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## **Effect of *Foeniculum vulgare* on menstruation-related symptoms of women**

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In recent years, there has been a trend to use herbal medicine to treat many diseases associated with menstruation because it has fewer side effects and is more convenient compared to medical treatments. Fennel is a known popular method for women especially in management of menstruation-related symptoms. The purpose of this review paper was to evaluate the effects of *Foeniculum vulgare* extracts in common menstruation-related symptoms. In the present paper, four international databases (PubMed, Google Scholar, Web of Science and Science Direct) were searched by keywords *Foeniculum vulgare* or fennel, menstruation and women. References for each study were manually reviewed to ensure that relevant works were included. Efficacy of fennel in management of menstruation-related symptoms was demonstrated according to the results of these clinical studies. The symptoms include premenstrual syndrome (PMS) menorrhagia, dysmenorrhea, menopause, amenorrhea and polycystic ovary syndrome (PCOS). There are therapeutic effects in use of fennel oil during treatment of premenstrual syndrome (PMS) and dysmenorrhea. However, efficacy of fennel oil on menorrhagia is complicated. In general, the efficacy of fennel oil on menstruation-related symptoms should be the subject of more and larger clinical trials..