

Clinical Effects of Zataria Multiflora Essential Oil on Primary Dysmenorrhea

Mina Iravani

¹ School of Nursing and Midwifery, Islamic Azad University, Dezful Branch, Dezful, Iran

Objective: The purpose of the study was to determine the efficacy Zataria Multiflora essential oil for the treatment of primary dysmenorrhea.

Methods: This study was a randomized, double – blind, controlled, clinical trail. 36 adolescents 18-24 years, with moderate to severe dysmenorrhea evaluated for 3 cycles. In the first cycle the cases were treated by placebo, in the second cycle, essence of Zataria Multiflora with 1% concentration and in the third cycle, essence with 2% concentration, was prescribed at the beginning of pain feeling (25 drops q 4h orally). Intensity of pain was reported by using a 10 – point linear analog technique.

Results: Mean of dysmenorrhea severity has decreased from 7.4 +/- 1.8 in placebo group to 2.6 +/- 1.4 and 3.1 +/- 1.5 in Zataria Multiflora essential oil 2% and 1% groups respectively. A significant difference was observed between two treated groups, and placebo ($p < 0.05$). In the placebo group, 66.7% of patients needed to use other medication to relief symptoms, but in 1% and 2% Zataria Multiflora essential oil treated groups, 41.8% and 39.9% of patients needed to use other medications, respectively.

Conclusions: The essence of Zataria Multiflora can be used as a effective herbal drug for primary dysmenorrhea, however, it may have a lower potency than NSAIDs in the dosages used for this study. Key Words : Zataria Multiflora essential oil , Primary Dysmenorrhea