

عنوان مقاله:

Comparing the Effect of Ginger-Lavender, Ginger and Mefenamic Acid Capsules on the Severity of Primary Dysmenorrhea among University Students: A Triple-Blind Clinical Trial

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نویسندگان:

Shadi Ahmadi - MSc, Student Research Committee, Shahid Beheshti University of Medical Sciences, Tehran, Iran

Sharareh Jannesari - a) Lecturer, Midwifery and Reproductive Health Research Center, Shahid Beheshti University of Medical Sciences, Tehran, Iran b) Department of Midwifery and Reproductive Health, Schoole of Nursing and Midwifery, Shahid Beheshti University of

Malihe Nasiri - Assistant Professor, Department of Biostatistics, Faculty of Paramedic, Shahid Beheshti University, Tehran, Iran

Shamim Sahranavard - Assistant professor, Department of Traditional Pharmacy, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran

خلاصه مقاله:

Background & aim: Primary dysmenorrhea is one of the most common complaints in women. This study compared the effect of ginger-lavender, ginger and mefenamic acid capsules on the severity of primary dysmenorrhea among female university students. **Methods:** This randomized, triple-blind clinical trial was performed in ۲۰۲۰ on ۹۰ female students with primary dysmenorrhea, who lived in dormitories of Shahid Beheshti University of Medical Sciences, Tehran, Iran and randomly assigned to three groups. During the first three days of menstruation, the students received ginger-lavender (۲۵۰ mg ginger and ۵۰ mg lavender extract), ginger (۲۵۰ mg), and mefenamic acid (۲۵۰ mg) in two consecutive cycles, which were prescribed four times daily for three days from the onset of menstruation. A menstrual status questionnaire, verbal multidimensional scoring system, and visual analog scale were used to measure pain duration and intensity before and two cycles after intervention. Data were analyzed using two-way (intragroup) and one-way (intergroup) repeated measures ANOVA. **Results:** Ginger-lavender, ginger and mefenamic acid significantly reduced the severity and duration of primary dysmenorrhea ($P < ۰.۰۵$). This decrease was greater in the ginger-lavender group than in the other two groups. Also, the mean score of pain in the ginger-lavender group was ۱.۰۴ and ۱.۵۳ units lower than the ginger and mefenamic acid groups, respectively. The mean pain score in the ginger group was ۰.۴۹ units lower than that the mefenamic acid group. **Conclusion:** Ginger-lavender significantly reduced the duration and severity of menstrual pain and was more effective than only ginger and mefenamic acid.

کلمات کلیدی:

Dysmenorrhea, ginger, Lavender, Mefenamic Acid

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