



## Nutritional treatment of abnormal uterine bleeding in Persian Medicine

Zahra Ghorbanifar<sup>1</sup>, Omidreza Farahi<sup>2</sup>, Marzieh Qaraaty<sup>3,4\*</sup>

<sup>1</sup>Department of Traditional Medicine, School of Traditional Medicine, Tehran University of Medical Sciences, Tehran, Iran

<sup>2</sup>Department of Traditional Medicine, School of Traditional Medicine, Babol University of Medical Sciences, Babol, Iran.

<sup>3</sup>Clinical research development unit (CRDU), Sayad Shirazi Hospital, Golestan University of Medical Sciences, Gorgan, Iran.

<sup>4</sup>Department of Traditional Medicine, School of medicine, Golestan University of Medical Sciences, Gorgan, Iran.

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### Dear editor,

Abnormal uterine bleeding (AUB) is one of the main complaints in gynecology affecting 14-25% of women of childbearing age [1]. AUB has organic and non-organic etiologies, currently the acronym PALM- COIEN is used for classification of its etiologies. Polyp, Adenomyosis, Leiomyoma and Malignancy (hyperplasia) are organic causes (PALM). Non-organic causes include coagulopathy, ovulatory disorders, endometrial diseases, iatrogenic and not otherwise (COIEN) classified [1, 2]. Currently, medical and surgical therapies, which have many side effects, are used to treat this gynecological disorder (2). Studies reveal that inflammation and change in PGs secretion have been expressed in the pathogenesis of AUB. In this regard, in conventional medicine, anti-inflammatory and regulation of PGs secretion are used for treatment of AUB disorders [3].

Persian Medicine (PM) as one of the old medical schools from many years ago up to now is used for prevention, diagnosis and management of diseases [4] in Iran and some other parts of the world. Based on Persian physician manuscripts like the Canon of Medicine (*Al-Qanun- fi-al-*

*Tibb*) written by Avicenna (*Ibn-e-sina, 980-1037 AD*) and Treasure of the Khwarazm Shah (*Zakhireye Kharazmshahi*) written by Jorjani (*Hussain ibn Muhammad ibn Mahmoud ibn Ahmad Hussaini Jorjani, 1042-1137 AD*) a monthly period is a good sign of soundness to result in abstemiousness and devoutness [5, 6]. In contrast, the *Effrat-e-Tams* or *Kasrat-e-Tams* is more compatible with AUB in PM literature [4, 5]. The six essential principles (*seteyh zarooriyeh*) for keeping health are of the key subjects in Persian Medicine, and "drinks and foods" is as a key issue in it which has a prominent effect for the protection of health and treatment of diseases such as *Effrat-e-Tams* [5, 7]. Accordingly, foods and nutritional agents which are astringent (*Qabez*) materials have been recommended and prescribed in AUB. They regulate and concentrate blood flow and thus can lead to stop bleeding [5, 6]. For instance, different types of pottage (*Ash*) include astringent and styptic agents like lentil, pomegranate and barberry have been recommended by Persian physicians for *Effrat-e-Tams* [6]. Also, citron pickle and vinegar are other astringent agents prescribed by them.

\*Corresponding author: Marzieh Qaraaty

Department of Traditional Medicine, School of medicine, Golestan University of Medical Sciences, Gorgan, Iran.

Email: dr.qaraati@goums.ac.ir

TEL: +98 9128027050

Other recommendations include meat gravy (*Ma al- Lahm in PM texts*) containing sumac, kebab and roasted meat with spices. Likewise yolk of soft- boiled egg (*Zardeye nimberesht*) is more common prescription which is easily digestible food and useful in the conditions of long time malnutrition like this situation [4, 6, 7].

Current studies showed tannin and flavonoid compounds have astringent effect and inhibit inflammatory mediators and regulate PGs, respectively [2, 8]. With regard to latest research, pomegranate, lentil, sumac and barberry have tannin and flavonoid that regulate inflammation and probably control bleeding in AUB [2, 9, 10]. Therefore, it seems that due to the lack of nutritional commands in textbook of obstetrics and gynecology, using the capabilities of traditional medicine in the field of nutrition could be helpful to patients with non-organic AUB. Hence, they can be good candidates for further investigations in this field.

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