Chamomile: A suitable alternative to chemical painkillers

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**Abstract**

**Introduction:** Menstrual disorders including menorrhagia are one of the common problems in girls and young women. The most common treatments used to control and reduce menstrual bleeding in modern medicine are the use of anti-prostaglandin pills and drugs such as mefenamic acid and ibuprofen to prevent pregnancy. Chamomile is a herbal medicine that has many clinical values in traditional and modern medicine. The results of a study showed that the consumption of chamomile extract reduces the amount of menstrual bleeding in women. It has been shown that the consumption of chamomile extract is the same as mefenamic acid medicine the symptoms and pains of premenstrual syndrome improve.

**Aim**: This study was conducted with the aim of investigating the effect of chamomile consumption on the intensity of menstrual bleeding, the amount of pain caused by postpartum depression in women.

**Result:** Usually, 30 to 60 ml of blood is lost during each menstrual cycle. If the amount of this bleeding reaches 80 ml or more, it is called menorrhagia. In this case, the complications of bleeding are more than uterine limits and have a chance to appear. The earliest complication is excessive uterine bleeding and anemia.

**Conclusion:** Taking chamomile capsules can effectively reduce the severity of primary dysmenorrhea. Chamomile has an effect on improving the three symptoms of abdominal and pelvic pain, as well as depression and irritability of premenstrual syndrome and dysmenorrhea. Chamomile and selenium, both of which have antioxidant activity, improve the symptoms of postpartum depression induced by the hormone progesterone. The use of chamomile flower extract is able to improve the symptoms of polycystic ovary and strengthen the endometrial wall of the uterus.

**Key words:** Chamomile, uterine lining, period bleeding, postpartum bleeding

**Introduction:** Chamomile (Matricaria Chamomile) is a common name that refers to different types of this plant. Chamomile is a prominent medicinal plant of the genus Chicory that has several genera and grows in different places. The aroma of the aerial parts of this plant has been considered since ancient times. Regarding the types of Chamomile in Iran and by matching the specifications mentioned in old and new sources and samples available in the Iranian pharmaceutical market, it seems that the general letters of chamomile can be equivalent to three genera Anthemis \_ Tripleurospermum, Matricaria Contract. Chamomile has been consumed as a notable plant since ancient time. In ancient Egypt, it was considered as a gift from the gods and was suitable for treating fever. Galen describes it as a plant that smells like apples or berries. Its English name Chamomile is derived from the two Greek words "Chamos" meaning earth and "Melos" meaning apple which refers to the same subject. Its compounds include flavonoids, cesquiterpenes, coumarins and polystylenes. In particular, flowers contain large amounts of sugars, flavonoids, mucilages, phenylcarbonic acids, amino acids, choline, and salts. Chamomile has anticonvulsant, antispasmodic and analgesic properties. It has been shown in vitro and in vivo studies that chamomile has antifungal, antihypertensive, anti-allergic, hypoglycemic, immune modulating, and anti-cancer properties .In the present study, the results of the research on the application of therapeutic effects of chamomile in traditional and modern medicine are reported.

Reduce menstrual cramps and reduce monthly bleeding Studies in recent decades have shown that chamomile stops cyclooxygenase and therefore stops the production of prostaglandins and leukotrienes which leads to the reduction of pain and inflammation.consuming 250mg of chamomile powder for seven days before menstruation leads to the reduction of severity of PSST (reduction of the severity of physical and psychological symptoms). It seems that phytoestrogens in chamomile eliminate the negative effects of estrogen on endorphin concentration by binding to estrogen receptor sites and by reducing the effects of estrogen, and are effective in normalizing or improving mood.

Chamomile tea is the best tea for menstrual pain, menstrual depression and periods and it works like a mefenamic acid pill, also chamomile is a natural laxative. Chamomile tea is a natural herbal medicine for treating menstrual problems, because the chemicals in the medicine Chamomile has anti-inflammatory, antispasmodic, sedative and anti-anxiety properties. This tea can significantly reduce menstrual pain and urgency and mental problems caused by periods.

Chamomile tea has long been used as a traditional remedy for a wide range of ailments and has been shown to hold promise for pain relief. This herbal tea is safe as a herbal treatment.

Chamomile tea is well known as a traditional herbal tea in Iran, so it can be used to treat premenstrual symptoms more easily than other herbs.

Premenstrual syndrome is a female disorder that may affect women of any age and is most common in the 20s to early 40s. The main symptoms of premenstrual syndrome are anxiety and depression, and the cause is still unknown, but since PMS symptoms coincide with the hormonal fluctuations of the menstrual cycle, chamomile tea can be a very suitable and natural option for relieving menstrual cramps, period bleeding, and other Symptoms of premenstrual syndrome.

Chamomile tea has antispasmodic properties and also reduces the effect of neurotransmitters and stimulating hormones and can relieve painful menstrual cramps.

**Chamomile to open menstruation**

Chamomile is a herbal plant and can be very effective in starting menstruation, and by consuming three servings of chamomile tea, it can help a lot in starting menstruation.

Chamomile tea helps control the nervous system and hormones that produce pain, relaxes the sympathetic nervous system, and helps reduce menstrual pain before flare-ups. This tea helps to modulate the function of dopamine and serotonin and helps to compensate or at least affect the symptoms of depression.

