

Efficacy of rewandchini (*Rheum emodi*) in the management of primary dysmenorrhoea

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Background and Objective: Primary dysmenorrhea is the most common gynecological disorder in adolescences and is one of the prime factors for high rates of school or work absenteeism. It leads to decrease productivity, creativity, and work performance due to serious daily stress and social and economic loss. The efficacy of conventional treatments such as NSAIDs is considerable; however the failure rate is still 20-25%. Plant origin drugs have been in use since centuries for dysmenorrhea by Unani physicians; but need to document. The aim of this study was to assess efficacy of rewandchini (*Rheum emodi*) in the management of primary dysmenorrhea.

Materials and Methods: A Randomized single blind standard control study was conducted among 45 subjects of primary dysmenorrhea. Subjects in test group (n=30) received three capsules of rewandchini powder two times a day; two days before the expected date of menstruation and three days during the menstruation for three consecutive cycles while control group(n=15) participants were provided with 250mg mefenamic acid capsules on the same protocol. Visual analogue scale and verbal multidimensional scoring system were used for assessment of severity of dysmenorrhea. A four point scale was employed for evaluation of associated symptoms. QOL was assessed by questionnaire develop from American Chronic Pain Association at every follow up.

Results: Both the visual analogue scale and the verbal multidimensional scoring system were significantly decreased ($P<0.001$) after three menstrual cycle intervention in the two groups. Associated symptoms and quality of life were markedly improved in both the groups ($P<0.001$).

Conclusion: On the basis of above finding it can be concluded that rewandchini is as effective as mefenamic acid and can serve as an alternative treatment for primary dysmenorrhea where NSAIDs are contraindicated. Future research is certified on large sample size.

Biography

Wajeeha Begum Reader & HOD Dept. of Ilmul Qabalat wa Amraze Niswan. Working at national Institute of Unani Medicine Bangalore Karnataka India Since last 10 years. Published about 30 research and review papers in reputed journals. Guided for MS scholars for about 17 candidates.

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The endemic plants of Maden (Elazig) and their uses in traditional medicine

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This study reports on a series of field studies that identified and categorized certain rare and endemic plants of Maden district (Elazig province, Turkey). In addition, the medical uses of these plants were compiled from the literature. Data collected from field studies carried out during 2005–2010 were evaluated and new field studies were conducted in 2011. A total of 55 endemic and 1 rare plants belonging to 19 families were identified in these field studies, comprising 39 plants in LC category; 9 plants in VU category; 7 plants in NT category; and 1 plant in CR category. *Ixiolirion tataricum* (Pallas) Herbert subsp. montanum (Labill.) Takht., which is a non-endemic species, is an example of a rare plant. The name of the genus *Tchihatchewia*, which was published from Turkey, was changed to *Neotchihatchewia* by Rauschert. *Neotchihatchewia isatidea* (Boiss.) Rauschert. is distributed locally in Tekevler Village of Maden district. Field observations were conducted for these species in Maden district and endemic and rare plants were identified.

Biography

Ugur Cakilcioglu has completed his Ph.D. at the age of 28 years from Firat University. He has many studies on systematic botanic, ethnobotany, rare and endemic plants, medicinal plant, antioxidant activities of plants, DPPH and ABTS radical removal activities of plants, plant essential oils, nitrate contents of plants, plant production strategies and the diseases infecting from soil. He works in many international journals in order to follow the international innovations in the field of plants.

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