

## عنوان مقاله:

Comparing the effect of pure and impure honey on severity of pain, amount of bleeding, and duration and interval of menstrual cycles in female students with primary dysmenorrhea

## محل انتشار:

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## خلاصه مقاله:

Background: Dysmenorrhea is a common problem especially in young women that can have adverse effects on quality of life. Aim: to investigated the effect of pure and impure honey on severity of pain, amount of bleeding, and duration and interval of menstrual cycles in female students with primary dysmenorrhea Method: The current study was a single-blind crossover design which was carried out on 60 female students with primary dysmenorrhea. After menstrual initiation, one group took pure honey until next menstrual period and after a 10 day wash-out period started to take impure honey till the initiation of the subsequent menstrual cycle Then dysmenorrhea was assessed using Visual Analgesic Scale (VAS). The similar process was performed by impure honey in the second group. The effects of pure and impure honey were measured on severity of pain, amount of bleeding, duration and interval of menstrual periods in two groups. Data were analyzed Using SPSS software (v. 14) by AONAVA test. Results: A significant difference was observed in the severity of pain following taking pure honey in group one ( $p=0.002$ ). However, this difference was not significant in this group following taking impure honey ( $p=0.4$ ). In the second group, similarly, significant difference was found in severity of pain after taking pure honey ( $p=0.004$ ). Conclusion: Pure honey consumption in women, who suffer from primary dysmenorrhea, reduces significantly the severity of pain and amount of bleeding. It can be considered as an alternative treatment approach in affected women

## کلمات کلیدی:

Menstruation, Primary dysmenorrhea, Honey, Students, Bleeding

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