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ABSTRACTS

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**ROLE OF SOY PHYTOESTROGENS' COMPOUNDS IN CURING
POSTMENOPAUSAL SYMPTOMS – A REVIEW**

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“Menopause” defines permanent cessation of menstruation resulting from the loss of ovarian activity. Menopause can be determined, after at least 12 months of amenorrhoea. Postmenopausal symptoms are related with an estrogen deficiency that includes hot flushes, vaginal dryness, sexual dysfunction, frequent urinary tract infections, urinary incontinence, joint pain as well as sleep and mood disturbance. Objective of this study is to evaluate the role of soy phytoestrogens' compounds in postmenopausal symptoms. Data was collected from databases such as MEDLINE, PubMed, and Google scholar from 2005 to 2014. Search terms such as the botanical name, synonyms of soy and soy supplements for menopausal symptoms were used. The outcomes of the clinical trails were analyzed. Thirty seven journal abstracts revealed that 'soy phytoestrogens' compounds in plants had been widely employed to prevent menopause-related symptoms. The studies reveal that 'phytoestrogens' reduced hot flushes, improved bone mineral density, reduced heart diseases by giving positive health effects on plasma lipid and plasma glucose concentrations, improved the dry eye syndrome and prevented hormone-related cancers, such as breast, uterus cancers with inhibition of cellular proliferation. It can be concluded that soy has been consumed by people over thousands of years and is not by itself harmful. However clinical studies are need to be carried out to further explore the clinical efficacy of soy supplements. Further this simple preventive and curative remedy should be popularized among the public in order to prevent and cure the above condition.

Keywords: phytoestrogens, soy supplements, menopausal symptoms