

Based on the results obtained, following conclusion can be drawn from the present study:

- Alternative therapies like phytoestrogen consumption and stretching and laughing exercise help to get relief for menopausal symptoms.
- The study supports the acceptability and effectiveness of elephant foot yam and pomegranate for alleviating menopausal symptoms and to improve the serum FSH, LH and estradiol level to a lesser extent. This would be an enabling, cost effective and more acceptable alternative to unsafe and costly HRT for the relief from menopause related problems.
- Menopause awareness, including discussion of physiological changes, assessment of menopause-related symptoms and treatment options, and discussion of disease risk-reduction strategies, importance of phytoestrogen and exercise facilitates knowledgeable decision making among midlife and older women to face the menopausal transition with ease.
- Since our Indian population has a cultivation of Yams and being available, accessible to all populations, this needs to be propagated in massive scientific forums at national and International level.