EveCare capsule

Evaluation of efficacy and safety in menorrhagia

Dr. (Mrs.) Sudha Salhan
Consultant and Head,
Dr. Nivedita Sarda
Senior Specialist,
Department of Obstetrics & Gynecology,
Safdarjang Hospital, New Delhi, India.

Dr. S.R. Prasad*, M.D.,
Medical Advisor
Dr. S.K. Mitra, M.D.,
Executive Director
R&D Center,
The Himalaya Drug Company,
Makali, Bangalore-562 123 (India).

ABSTRACT
The present study was planned to evaluate the efficacy and safety of EveCare capsule, a polyherbal formulation, in menorrhagia. Menstrual problems account for much of the morbidity that occurs in women of reproductive age. Menorrhagia is defined as excessive uterine bleeding occurring at regular intervals or prolonged uterine bleeding lasting more than seven days. Patient distress may be related more to disruptions in work, sexual activity, or quality of life than menstrual volume alone.

This study was an open, non-randomized, prospective clinical trial conducted as per the ethical guidelines of Declaration of Helsinki. Thirty one patients, who complained of excessive, irregular/prolonged bleeding per vaginum, were included in this study. Patients who had systemic illness and those who had organic lesion of the reproductive tract, especially any benign or malignant growth, extensive cervical erosion, cervical polyps, endometritis, tubercular endometritis and acute infective disorder, and patients with history of recent delivery or abortion were excluded from the study.

Thorough history, clinical examination and symptomatic evaluation were carried out and the details were noted down in the CRF. All patients were followed up every month till the end of treatment on 3rd month and symptomatic evaluation and clinical examination was done, along with recording the occurrence of any adverse event/s (either reported or observed). All the patients were investigated before and after treatment for routine blood examination for Hb, TC, DC and ESR, endometrial biopsy, ultrasound scan, and pap smear.

Thirty one patients were enrolled in the study and all the patients completed the study. A significant (p<0.001) reduction was observed in the mean score of duration of menstruation, quantity of blood loss and blood flow loss at the end of the 3-month treatment. The reduction in the symptoms started appearing from the 2nd month of therapy itself. A significant change in the mean score of character of blood flow was observed at the end of 3 months of treatment with EveCare. There was a significant rise in the mean Hb level from 9.12 ± 1.87 to 10.76 ± 1.54 at the end of therapy as compared to the baseline. Out of 13 patients who had associated dysmenorrheal symptoms, 9 patients obtained (63%) significant (p<0.05) complete relief from the symptoms. Therefore, it may be concluded that EveCare capsule is clinically safe and effective in the management of menorrhagia.

INTRODUCTION
Menstrual problems account for much of the morbidity that occurs in women of reproductive age, being one of the four most common reasons for consulting a general practitioner. Specifically, menorrhagia (excessive menstrual loss) is one of the most common reasons for referral to gynecology clinics. Menorrhagia

*Corresponding author:
Dr. S.R. Prasad, M.D.,
Medical Advisor
R&D Center,
The Himalaya Drug Company,
Makali, Bangalore-562 123 (India).
Phone: 91 080 2371 4444
Fax: 91 080 2371 4471
E-mail: dr.prasad@himalayahealthcare.com
Menorrhagia represents a major public health problem in women. As many as 10-15% of women experience menorrhagia during their lifetime.\(^3\) Menorrhagia is defined as excessive uterine bleeding occurring at regular intervals or prolonged uterine bleeding lasting more than seven days.\(^1\) The classic definition of menorrhagia (i.e., greater than 80 mL of blood loss per cycle) is rarely used clinically. Women describe the loss or reduction of daily activities as more important than the actual volume of bleeding. Average menstrual blood loss is between 30 and 40 mL per cycle.\(^2\) An early population-based study concluded that the upper limit of normal menstrual blood loss was between 60 and 80 mL. A greater prevalence of impaired iron status was noted with a loss of more than 60 mL.\(^4\)

Organic disease is relatively uncommon with menorrhagia, but treatment typically involves powerful drugs or invasive surgery.\(^5\) Patient distress may be related more to disruptions in work, sexual activity, or quality of life than menstrual volume alone.

