



GENERAL SIR JOHN KOTELAWALA DEFENCE UNIVERSITY

**8<sup>TH</sup> INTERNATIONAL RESEARCH CONFERENCE**

*Inculcating Professionalism for National Development*

**ABSTRACTS**



27 - 28 AUGUST 2015

GENERAL SIR JOHN KOTELAWALA DEFENCE UNIVERSITY  
RATMALANA 10390  
SRI LANKA

## CLINICAL STUDY OF *Glycyrrhiza glabra* Linn AND *Asparagus racemosus* Linn ON MENOPAUSAL SYMPTOMS

**MUZN Farzana<sup>1#</sup> and A Sultana<sup>2</sup>**

<sup>1</sup>Institute of Indigenous Medicine, University of Colombo, Rajagiriya,  
Sri Lanka

<sup>2</sup>National Institute of Unani Medicine, Rajiv Gandhi University of Health Sciences,  
Bengaluru, India

#muznfarzana@gmail.com

Menopausal syndrome is cessation of menses associated with stress, anxiety depression, night sweats, hot flushes, irritability, joints pain, headache and insomnia. This needs medical attention. In western medicine, hormone replacement is the treatment of choice having its own hazards. Therefore there is a need to identify safe effective alternatives. The aim of the study was to evaluate the efficacy of *Glycyrrhiza glabra* Linn and *Asparagus racemosus* Linn in the management of Menopausal Syndrome. The trial was designed as placebo controlled randomized single blind study conducted in Ayurvedic teaching hospital, Borella and Amyas Herbal Clinic, Wellampitiya between the period of June 2011 to December 2014 on women between the ages of 40 to 60 years of age. After consideration of inclusion and exclusion criteria a total of 60 postmenopausal women with menopausal symptoms were studied. All patients underwent necessary investigations and it was ensured that all investigations were within normal limits before randomizing into two groups, A and B. Group A patients were treated with 3g of powder of *Glycyrrhiza glabra* and *Asparagus racemosus* and group B patients were treated with 3g of roasted wheat flour twice a day in the morning and evening for 8 weeks duration. Frequency of hot flushes and night sweats in 24 hours, anxiety by Hamilton anxiety scale, and insomnia by PSQIDURAT scale were recorded before and after completion of trial. There was significant improvement in the subjective and objective parameters [Hot flushes and night sweats 36.7%, Insomnia 13.3%, anxiety 16.7%, Depression score 20% and Loss of concentration 13.3% ( $P > 0.05$ )]. Test drug was found to be more effective than placebo in the management of post menopausal syndrome ( $P < 0.001$ ).

**Keywords:** Menopause, *Glycyrrhiza glabra*, *Asparagus racemosus*