

عنوان مقاله:

Comparing the Effect of Boiled Anethum graveolens Seed with Oxytocin on the Duration of Labor and Pain in Iranian Women : A Randomized Clinical Trial

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خلاصه مقاله:

Aim(s): To advance birth and avoid prolonged labor, oxytocin is routinely used globally. However there are a number of side-effects in this therapy. The aim of this study was to evaluate the effect of boiled Anethum graveolens seed on the duration and intensity of labor pain in comparison to oxytocin.
Materials & Methods: This randomized clinical trial was conducted on 88 pregnant women admitted to the birth center of Imam Sajjad, Yasuj hospital, Iran in 2015-2016. The subjects were selected by purposive sampling method and randomly allocated to Anethum graveolens (n=41) and oxytocin (n=47) groups. In Anethum graveolens group, 10-gr of Anethum graveolens seed was boiled in 100 ml of water for 10 minutes and, after filtration, was given to participants to swallow at the start of active labor. In oxytocin group, 10 units of oxytocin in 1000 ml of Ringer's solution was diluted and administered by infusion when the contractions were established. Data were analyzed by SPSS 21 software using chi square, Mann-Whitney U and independent t test.
Findings: Labor was shorter in the first, second and third stages in Anethum graveolens group compared to oxytocin group. However there was a significant difference only in the 1st stage of labor ($p < 0.001$). The dilatation and effacement scores improved in Anethum graveolens group than the oxytocin group ($p < 0.05$) at one, two, three, and four hours of continuous intervention. **Conclusion:** Using boiled Anethum graveolens seed can be effective in reducing the length of labor and improving dilatation and effacement during birth.

کلمات کلیدی:

dill seeds, oxytocin, labor, pain

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