The effect of “quince paste” on menorrhagia: A clinical study

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Abstract

Introduction: Menorrhagia that means excessive uterine bleeding is one the most common reasons that women refer to gynecological centers. Despite the use of "Quince paste" in Iranian Traditional Medicine (ITM) clinics, no studies have been done in this regard. Objectives: This study was carried out to investigate the effect of "Quince paste" on uterine bleeding in patients with menorrhagia. Materials and methods: This study was a clinical trial of before-after pilot study conducted on 35 patients aged 18-50 years suffering from menorrhagia. A tea spoonful of "Quince paste" after each meal was prescribed for two months. A pictorial form was completed to determine bleeding volumes and days as well as quality of life questionnaire before and at the end of the intervention.

Results: Patient’s age was 33.8 ± 10.8 years and BMI was 28.94 ± 14.07. Bleeding score decreased significantly after two months of intervention (from 264.2 ± 198.9 to 125.8±155.9), ($p<0.001$). Quality of life score decreased significantly from 30.28 ± 5.73 to 22.02 ± 3 ($p<0.001$). Conclusion: It seems like that "Quince paste" can reduce the volume and duration of bleeding in patients with menorrhagia and improve their quality of life. It seems that “Quince paste” could be introduced as a treatment for menorrhagia based on ITM.

Image

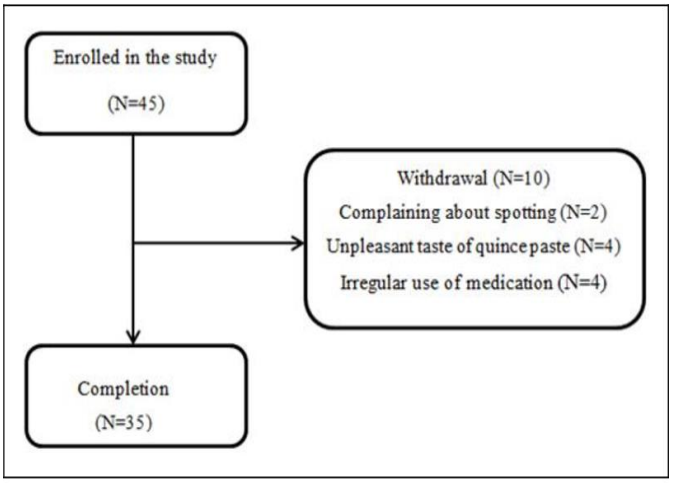


FIG. 1: STUDY FLOWCHART

Recent Publications

1. Maryam bahman, Afrooz mirahi, Homa haji mehdipoor and Mojgan tansaz (2018). the effect of quince past on menorrahgia: clinical study. IJPSR, 2018; Vol. 9(4): 1654-1659. E-ISSN: 0975-8232; P-ISSN: 2320-5148.

2. Golozar S1, Abbaspour Z1, Namjouian F2, Latifi SM3, MirahiA1(2011). Evaluating the effect of oral bromelain (pineapple) on episiotomy wound healing in primiparus women. Journal of Kashan University of Medical Sciences, Summer, 2011; Vol. 15, No 2, Pages 84-90



I am a PhD student in translation in medicine in pediatric physiopathology that researching fetal alcohol spectrum disorder. I have a master's degree in midwifery. My current focus is on designing an accurate diagnostic application for fetal alcohol therapy with an in-depth training approach. in other hand I have done a lot of research on gynecological diseases in Iran in collaboration with Shahid Beheshti University of Medical Sciences. One of our clinical trials was on the effects of " Quince paste” on menorrhagia: a clinical study. It seems that "Quince paste" can reduce the volume and duration of bleeding in patients with menorrhagia and improve their quality of life and could be introduced as a good choice for menorrhagia. I also actively cooperate with several associations of gynecology, aesthetics and fetal medicine in Iran, Egypt, Spain, USA and Germany in the field of education and research.

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