

## عنوان مقاله:

Effect of *Crocus sativus* (Saffron) on Cervical Ripening and Progress of Labor in Primiparous Term Women: A Randomized Double-Blind Placebo-Controlled Trial

## محل انتشار:

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## خلاصه مقاله:

Background: Saffron is a perennial plant native to Iran which has been traditionally prescribed to facilitate labor. We aimed to investigate the effect of *Crocus sativus* (Saffron) on cervical ripening and progress of labor in a sample of primiparous term Iranian women. Materials and Methods: This randomized double-blinded study, was conducted on ۶۰ primiparous women whose gestational age was ۴۰ weeks or longer and who had referred to Hazrat Zahra Marzieh hospital in Isfahan, Iran. Inclusion criteria were: singleton pregnancy, cephalic presentation of the fetus, lack of uterine contractions, intact amniotic sac and having a low-risk pregnancy. The intervention (n=۳۰), and control groups (n=۳۰)

respectively received one saffron capsule (۲۵۰ mg, the content of total flavonoid in each saffron capsule was calculated ۰.۱۳-۰.۱۸ mg), and one placebo capsule for ۳ consecutive nights. Bishop scores of the samples were recorded before and after the intervention. Results: The mean Bishop score before inclusion in the study did not show significant difference between two groups ( $P > 0.05$ ). However, on third day of study, this score in saffron group was higher than the placebo (Saffron:  $3.93 \pm 1.10$  vs. placebo:  $2.52 \pm 1.57$ ) ( $P = 0.001$ ). Further, the mean Bishop score in saffron group was higher on third day of study compared to before their inclusion in the study (before:  $2.42 \pm 1.19$  vs after:  $3.93 \pm 1.10$ ) ( $P = 0.001$ ). But the placebo group did not show a significant difference before and after inclusion in the study ( $P = 0.16$ ). The average length of first and second stages of labor in saffron group was shorter than in the placebo ( $P > 0.05$ ). Conclusion: It seems consumption of oral saffron capsules, affects cervical softening and ripening, and progress of labor

### کلمات کلیدی:

Cervical Ripening, obstetric labor, Saffron

### لینک ثابت مقاله در پایگاه سیویلیکا:

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