Benign disorders of the uterus may present with the complaint of excessive menstrual blood loss and/or an associated irregularity in the pattern of menstrual bleeding. Such benign disorders include endometrial polyps, fibroids and adenomyosis. However, the vast majority of women complaining of excessive menstrual blood loss have normal endometrium.\(^6\)

Menorrhagia can result in severe anemia. One consequence of excessive menstrual loss is iron deficiency anemia. In the western world, menorrhagia is the commonest cause of iron deficiency anemia, and low hemoglobin concentrations may predict objectively heavy menstrual loss.\(^7\)

Treatment of menorrhagia results in substantial improvement in quality of life. The treatment of choice for anovulatory bleeding is medical therapy with oral contraceptive pills or progestogens. Oral progestogens are the most commonly prescribed therapy for menorrhagia.\(^8\) Although used as a contraceptive, the levonorgestrel-releasing intrauterine device (IUD) produces significant

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**Table 1. Improvement in clinical response with EveCare capsule treatment (Mean ± SEM)**

<table>
<thead>
<tr>
<th>Menstrual symptoms</th>
<th>Before treatment</th>
<th>After 1 month</th>
<th>After 2 months</th>
<th>After 3 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Duration of menstruation (No. of days)</td>
<td>Mean 11.58</td>
<td>5.808</td>
<td>6.00</td>
<td>5.538</td>
</tr>
<tr>
<td></td>
<td>SEM 2.248</td>
<td>0.7212</td>
<td>0.5602</td>
<td>0.5526</td>
</tr>
<tr>
<td></td>
<td>p value NS</td>
<td>p &lt;0.05</td>
<td>p &lt;0.001</td>
<td>NS</td>
</tr>
<tr>
<td>Quantity of blood loss (No. of diapers changed/day)</td>
<td>Mean 5.452</td>
<td>3.968</td>
<td>4.258</td>
<td>3.839</td>
</tr>
<tr>
<td></td>
<td>SEM 0.4516</td>
<td>0.5153</td>
<td>0.3738</td>
<td>0.3118</td>
</tr>
<tr>
<td></td>
<td>p value NS</td>
<td>p &lt;0.05</td>
<td>p &lt;0.001</td>
<td>NS</td>
</tr>
<tr>
<td>Blood flow loss (Profuse to normal) (Mean score)</td>
<td>Mean 1.533</td>
<td>1.033</td>
<td>1.000</td>
<td>0.6000</td>
</tr>
<tr>
<td></td>
<td>SEM 0.1417</td>
<td>0.1552</td>
<td>0.1269</td>
<td>0.1232</td>
</tr>
<tr>
<td></td>
<td>p value NS</td>
<td>NS</td>
<td>NS</td>
<td>p &lt;0.001</td>
</tr>
<tr>
<td>Character of blood flow (Clot or Flow) (Mean score)</td>
<td>Mean 1.000</td>
<td>0.7333</td>
<td>0.8000</td>
<td>0.5000</td>
</tr>
<tr>
<td></td>
<td>SEM 0.0000</td>
<td>0.0821</td>
<td>0.0242</td>
<td>0.0928</td>
</tr>
<tr>
<td></td>
<td>p value NS</td>
<td>NS</td>
<td>NS</td>
<td>p &lt;0.05</td>
</tr>
</tbody>
</table>

Statistical analysis was carried out using Repeated ANOVA test and Friedman test, followed by Dunnett’s Multiple Comparison Test. Abbreviations: NS : Not significant
reductions in menstrual blood loss. There is insufficient evidence to assess the effectiveness of monthly oral contraceptive pills for reducing menorrhagia. But currently there is no safe, effective therapy available for menorrhagia.

EveCare capsule is a polyherbal formulation that comprises extracts of Saraca indica, Boerhaavia diffusa, Symplcospus racemosus, Tinospora cordifolia, Solanum nigrum, Asparagus racemosus, Aloe vera, Santalum album, Cyperus rotundus, Adhatoda vasica, Triphala, Dashamool, Trikatu, Bombax malabaricum; and powders of Kasisa, Godanti bhasma and Yashada bhasma. The present study was planned to evaluate the efficacy and safety of EveCare, a polyherbal formulation, in menorrhagia.

PATIENTS AND METHODS

Inclusion criteria
Thirty one patients, who complained of excessive, irregular/prolonged bleeding per vaginum and attended the gynecology OPD of the Department of Obstetrics & Gynecology, Safdarjung Hospital, New Delhi, India were included in this study. A written informed consent was obtained from all patients.

Exclusion criteria
Patients who had systemic illness like hypertension, renal disease, tuberculosis, hepatic disease, diabetes, coagulation disorder, etc., and those who had organic lesion of the reproductive tract, especially any benign or malignant growth, extensive cervical erosion, cervical polyps, endometriosis, tubercular endometritis and acute infective disorder, and patients with history of recent delivery or abortion, and those patients who refused to give informed consent, were excluded from the study.

