

Original Paper

Effect of *Evening Primrose*, *Vitex agnus* and vitamin E on premenstrual syndrome

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Abstract

Background and Objective: Herbal products consumption is increased worldwide. This study was done to compare the effect of *Evening Primrose*, *Vitex agnus* and vitamin E on premenstrual syndrome.

Methods: In this clinical trials study, 210 women with premenstrual syndrome were randomly divided eqaly into *Evening Primrose* (500 mg, 3 times per day), *Vitex agnus* (40 mg/day) and vitamin E (400 Iu/day) groups. The subjects were received the thraputic regiment for 2 months. Severity of premenstrual syndrome was recorded for each subject using DSR Dickerson questinare, perior and at the end of intervention.

Results: After intervention, severity of premenstrual syndrome was reduced in *Evening Primrose* group (60.58±30.6 to 34.09±19.81), *Vitex agnus* (61.23±30.54 to 25.25±17.78) and the vitamin E group, (61.24±32.04 to 54.9±19.24). Severity of premenstrual syndrome were reduced in the *Evening Primrose* and *Vitex agnus* groups in compared to vitamin E group (P<0.05). Severity of premenstrual syndrome were reduced in *Vitex agnus* in comparision with *Evening Primrose* (P<0.05).

Conclusion: *Vitex agnus*, *Evening Primrose* and vitamin E can reduce severity of premenstrual syndrome, but therapeutic effect of *Vitex agnus* is more than *Evening Primrose* and vitamin E.

Keywords: Premenstrual syndrome, *Evening Primrose*, *Vitex agnus*, Vitamin E

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Received 27 May 2013

Revised 27 Apr 2014

Accepted 10 May 2014