

## A Comparative Study of the Effect of Thyme and Calcium with Vitamin D3 in Treatment of postmenopausal Women with Osteoporosis

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**Abstract :** Osteoporosis is a condition of skeletal fragility due to progressive loss of bone mass. It occurs in the elderly of both sexes but is most pronounced in postmenopausal women . The aim of this study was to assess the efficacy of Thyme in treatment of postmenopausal women with osteoporosis and compare it's effect with Calcium plus Vitamin D3 .Forty postmenopausal women with osteoporosis were randomly divided into two groups( each group include twenty women) .The duration of treatment was 6 months . First group was given Thyme capsule 500mg twice daily, second group was given Calcium plus Vitamin D3(Calcium 600mg plus Vitamin D3 500 I.U.) once daily .The following parameters were measured for two groups at baseline and at 6 months intervalsbone mineral density(BMD)and t score except ESR and serum ionized calcium were measured at baseline and at 2 months interval . There were a significant increase in BMD, t score in group treated with Thyme after 6 months as compared with baseline and with group treated with Calcium plus Vitamin D3 . Also there were a significant reduction in mean serum ionized calcium and mean ESR in group treated with Thyme and group treated with Calcium with vitamin D3 after 2,4,6 months as compared with baseline(P<0.05).

**Keywords :**Thyme, BMD, Calcium, Vitamin D3, Osteoporosis, t score.

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