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Investigating the effectiveness of the *Trigonella foenum-graecum* L. seeds in mild asthma: A randomized controlled trial

Laleh Oveidzadeh¹, Majid Emtiazy¹, Mino Habibi², Leila Molaeipour³, Daryush Talei⁴, Zahra Jafari¹ and Mohammad Kamalinejad²

¹Shahid Sadoughi University of Medical Sciences, Iran

²Shahid Beheshti University of Medical Sciences, Iran

³Pasteur Institute of Iran, Iran

⁴Shahed University, Iran

Statement of the problem: Asthma is one of the important chronic diseases that characterized by variable degrees of airway obstruction. This obstruction is usually reversible and leads to symptoms of dyspnea and wheezing. The asthma prevalence is increasing in last decades. Despite the presence of good controller drugs like corticosteroids, about 60% of asthmatic patients use alternative medicine. This study was done to determine the effectiveness of *Trigonella foenum-graecum* (fenugreek) seeds in mild asthma.

Methodology and theoretical orientation: It is a triple blind trial with placebo effect. One of the ancient prescriptions from Persian Medicine was selected. The participants were divided to 3 groups randomly. One group received fenugreek syrup one received honey syrup and the third group received placebo. Duration of treatment was 4 weeks. Quality of life, Lung function tests and IL-4 levels were evaluated before and after treatment.

Findings: from 90 participants to study 79 completed the process. After study there was significant increase in quality of the life and lung function tests and IL-4 levels in fenugreek and honey groups but there were not significant changes in placebo group.

Conclusion and significance: FEV1 level was improved more than 10% in fenugreek group. Treatment was well tolerated. No serious side effects were reported during the study. The aqueous extract of fenugreek seeds appears to be effective and safe in treatment of mild asthma

L_oveidzadeh@yahoo.com

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