STUDY PROCEDURES
The study was an open, non-randomized and non-comparative, prospective, phase III clinical trial, conducted at the Department of Obstetrics & Gynecology, Safdarjung Hospital, New Delhi, India as per the ethical guidelines of Declaration of Helsinki. The study protocol, case report forms (CRFs), regulatory clearance documents, product related information and informed consent forms (in English and Hindi) were submitted to the institutional ethics committee and were approved by the same.

The patients who attended the OPD gynecology unit of Safdarjung Hospital, New Delhi were informed about the study drug, its effects, patient’s duration of stay in the trial, and overall plan of the study. The patient was included in the clinical study only after a written informed consent was obtained from them, and a witness, independent of the clinical trial, signed the informed consent form.

The history was noted by interviewing the patient. Thorough clinical examination and symptomatic evaluation was carried out and the details were noted down in the CRF. Patients were advised to take 2 capsules of EveCare, twice daily for 3 months.

All patients were followed up every month till the end of treatment (3rd month) and symptomatic evaluation and clinical examination was done, along with recording the occurrence of any adverse event/s (either reported or observed).

All the patients were investigated before and after treatment for routine blood examination for Hb, TC, DC and ESR, endometrial biopsy, ultrasound scan, and pap smear.

Primary and secondary outcome measures
The predefined primary outcome measures were reduction in the

<table>
<thead>
<tr>
<th>Parameters</th>
<th>Before treatment</th>
<th>After treatment</th>
<th>Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hb (%)</td>
<td>9.119 ± 1.875</td>
<td>10.76 ± 1.537</td>
<td>p&lt;0.0001, t=6.726 df=30, R²=0.6013</td>
</tr>
</tbody>
</table>

Table 2. Improvement in hemoglobin level after treatment with EveCare capsule (Mean ± SEM)
symptom scores of menorrhagia and improvement in the anemic status of patients. The predefined secondary endpoints were short- and long-term safety, and overall compliance to the drug treatment.

ADVERSE EVENTS
All adverse events, reported or observed by patients, were recorded with information about severity, date of onset, duration, and action taken regarding the study drug. Relation of adverse events to study medication were predefined as unrelated (a reaction that does not follow a reasonable temporal sequence from the administration of the drug), possible (follows a known response pattern to the suspected drug, but could have been produced by the patient’s clinical state or other modes of therapy administered to the patient), and probable (follows a known response pattern to the suspected drug that could not be reasonably explained by the known characteristics of the patient’s clinical state).

Patients were allowed to voluntarily withdraw from the study, if they experienced serious discomfort during the study or sustained serious clinical events requiring specific treatment. For patients withdrawing from the study, efforts were made to ascertain the reason for dropout. Non-compliance (defined as failure to take less than 80% of the medication) was not regarded as treatment failure, and reasons for non-compliance were noted.

STATISTICAL ANALYSIS
Statistical analysis was done according to intention-to-treat principles. Repeated ANOVA and Friedman’s test followed by Dunnett’s multiple comparison test for evaluation of symptomatic scores, and Paired Student ‘t’ test for evaluation of Hb% improvement by comparing baseline values and end-of-the-treatment values was used. The minimum level of significance was fixed at 95% confidence limit and a 2-sided p value of <0.05 was considered significant.

RESULTS
Thirty one female patients were enrolled in the study and all the patients completed the study. The mean age of the patient was 34.55 years.

On starting EveCare capsule therapy, a significant (p<0.001) reduction was observed in the mean score of duration of menstruation, quantity of blood loss as assessed by the number of diapers changed per day, and blood flow lost graded as profuse to normal at the end of the 3-month treatment. The reduction in the symptoms started appearing from the 2nd month of therapy itself. A significant change in the mean score of character of blood flow from clot to flow was observed at the end of 3-month treatment with EveCare capsules (Table 1 and Figures 1 to 4).

There was a significant rise in the mean Hb% level from 9.12 ± 1.87 to 10.76 ± 1.54 at the end of the therapy as compared to baseline (Table 2 and Figure 5). Out of 13 patients who had associated dysmenorrheal symptoms, 9 patients obtained (63%) significant (p<0.05) complete relief from the symptoms (Table 3 and Figure 6).

There was no change in the hematological investigations (TC, DC or ESR), pap smear, or ultrasound scan, or endometrial biopsy done before and after treatment.

DISCUSSION
Unacceptable heavy menstrual blood loss affects 10-30% of women of reproductive age and up to 50% of
Figure 4. Improvement in mean score of character of blood flow with EveCare capsule treatment (Mean ± SEM)

![Graph showing improvement in mean score of character of blood flow with EveCare capsule treatment.]

