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Effects of *Teucrium Polium* on the vaginal bleeding duration in person with dysmenorrhea

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Abstract

Background: Primary dysmenorrhea is a prevalent problem and its side effects reduce the quality of life in many females worldwide. If vaginal bleeding in monthly cycle become more than the natural amount, female will face with anemia. Based on the properties of *Teucrium Polium* as a herbal medicine with analgesic and inflammatory properties, this triple-blind, randomized, placebo controlled trial was performed. The study aimed to evaluate the effects of teucrium polium on the vaginal bleeding duration in person with dysmenorrhea

Methods: Single students were randomly categorized in two groups who received *Teucrium Polium* (n =35) or placebo (n =35). For the first 3 days of menstruation, subjects were asked to take some capsules containing powder teucrium polium (250mg) four times daily for two consecutive menstrual cycles. Pain severity was examined using a visual analog scale.

Results: There was no significant vaginal bleeding duration in person with dysmenorrhea at baseline between two groups. vaginal bleeding duration in person with dysmenorrhea was significantly decreased in both groups after the intervention; however, larger pain reduction was significantly seen in *Teucrium Polium* ($p < 0.001$). No side effect was observed in the *Teucrium Polium* group.

Conclusion: These data showed that prescription of *Teucrium Polium* during menstruation led to decrease in vaginal bleeding duration in person with dysmenorrhea

Keywords: Placebo, vaginal bleeding, *Teucrium Polium*,