

Lavender and Women's Health

Mohammad reza Heidari, Reza Norouzadeh

associate Professor, academic staff, shahed university academic staff, shahed university Address: nursing and midwifery faculty, valiasr avenue, Tehran.

Corresponding author e-mail: heidari43@yahoo.com

Introduction: The most common incision in obstetric is episiotomy. Perineal pain, inflammation, edema, pain during intercourse, and the opening of suture are the problems after episiotomy. Today, alternative and complementary method has considered as special methods for treatment and care of wounds. Essential oil of lavender has antimicrobial and analgesic effect. And seems to be a good substitute for washing wounds, rather than use substances like Betadine. Other uses lavender is in trichomoniasis as the most common sexually transmitted diseases in women. Given the increasing prevalence and increasing reports of resistance to metronidazole, herbs such as lavender essential seems be suitable drug. The effectiveness of lavender has been identified as an anti stress factor for nulliparous women during labor. This study compared the effectiveness of the lavender on women's diseases in Iran from published articles in this field.

Materials and Methods: In this study, systematic review articles related to lavender effect on perineal trauma, postpartum pain, and vaginal infections and also anxiety in women were assessed.

Results: Clinical trial results by Attar (1388), to evaluate the effect of perineal massage with lavender essence showed showed that perineal massage using lavender essential oil during the second stage of labor is an appropriate method to reduce episiotomy and perineal laceration. This is likely due to increase traction competency in blood flow, elasticity, perineal softness and anti-spasmodic properties of Lavender essence. Malekizadeh and et al (1388) showed that topical application of lavender cream is effective in relieving perineal pain and healing episiotomy. Vakilian et al (1387) compared the effect of lavender essential oil with povidone iodine on wound healing in episiotomy. The results showed that it can be replaced with combination of lavender essence for wound care in episiotomy. In Alavi (1389), the effect of lavender aromatherapy on pain perception and the intensity of labor in nulliparous women were assessed. Lavender fragrance inhibits increasing intensity of pain in primiparous women. Ezatpoor and colleagues (1387) suggest that essential oil of lavender has considerable effect on the trichomonas vaginalis. Mirzaei et al (1388) showed that lavender aromatherapy during labor decreased anxiety levels, decrease secretion of cortisol from the adrenal gland and increased secretion of serotonin from the gastrointestinal tract. In Tafazoli and colleagues (1389) the effect of lavender oil inhalation on anxiety in pregnancy and the first stage of labor was assessed. Results showed that Inhaling lavender oil decreases the level of anxiety 60 minutes after inhalation.

Conclusions: Evaluation studies show that lavender extract have a positive impact on the perineal damage, postpartum pain, anxiety and vaginal infections.