19: Menopausal Health 455  
*Perimenopause and Menopause: An Overview* 455  
*Reframing Menopause: The Wise Woman Perspective* 457  
*Hormone Replacement Therapy: Risks, Benefits, Alternatives* 461  
*Hot Flashes and Night Sweats* 468  
*Depression* 473  
*Anxiety in Menopause* 485  
*Insomnia* 489

*Prevention of Cardiovascular Disease in Postmenopausal Women* 495

*Osteoporosis, Bone Health, and Menopause* 505

*Vaginal Dryness and Atrophy* 512

*Low Libido and Sexual Dysfunction in the Perimenopausal Woman* 516

Ginger 536

Kava kava 539

Red clover 542

St. John's wort 544

Uva ursi 547

Wild yam 550

Summary Table of Herbs for Women's Health 553

## **PART V: *Plant Profiles***

Black cohosh 523

Blue cohosh 528

Chaste tree 531

Dong quai 534

## **APPENDIX I: *Common and Botanical Medicine Names Quick Reference Dose Chart*** 612