



Effects of wheat germ extract on the severity of primary dysmenorrhea; a randomized triple blind controlled trial

M. Atallahi, S. Amiraliakbari*, F. Mojab, H. Alavi Majd

Abstract:

Background and Purpose: Primary dysmenorrhea is one of the most common disorders in women which interferes with work and causes school absenteeism. Considering high prevalence of dysmenorrhea and its adverse consequences on quality of life and Considering anti-inflammatory properties of wheat germ, the present study examined the effects of wheat germ extract on the primary dysmenorrhea.

Material and Methods: This triple blind clinical trial was performed on 90 employed women in hospitals affiliated to Hamadan University of Medical Sciences. participants were classified into two groups of 45 persons. Three 400 mg capsules of wheat germ extract or placebo were used each day between the 16th day of the menstrual cycle to the 5th day of menstrual cycle for two consecutive months. Severity of primary dysmenorrhea in the two groups using the Friedman test and Comparing pairs of courses within the group using Bonferroni correction and between groups using the Mann Whitney test.

Results: the severity of primary dysmenorrhea decreased in both groups, this reduction was more significant in the wheat germ extract group ($p < 0.001$).

Conclusion: This study results show positive impact of wheat germ extract for severity of primary dysmenorrhea and it seems be used to reduce the severity of primary dysmenorrhea.

Keywords: Primary dysmenorrhea, Herbal medicines, Wheat germ.

Corresponding Author: asa_akbari@yahoo.com