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Cassia fistula emulsion comparing with mineral oil on pediatric functional constipation

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Background and objective: Cassia fistula is used as laxative in Persian Medicine. The prevalence of Pediatric Functional Constipation (FC) is between 0.7% to 29.6%. This study compare the laxative effect of cassia fistula emulsion (CFE) with mineral oil (MO) on FC.

Materials and methods: A randomized clinical trial (registered in IRCT:IRCT201303196932N2) in Amirkola Children’s Hospital, Babol, Iran was carried on 81 children (age range: 4-13 years) with FC based on RomeIII criteria. They received CFE emulsion or MO randomly for three weeks. Children were counted as improved when they exited from RomeIII criteria of FC.

Results: After medication, 84% of children in CFE (n=41) and 50% in MO (n=40) exited from the criteria of FC (p = 0.002). All measurable criteria improved in both groups. The frequency of defeation in CFE improved from 1.7 per week to 10.6 while from 2 to 6.1 in MO (p < 0.001). The severity of pain during defeation and consistency of stool improved significantly in CFE than MO (p < 0.05), but there were not any significant differences between groups in fecal incontinence and retentive posturing. Anal leakage of oily material occurred as an important different in the two groups. CFE and MO did not cause clinically significant side effects.

Conclusion: CFE was most effective than MO in the 3-week treatment of children with FC.

Keywords: Functional constipation, Children, Cassia fistula, Mineral oil, Traditional Iranian Medicine, Randomized Clinical Trial (RCT)

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Effect of neck dry cupping on thyroid factors in patients with hypothyroidism

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Background and Objective: Cupping is one of the oldest and most traditional methods of traditional medicine in Iran, which, despite its influence on the prevention and treatment of diseases, its effects and its side effects are not well known. The aim of this study was to determine the effect of neck dry cupping on thyroid factors in patients with hypothyroidism.

Materials and Methods: In this study, Medical records of 10 patients (men) who were referred to the cupping center due to hypothyroidism for dry cupping of their neck were examined. Then all blood samples were taken before and 30 days after the intervention, and factors T3, T4 and TSH were measured.

Results: The results showed a significant decrease in the rate of TSH of the patients, but no significant changes were observed in the level of T3 and T4. (P-Value < 0.05)

Conclusion: According to the results of this study, the effect of the dry cupping on the neck caused reduction of TSH and subsequently decreased levothyroxine dosage in patients with hypothyroidism.

Keywords: Dry cupping, Hypothyroidism, Traditional medicine