The medicinal plants and plant-based products of Iran effective on dysmenorrheal

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Abstract : Background: Dysmenorrhea is one of the most prevalent gynecological disorders and a main cause of women's attending clinics. Dysmenorrhea occurs due to painful uterine cramping before or during menstruation and consequently the release of prostaglandin, in the absence of any pelvic pathological factor. In different communities, medicinal plants have long been used to manage pain and treat diseases, and currently, the medicinal plants and plant-based products, alongside synthetic drugs, are being used. Regarding the prevalence of dysmenorrhea and Iranian women's access to different medicinal plants, this review article seeks to report the medicinal plants and plant-based products of Iran that are effective on dysmenorrheal.

Methods: First, 100 articles were retrieved from reliable databases using the relevant key words and search engines. Then, 50 articles were selected. Finally, 24 articles that were judged relevant to the subject of this review article and were closely analyzed. The required data were extracted with reference to the research purposes and, after classification, presented in the *Results* section.

Results: The findings of this review article demonstrated that Iranian women use 18 plants and plant-based products to treat dysmenorrhea, including valerian, *Zingiber officinale*, *Stachys lavandulifolia* Vahl., *Thymus vulgaris*, *Cuminum cyminum*, *Trigonella foenum-graecum*, *Foeniculum vulgare*, *Matricaria recutita*, *Lavendula officinalis*, *Rosa × damascena*, *Triticum aestivum* shoot, *Melissa officinalis*, *Salvia officinalis*, *Aloe vera*, *Mentha spicata*, *Echinophora cinerea*, *Olea europaea*, and *Anethum graveolens*. These plants were reported to be effective on dysmenorrheal.

Conclusion: Given the prevalence of dysmenorrhea and the necessity of treating it to manage pain and ameliorate declined function during menstruation, and the women's welcoming the use of the medicinal plants, the 18 medicinal plants investigated by the studies conducted on dysmenorrhea in Iran can be useful to relieve dysmenorrhea severity because of having anti-inflammatory and nonsteroidal properties.

Key words: Medicinal plants, plant-based products, women, dysmenorrhea, Iran.

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