

Systematic review of different therapies for primary dysmenorrhea in Iran

Damghanian M^۱, Mortazavi F^۲, Motaghi Z^۳, Keramat A^۴

^۱- MSc in Reproductive Health, School of Nursing and Midwifery, University of Medical SciencesShahrood, Iran

^۲- MSc in Reproductive Health, School of Nursing and Midwifery, University of Medical SciencesShahrood, Iran

^۳- MSc in Reproductive Health, School of Nursing and Midwifery, University of Medical SciencesShahrood, Iran

^۴- Assistant Professor in Reproductive Health, School of Nursing and Midwifery, University of Medical SciencesShahrood, Iran

Abstract

Background: Alternative therapies are used comprehensively in treatment of primary dysmenorrhea. The aim of this systematic review is to summarize all clinical trials has been done in Iran and examine the efficacy and safety of different therapies for dysmenorrhea.

Method: Electronic search of Medline, Magiran, SID, Irandoc and Journal of herbal drugs were performed from ۲۰۰۰ up to ۲۰۱۰. Article evaluation was done by jaded criteria. Articles with ۳ and more score were included in the study. Results were presented as descriptive data.

Findings: ۴۷ clinical trials of alternative and complementary medicine were checked. Based on Jadad criteria, ۳۰ studies were included in our review. Among ۳۰ studies, ۲۴ trials were printed in Persian journals and ۶ trials were printed in English journals. ۸ studies were about Vit E, ۲ in nitroglycerine, ۲ in ۳ herbal extracts, ۲ in Vit B, ۶ in fennel, ۲ in fish oil, one in Vitagnus, ginger, menastil, waterload, Zataria Multiflora essential oil, relaxation, group consulting program and valeriana.

Conclusion: although all the studies indicated that different therapies were effective but some of them caused side effects which reduces patient acceptability and their regular usage. There is sufficient evidence about efficacy and safety of Vit E. Others need more and stronger trials.

Keywords: dysmenorrhea, alternative medicine, complementary medicine