Chamomile tea reduces the inflammatory response of the immune system by inhibiting the pain-sensitive enzyme, and also the anti-inflammatory and analgesic properties associated with chamomile are very effective in reducing the symptoms of premenstrual problems. This plant has antispasmodic properties that can Relieve painful menstrual cramps. Chamomile tea also helps to modulate the function of dopamine and serotonin, which reduces the symptoms of depression during this period.

The combination of chamomile and mint is a unique tea for menstrual pain, because both mint and chamomile are plants that are known as soothing drugs, and with their healing properties, they can relax the uterine muscles and relieve menstrual cramps and bloating. reduce Peppermint contains the chemical menthol, which can reduce muscle cramps and spasms during menstruation.

**Table -1 comprasion of the amount of bleeding before and after the treatment in the chamomile group**

|  |  |  |
| --- | --- | --- |
| Time | Bleeding amount  Average ± standard deviation | The significance level |
| Bifore the first cycle treatment | 49/3±26/7  36/1±23/7 | P>0/05 |
| Bifore the second cycle treatment | 49/3±26/7  33/8±23/8 | P<0/05 |
| The frist & second cycle of treatment | 36/1±23/7  33/8±23/8 | P<0/05 |

According to the results of Table 1, chamomile reduces the volume of bleeding in the menstrual cycle, but this reduction in chamomile bleeding in the second cycle was not different from the first cycle.

**Properties of chamomile for the uterus**

Chamomile has many antimicrobial and antifungal properties, and therefore it can be effective in preventing the occurrence of microbial and fungal infections in women's bodies. Regular consumption of chamomile tea reduces the inflammation of various organs of the body, including the uterus, and is very effective in preventing the occurrence of uterine and reproductive system infections in women. The properties of chamomile to prevent female cancers.

Free radicals are substances that by creating toxic compounds can lead to adverse effects on body cells and the occurrence of various cancers; the use of antioxidants can cause and stop the activity of these free radicals.

**The properties of chamomile for the treatment of ovarian cysts**

Polycystic ovary (pco) is one of the most common causes of infertility in women and the cause of many unpleasant symptoms in them, these symptoms include obesity, abnormal hairiness, hair loss, menstrual disorders, etc. Because chamomile flower has a substance called "phytoestrogen" that has pseudo-estrogen activity, it can help reduce the symptoms caused by ovarian cysts; Also, continuous consumption of chamomile tea can reduce the size of some ovarian cysts, which in turn reduces symptoms and increases the chances of women's fertility.

Painful menstruation or dysmenorrhea is one of the most common disorders in women, so that between 60 and 93 percent of women suffer from it. Although there is no specific problem in the female reproductive system, primary dysmenorrhea is characterized by pain in the lower abdomen that shoots to the thighs, and this pain begins a few hours before or at the same time as the menstrual bleeding begins, and lasts for at most 2 to 3 The day is long. Painkillers, medicinal plants and therapeutic massage are used for treatment. Drinking chamomile tea experimentally relieves menstrual pain.

The quality of colicky or crampy pain is in the midline of the suprapubic area and sometimes spreads to the lower back and groin. Various symptoms such as nausea, vomiting, loss of appetite, diarrhea, fatigue, irritability, and headache may accompany the pain.

Primary dysmenorrhea may improve with weight gain and vaginal delivery. The reason for this pain is the increase in the level of prostaglandin in the body, which is caused by uterine muscle contraction, uterine ischemia, and increased sensitivity of pain fibers, which ultimately leads to pelvic pain. Painkillers, medicinal plants and therapeutic massage are used, and most women use several methods to relieve dysmenorrhea, including rest, exercise, prescription of medicine, use of warm cloth, use of tea and medicinal plants.

In a study in America, about 50% of women had experimentally used chamomile tea to relieve dysmenorrhea. Chamomile is an old herbal medicine with a scientific name Chamomilla recutita & Matricaria chamomilla It is known all over the world.

The water and ethanol extract from the flowers of this plant has anti-inflammatory and anti-spasm effects. It also has a calming and anti-anxiety effect and is used for digestive-nervous disorders, travel sickness and colds.

**Sleep disorder**

on postmenopausal women suffering from sleep disorders showed that taking chamomile capsules containing 400 mg of chamomile extract twice a day for one month causes the reduction of their sleep disorders. This effect of chamomile is attributed to Apigenin in chamomile extract which has sedative and sleep-promoting properties.

**Depression and anxiety**

ondepressed patients with type 2 diabetes showed that consumption of chamomile tea has caused a relative reduction of depression in these patients. However, similar studies have shown the effect of chamomile in reducing the symptoms of this disorder during short-term use.

**DISCUSS**

Matricaria Chamomile is recognized worldwide as an important medicinal plant. The various uses of this plant in the treatment of diseases from ancient times and its use in the pharmaceutical industry are the reason for its noticeable worthiness and valuable benefits in the world.

**Conclusion**

In human and animal experiments, chamomile consumption has been effective in curing various diseases. Chamomile is a natural compound with strong anti-inflammatory and antioxidant properties. These properties of chamomile have led to its use in reducing pain, menstrual problems, depression, anxiety, nausea and vomiting.

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