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Assessment of cinnamon effect to reduce primary dysmenorrhea and improve quality of life among females in eastern region of Saudi Arabia: A cross sectional survey**Amal K Abu Alhomos**
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Introduction: Dysmenorrhea is a painful contraction in the uterus region happening before and/or during menstrual cycle. It is a typical issue among adults females influencing around 40-80% of them begin a couple days before menstruation and goes on for a couple of hours to a few days after start of monthly cycle.

Objective: The study objective is to evaluate the cinnamon effects on primary dysmenorrhea in a sample of adult females in eastern region of Saudi Arabia.

Method: An online survey was distributed in the eastern region of Saudi Arabia. The study was conducted in Saudi Arabia between January to March 2017. The questionnaire was designed as multiple choices questions about the effect of cinnamon to reduce primary dysmenorrhea. The questionnaire included 4 sections: Demographics section, concern symptoms, practice and knowledge.

Results: The total numbers of females participated in this study were 232. Regarding to females attitude to minimize the pain of dysmenorrhea, most of them used paracetamol or ibuprofen tablets 109 (47%) and 74 (31.9%) used cinnamon. About 160 (69%) of participants used cinnamon as pain relievers for dysmenorrhea. Only 50 (31.25%) of them had complete pain relieving all using cinnamon, but 96 (59.66%) had partial pain while using cinnamon. Approximately third of participants 49 (29.3%) used analgesic concurrently with cinnamon as pain relievers for dysmenorrhea. Regarding the possible side effects induced by cinnamon using, the most of participants 207 (89.26%) did not suffer from any side effects.

Conclusion: Based on this study results, the effect of cinnamon on dysmenorrhea appeared to be inferior to analgesics and had moderate effect on dysmenorrhea. Further study with randomized double blinded control design and appropriate sample size in different regions of Saudi Arabia is needed to study its real efficacy.

Recent Publications

1. Manar F Heeba, El-Sayda H Nasr and Hadayat A Amasha (2016) Menstrual Cycle Pattern among Nursing Students Adolescent Girls. *Medical Journal of Cairo*; 84.
2. Molouk Jaafarpour, Masoud Hatefi, Fatemeh Najafi, et al. (2015) The Effect of Cinnamon on Menstrual Bleeding and Systemic Symptoms With Primary Dysmenorrhea. *Iran Red Crescent Med J*; 17(4).
3. Molouk Jaafarpour, Masoud Hatefi, Ali Khani, Javaher Khajavikhan (2015) Comparative Effect of Cinnamon and Ibuprofen for Treatment of Primary Dysmenorrhea: A Randomized Double-Blind Clinical Trial. *J Clin Diagn Res.*; 9(4).
4. MoolRaj Kural, Naziya Nagori Noor, Deepa Pandit et al. (2015) Menstrual characteristics and prevalence of dysmenorrhea in college going girls. *J Family Med Prim Care*.
5. Lydia Aziato1, Florence Dedey, Joe Nat A Clegg-Lampthey (2014) The experience of dysmenorrhoea among Ghanaian senior high and university students: pain characteristics and effects. Aziato et al. *Reproductive Health*; 11: 58.

Biography

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