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THE EVALUATION OF CHAMOMILE AND TURMERIC ETHANOL EXTRACT PILL INTERVENTION IN COMPARISON WITH MEFNAMIC ACID ON THE SEVERITY OF PRIMARY DYSMENORRHEA IN 18-21 YEARS OLD SINGLE STUDENTS

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ABSTRACT

*Chamomile and turmeric has been used to treat primary dysmenorrhea relief because of therapeutic properties effects. **Methods and materials.** A randomized, single-blind controlled experimental study were done with participation of 150 single female students aged 18 to 21 years who suffered from primary dysmenorrhea, who study at the Tehran Azad University in the time frame of December 28th, 2021 to October 26th, 2022. The extent of pain was evaluated using the cox menstrual symptom scale index. Each participant was randomly assigned to chamomile and turmeric pill or the mefenamic acid, ending with 50 participants in each group equally. The first and second trial groups received 15 mg of chamomile and turmeric ethanol extracted pills orally four times daily until the pain grade reached one or less. The control group received paracetamol four tablets orally four times a day. The participants were permitted to take another drug that they usually took for their pain relief, in addition to the allocated treatment in case of continued pain. **Results and discussion.** Result showed that the mean pain grade amongst oral chamomile and turmeric pills was decreased, in comparison with the in mefenamic acid groups. There was no statistically significant decrease in pain duration for the groups received mefenamic acid compared to those who used oral herbal pills. Also, there was no significant difference in pain grade between the groups at the second month of intervention. The pain duration at the second month of trial was similar between the both groups.*

***Conclusion.** In conclusion we could suggest that of chamomile and turmeric ethanol extracted pills intervention as a good natural pain killer represents an effective treatment for the menstrual pain with no important side effects.*

KEYWORDS: chamomile, turmeric, mefenamic acid, primary dysmenorrhea, pain, Cox menstrual symptom scale.

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