

Systematic review of different therapies for primary dysmenorrhea in Iran

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Background and Aims: dysmenorrhea is a common complaint among young girls and women in reproductive age. Although Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) and Oral contraceptive pills (OCPs) are effective in treatment of primary dysmenorrhea, due to their side effects majority of users search for alternative therapies. The present systematic review was performed to summarize all clinical trials that have been done in Iran and examine the efficacy and safety of different therapies for dysmenorrhea.

Methods: Electronic search of Medline, Magiran, Scientific Information Database (SID), Iranian Information and Documentation Center (IranDoc) and Journal of herbal drugs were performed from 2000 up to 2010. Article evaluation was done by Jaded criteria. Articles with 3 and more score were included in the study. Results were presented as descriptive data.

Results: 47 clinical trials of alternative and complementary medicine were checked. Based on Jadad criteria, 30 studies were included in our review. Among 30 studies, 24 trials were printed in Persian journals and 6 trials were printed in English journals. 8 studies were about Vit E, 2 in nitroglycerine, 2 in 3 herbal extracts, 2 in Vit B1, 6 in fennel, 2 in fish oil, one in Vitagnus, ginger, menastil, waterload, Zataria Multiflora essential oil, relaxation, group consulting program and valeriana.

Conclusions: 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