

**Title: Effectiveness of Perimenopause Multi-symptom support supplement for Better Relief and Alleviation of Common Effects in peri-menopause –An interim analysis of a prospective, observational, real world evidence study**



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**Introduction:** Perimenopausal women experience profound reproductive and hormonal changes affecting their quality of life. Symptoms include hot flashes, night sweats, depression, anxiety, mood swings, sleep disturbances, and vaginal dryness.

**Objectives:** To assess the clinical effectiveness of arth™ Perimenopause Multi-Symptom Support capsules (Emcure Pharmaceuticals Ltd.) for improving perimenopausal symptoms in women.

**Material and Methods:** An 8-week, prospective observational real-world evidence study involving 30 perimenopausal women aged 40-48 with irregular periods and at least two symptoms of menopause. Participants received Arth™ capsules once daily. Primary endpoint: changes in the Menopause Rating Scale (MRS) and hot flashes/day; Secondary endpoint: quality of life improvement.

**Results:**

- At Day 7, significant reductions in sleep problems, physical and mental exhaustion, and hot flash severity ( $P < 0.05$ ) were observed.
- At one month, demonstrated reduction in symptoms from ‘Very Severe’ category in 100% of participants for all the symptom.
- ~ 74% reduction in Hot flash episodes/day at one month

**Conclusion:** arth™ capsules significantly reduce perimenopausal symptoms starting from Day 7, with sustained improvements in hot flashes, sleep, and mental well-being at one month.

**Conflict of interest:** None

**Mean Number of Hot Flashes per day**

