Effect of EveCare in Oligomenorrhoea

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ABSTRACT
Infrequent and scanty menstruation is a common problem in women belonging to the reproductive age group. Patients with deficient and irregular menstruation are often obsessed with a feeling of anxiety. Several clinical and experimental studies have proved the effect of EveCare in various menstrual disorders in patients with a history of irregular and scanty periods. In the present study, patients reported an improvement in menstrual flow and a decrease in the interval between periods. Of a total of twenty patients, four conceived during the study period, which proves that EveCare may be of significance in infertility. Hence, there is a need to further evaluate the drug for its favourable action in this regard.

Key words: Oligomenorrhoea, scanty and infrequent flow, intermenstrual duration.

INTRODUCTION
Abnormal menstrual bleeding is frequently encountered by women in the reproductive age group and is accountable for upto 20% of a gynaecologist’s outpatient practice. Various aetiological factors, the most common being oligomenorrhoea, polymenorrhoea, menorrhagia, metrorrhagia, menometrorrhagia, hypomenorrhoea and intermenstrual bleeding, have been implicated as causes. As per statistical analyses and surveys, the presence of oligomenorrhoea was reported in 11.3% and 6.7% of college and urban populations respectively. Oligomenorrhoea is not considered a disease; rather it may be deemed a symptom requiring attention, in which the patient presents with a picture of menstruation that occurs only three to four times a year, the duration of each episode being one or two days and with minimal flow.

An extensive research and literature survey on herbal formulations has provided a list of natural remedies for symptoms related to hormonal and physiological imbalances. Several plants are known to be effective in treating hypogonadism, irregular menses, amenorrhoea, menopausal problems, etc. EveCare, a herbal formulation manufactured by The Himalaya Drug Co., Bangalore, India, consists of various plant extracts that are known demonstrate a favourable action on the female reproductive organs. After completing safety and toxicity studies, an open clinical trial was conducted to ascertain the efficacy of EveCare in abnormal menstruation.

MATERIAL AND METHODS
Twenty patients in the age group of 18 to 32 years, with a history of infrequent and scanty menstruation, were included in the trial. After taking a detailed history, a complete general systemic examination, inclusive of gynaecological evaluation, was carried out in all the patients. The patients were divided into four groups in accordance with the symptoms experienced by them. Each patient was administered EveCare Syrup at a dose of 2 tablespoonsful twice daily for a period of 3 months and then followed up at regular one-month intervals.

Group A: Four patients with periods occurring between 40 to 180 days with spotting.
Group B: Four patients with regular periods with minimal flow for one day.
Group C: Five patients with periods occurring between 40 to 60 days with spotting.
Group D: Seven patients with periods occurring between 40 to 60 days with flow for 2 to 3 days.
RESULTS AND DISCUSSION

It was found that all patients in Group A with periods occurring between 40 to 180 days with spotting, had primary infertility. Ultrasonography revealed polycystic ovarian disease (PCOD) in these patients. Their response to EveCare was excellent. Two patients conceived after taking EveCare for 2 months.

In all four patients from Group B, who had regular periods and spotting to minimal flow, a good response was observed and the flow increased to 3 to 4 days.

In five patients belonging to Group C, who had periods occurring between 40 to 60 days with spotting, the amount of flow increased but the duration of bleeding did not show any significant change. Amongst the five patients, one patient conceived during the third month.

In the patients in Group D with periods occurring between 40 to 60 days and with a flow for 2 to 3 days, a decrease in the interval between periods was reported by two patients. Of these, one patient conceived. Two patients reported a decrease in the interval between periods.

None of the patients complained of any side effects. The patient compliance was satisfactory and in general, they reported a sense of well being.

Patients presenting with the above disorders often have a negative attitude and hence, optimum management of such menstrual disturbances is of prime importance to the treating physician. They should have great concern about the patient's general well being and also seek to improve the chances of conception.

Modern treatment modalities utilise synthetic hormonal preparation for the treatment of these conditions. These though beneficial, are not without side effects. The side effects include breakthrough bleeding, nausea, breast tenderness, fluid retention, weight gain, an increase in blood pressure, nervousness, depression, migraine headaches, temporary inhibition of ovulation in some cases, etc. In undiagnosed amenorrhoea and oligomenorrhoea and in conditions where hormonal preparations are contraindicated, they are of limited utility. The main constituents of EveCare include Saraca indica, Symplocos racemosa, Aloe barbadensis, Cyperus rotundus and Tinospora cordifolia. Saraca indica is known to increase oestrogen levels and helps in healing the inflamed endometrium during menstruation. Symplocos racemosa is effective in treating uterine disorders. Aloe barbadensis is beneficial in improving fertility by regulating the hormonal levels. It is also effective in the treatment of menstrual dysfunction. Cyperus rotundus has been found to be beneficial in the treatment of anaemia and general weakness that are common manifestations of this disorder. Tinospora cordifolia is a well-established immunomodulator that helps in boosting the immune status and instills a sense of well-being. By virtue of the ingredients present in it, EveCare found to relieve symptoms related to hormonal and physiological imbalances.

CONCLUSION

From the above study, it can be concluded that EveCare is a safe and effective mode of treatment in increasing menstrual flow and correcting the intermenstrual duration. However, there is need for a larger scale clinical trial to further evaluate its efficacy in PCOD and primary infertility.

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REFERENCES


