

EEL WEBINARS



Complementary Medicine for treatment of endometriosis

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As a surgeon

**Surgery is the gold standard for treatment
of severe endometriosis**

But

**Not every patient is eligible for surgery or
wants to undergo surgery**

What do we want from medical treatment of endometriosis?

- Alleviate the different types of pain symptoms
- Improve quality of life
- Reduce lesions
- Acceptable side effect profile, suitable for long-term use
- Maintain/improve fertility (or even allow conception)
- Prevent disease recurrence

Vercellini P, et al. Best Pract Res Clin Obstet Gynaecol 2008.
Streuli I et al. Expert Opin Pharmacother 2013. 14(3):291-305.
Soares SR, et al. Fertil Steril 2012; 98(3): 529-55.

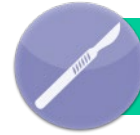
“The ideal treatment should relieve pain, induce regression of endometriotic lesions, even in the severe forms, and allow conception”

Treatment options



Medical management

- COCs*
- Progestin only (oral, IM, SC)
- GnRH agonist + addback
- LNG-IUS
- Danazol
- Aromatase inhibitors
- NSAIDs, other analgesics
- CAM complimentary alternative med



Surgical management

But

expertise & resources are not
always available & recurrence is
common
Not every patient wants to undergo
surgery

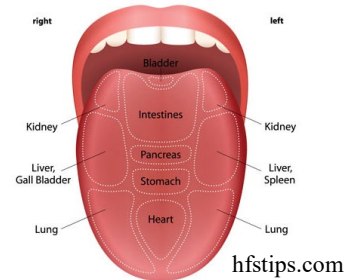
*There are no COCs with an approved indication for treatment of endometriosis/symptoms of endometriosis

COCs=combined oral contraceptive; GnRH=gonadotropin releasing hormone; IM=intramuscular; LNG-IUS=levonorgestrel-releasing intrauterine system; NSAIDs=nonsteroidal anti-inflammatory drugs; SC=subcutaneous

Traditional Chinese Medicine (TCM)

- Completely different way of diagnosis
- Acupuncture
acupoint injection, electro acupuncture,
acupoint sticking treatment, auricular acupoint
- Herbal enema:
herbal medicine remains in the rectum for 5 – 6 hours
- Herbal teas
- Moxibustion

Tongue Reflexology Chart



Ayurvedha

THE THREE DOSHAS

VATA | Ether & Air



PITTA | Fire & Water



KAPHA | Water & Earth



Ayurvedha

Dosha associated symptoms

Vata

- pelvic pain stinging
- stiffness
- paresthesia (ant running)
- numbness
- general symptoms of Vata (fatigue, weakness)
- dysmenorrhea (blood is frothy, thin, dry i.e. no mucus)
- spotting

Pitta

- burning sensation in pelvis, inflammation
- generally feeling of heat
- menses is bluish, yellowish or black, strong bleeding, malodorous
- spotting

Kapha

- slimy fluor
- feeling cold
- menses yellowish, slimy
- may have spottings

Ayurvedha treatment (*Vataya-Yonivyapat*)

- Helpful is a laxative day (Pancakarma-treatment), including medicinal enemas (*asparagus racemosus*)
- Vaginal flushings (*uttara-basti*) and hip baths
- Vata balancing measures like oilmassages and steam baths



Ayurvedha

(*Vataya-Yonivyapat*)

Herbal preparations

- Preparations from garlic*, Curcumin, and other herbs
- Fermented drug preparations, based on *Terminalia chebula* and *Aloe vera*
- Powders/tablets *Pusyanuga-curna* (with honey), *Jirakadi-modaka* (with licorice)



* Garlic is said to have rejuvenating effects on breasts, hip and fertility, prevent STDs, give strength and purity

(*Kāśyapa-Saṃhitā*, Ka. 2.18-22)

Ayurvedha

(Vataya-Yonivyapat)

Dietetics

- Regular meals, warm, light meals in the evening
 - easy digestable food
 - spices to enhance digestion (ginger, curcumin)
 - meatsoup
 - **Avoid:** heavy cold meals
- Regular (self-) massages with oil, application of heat acc. to constitution
 - smooth endurance sports
 - no overload physical and mental

Herbal Medicine

- **Resveratrol:** inhibiting aromatase and COX-2 expression in the endometrium, decrease VEGF and MCP-1, inhibit angiogenesis
- **Green tea polyphenols:** antioxidation and antiangiogenesis, enhancing apoptosis and inhibiting function of microvessels in the lesions,
- **Puerarin:** isoflavonoid with weak estrogenic effect, levels of MMP-9, ICAM-1, and VEGF protein were reduced, tissue inhibitor of metalloproteinase-1 (TIMP-1) level was increased
- **Curcumin:** including anti-inflammatory, antioxidant, and antiproliferative components

Curcumin


Video message by Prof. Dr. R. Wenzl, Vienna



Curcumin

Video message by Prof. Dr. R. Wenzl, Vienna

The screenshot shows a Firefox browser window with the following details:

- Browser Menu:** Datei, Bearbeiten, Ansicht, Chronik, Lesezeichen, Extras, Fenster, Hilfe.
- Address Bar:** https://www.meduniwien.ac.at/web/index.php?id=688&res=rene_wenzl
- Page Header:** MEDIZINISCHE UNIVERSITÄT WIEN (with logo) and a dark blue 'Menü' button.
- Section Header:** Detail
- Breadcrumbs:** Home > Forschung > Researcher Profiles > Researcher Profiles > Detail
- Profile Card:**
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 - ao.Univ.Prof. Dr.med.univ. Rene Wenzl, MSc**
 - Head of the Certified Endometriosis Center**
 - Department of Obstetrics and Gynecology (Division of General Gynecology and Gynecologic Oncology)**
 - Position: Professor**
- Right Column:** Researcher Profiles

Osteopathy

- Precise exploration of anatomy
- Particular attention to connections of bones, tendons and fascia with internal organs
- Pain could be evoked by disturbance of internal organs
- Disturbance of internal organs by malposition of musculoskeletal system
- Improvement of pain and internal agility by loosening tight internal bonds

Osteopathic Approach

- Careful examination
- Is the ileo-sacral-joint affected?
- Are tight bonds between fascia and organs or part of the musculoskeletal system?
- **Act:** loosening of blockages of muscles and joints as well as in the abdomen
- **If possible:** teach how to self treat

Demonstration of exploration and treatment patient suffering from CPP due to endometriosis

Dr. Julia Kleinhenz, Walluf, Germany



Food

Anti-inflammatory

- Less meat
- Ω -3-fatty acids
- Vitamin E
- Vitamin C
- Selen
- Zink

Pain reduction

- Increase Mg uptake
- Avoid cow milk product
- Avoid histamin in food (cheese, red wine, fish, salami, vinegar)

Try to create a
healthy microbiota in the gut !

Why complementary medicine?

- Wish for therapy without side effects
- Natural, holistic, without chemistry
- Disappointed by conventional treatment
- Health consciousness
- Also in men increasing trend towards ‘cam’
- Open lifestyle and way of thinking

However

- Might be a useful addition to classical medicine

Endometriosis makes women difficult



Any help is highly appreciated!

Why not try CAM?

Future

- For future medical treatment we need to understand the clinical implications of recently discovered **racial differences** such as **RNA's** and **oncogene mutations**.
- Complementary treatment options should be evaluated in randomised and placebo controlled studies including TCM and Ayurvedha.