RESEARCH ARTICLE

Mentha longifolia syrup in secondary amenorrhea: a double-blind, placebo-controlled, randomized trials


Abstract

Background: Amenorrhea is defined as the cessation of menses. Hormone therapy is the most common treatment. Due to the common indications and side effects of it and increasing demand for alternative medicine utilization, Mentha longifolia L, was used in this study. Mentha longifolia L. is a sweet mediaton in essential oil form and in the middle of Iran it is used as a natural medicine to reduce menstrual bleeding in women with secondary amenorrhea and oligomenorrhea.

Methods: A double-blind, randomized, placebo-controlled, multicenter study was conducted in 138 women with secondary amenorrhea or oligomenorrhea. Treatment consisted of sequential and single gels of the drug used in this study for 2 weeks. If the patients did not have menstruation after 2 weeks of taking the medication, we added one for two more weeks. If the patients did not menstruate at the end of the study, we added one for two more weeks at the end of menstruation. Diet and body weight were all kept the same for patients and their diet was documented by the patients or dietary units. The primary outcome measure was menstruation cycles of bleeding during the first treatment cycle. The secondary outcome measure was the regularity of bleeding cycles during the three cycles of the study.

Results: The number of cycles per week during the first cycle were higher in drug group than in placebo group (1.9 vs. 1.7, p = 0.016). The number of bleeding cycles in the study was increasing order in drug group compared with the placebo group (3.7 vs. 3.2, p = 0.034). The number of bleeding cycles in the drug group compared with the placebo group (3.7 vs. 3.2, p = 0.034). The number of bleeding cycles in the drug group compared with the placebo group (3.7 vs. 3.2, p = 0.034).

Conclusions: In conclusion, Mentha longifolia L. is safe, well-tolerated, and effective in reducing menstrual bleeding in women with secondary amenorrhea and oligomenorrhea.

Keywords: Mentha longifolia, L. Loration, Amenorrhea, Oligomenorrhea, Menstrual bleeding, essential oil, Medicine.

Introduction

Secondary amenorrhea (SA) is defined as the cessation of menses for 6 months in females previously regular menstrual pattern, or the cessation of menses for 3 consecutive months [1]. It has been described in various ways, some of which occur with oligomenorrhea (inappropriate menstrual flow or menstrual cycles of 39 days to 6 months or 3-7 cycles in a year [2]). The overall prevalence of secondary amenorrhea is among women of reproductive age is about 29.42% and prevalence of oligomenorrhea is 18.2% [3]. The most common form of secondary amenorrhea is hypogonadotrophic disorders caused by hypothalamic suppression, preferably functional hypothalamic amenorrhea (FHA) due to various stresses with no evidence of the ovary endocrine abnormalities [4]. Another common form of secondary amenorrhea is polycystic ovary syndrome, which is associated with polycystic ovary syndrome [5].

* Correspondence: mokhtarzadeh.p@gmail.com
Department of Hematology and Oncology, Faculty of Medical Sciences, Arak University, Arak, Iran. Full author information is available at the end of the paper.