*P<0.05 as compared with pre-treatment value

perimenopausal women. It is also estimated that 5% of women aged 30-49 years will consult their general practitioner for excessive blood loss each year. These patients account for 15% of all referrals to gynaecologists and over 300,000 hysterectomies annually.

The clinical features associated most strongly with blood loss include the rate of change of sanitary protection during full flow, and the total number of pads and tampons used. Other associations include the size of clots and the number of clots greater than about 1 inch in diameter. A low ferritin level predicts moderately well by a loss of more than 80 mL can be correctly predicted 60% of women with periods with measured losses as assessed by the number of diapers changed per day, and blood flow loss graded as profuse to normal at the end of 3 months of treatment with EveCare capsule. The reduction in the symptoms started appearing from the 2nd month of therapy itself. A significant change in the mean score of character of blood flow from clot to flow was observed at the end of 3-month treatment with EveCare. There was a significant rise in the mean Hb% level at the end of the therapy as compared to baseline. Out of 13 patients, who had associated dysmenorrheal symptoms, 9 patients obtained (63%) significant complete relief from the symptoms. These clinical benefits might be due to the actions of its main ingredients whose effects are already well documented.

*Saraca indica* has been well proven for its effectiveness in menorrhagia and dysmenorrhea. It also has a stimulatory effect on the ovarian tissue, which may produce an oestrogen-like activity that enhances the repair of the endometrium and stops bleeding. *Symlocos racemosa* has been reported to be useful in the treatment of menorrhagia and other uterine disorders. *Symlocos racemosa* exhibits relaxant and antispasmodic effects on several spasmogens on uterine smooth muscles, attributing favorable actions to the drug in dysmenorrhea and as a uterine sedative.

The ethanolic extract of *Boerhaavia diffusa* was found to stop intrauterine-contraceptive-device-induced bleeding in monkeys. This herb is also known for its anti-inflammatory and analgesic property which is comparable to that of ibuprofen. The drug has also proved useful as a hematinic.

*Aloe vera* also possesses oxytocic property. *Adhatoda vasica* has antihemorrhagic activities, beneficial in DUB and thus a useful remedy in disorders of the uterus, and especially used as a uterine hemostatic in menorrhagia and metrorrhagia. *Tinospora cordifolia* and *Solanum nigrum* have

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**Table 1.** Summary of Key Ingredients and their Properties

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Property</th>
<th>Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Adhatoda vasica</em></td>
<td>Antihemorrhagic</td>
<td>In DUB and other disorders of the uterus</td>
</tr>
<tr>
<td><em>Aloe vera</em></td>
<td>Oxytocic</td>
<td>Treatment of menorrhagia and dysmenorrhea</td>
</tr>
<tr>
<td><em>Boerhaavia diffusa</em></td>
<td>Relaxant, Antispasmodic</td>
<td>Treatment of dysmenorrhea and as a uterine sedative</td>
</tr>
<tr>
<td><em>Symlocos racemosa</em></td>
<td>Stimulatory</td>
<td>Repair of endometrium and stops bleeding in monkeys</td>
</tr>
<tr>
<td><em>Saraca indica</em></td>
<td>Effectiveness in menorrhagia and dysmenorrhea</td>
<td>Useful in the treatment of menorrhagia and other uterine disorders</td>
</tr>
<tr>
<td><em>Tinospora cordifolia</em></td>
<td>Anti-inflammatory</td>
<td>Beneficial in DUB and use as a uterine hemostatic in menorrhagia</td>
</tr>
<tr>
<td><em>Solanum nigrum</em></td>
<td>Anti-inflammatory</td>
<td>Useful in menorrhagia and other disorders of the uterus</td>
</tr>
</tbody>
</table>
adaptogetic activity. Therefore, the observed clinical benefits of EveCare capsule might be due to the synergistic actions of its ingredients.

CONCLUSION
Menorrhagia represents a major public health problem in women. Women describe the loss or reduction of daily activities as more important than the actual volume of bleeding. There are no safe and effective treatment for menorrhagia available currently. The present study was planned to evaluate the efficacy and safety of EveCare capsule, a polyherbal formulation, in menorrhagia.

The present study showed a significant reduction in the mean score of duration of menstruation, quantity of blood loss and blood flow loss at the end of 3 months of treatment with EveCare capsule. The reduction in the symptoms started appearing from the 2nd month of therapy itself. A significant change in the mean score of character of blood flow was observed at the end of 3 months of treatment with EveCare capsule. There was a significant rise in the mean Hb% level at the end of the therapy as compared to baseline. There were no clinically significant adverse events, either reported or observed, during the study period. Therefore, it may be concluded that EveCare capsule is safe and effective in the treatment of menorrhagia.

REFERENCES


