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Efficacy of *Aslussoos* (*Glycyrrhiza glabra* Linn) in the Management of Post Menopausal Syndrome

Dr Nishat Rais[1], Dr. K Tabassum[2], Prof. Wajeeha Begum[3], & Dr. Kouser Fathima Firdose[4]

[1]BUMS MS
[2]Ex Reader, Dept. of Ilmul Qabalat wa Amraze Niswan, NIUM, Bengaluru
[3]Professor and HOD Dept. of Ilmul Qabalat wa Amraze Niswan, NIUM, Bengaluru
[4]Dr. Kouser Fathima Firdose, Dept. of Ilmul Qabalat wa Amraze Niswan, NIUM

Email Id: serviceheb@gmail.com

ABSTRACT

Introduction: Women's health has been a global concern for many decades. Menopause is an important milestone and may be one of the first times a woman seeks medical advice around issues of long-term health promotion and disease prevention. The term postmenopause describes women who have not experienced any menstrual flow for a minimum of 12 months and it can have many associated effects which may disrupt the quality of life.

Methodology: This single blind randomized placebo controlled study was carried out on "Efficacy of *Aslussoos* (*Glycyrrhiza glabra* Linn) in the Management of Post menopausal Syndrome" in the OPD and IPD of Dept. of Ilmul Qabalat wa Amraze Niswan (OBG), National Institute of Unani Medicine and Hospital, Bengaluru during the year of 2014-15. Total 40 (20 in each test and control groups) post menopausal women between the age of 41-55 years were included. Informed consent was taken before trial. In test group *Aslussoos* 4 gram and in control group placebo equal dose for 2 months was given. During trial every fortnight and after trial once follow up was done. The research question was whether *Aslussoos* was found effective in relieving somato-vegetative, psychological and urogenital symptoms of postmenopausal syndrome using validated HRQoL assessed by MRS scale.

Results: Inter group and intra group analysis of efficacy of test and control drug was done by using chi-Square test, student 't' test and fisher exact test before and after trial. Results were analyzed on the basis of four categories i.e. none, mild, moderate and severe of each subscale. It revealed that before trial all 20 patients had severe symptoms and after trial only 4(20%)

had no symptoms with 20% improvement, equal number of patients i.e. 8(40%) had mild and moderate symptoms with 40% improvement and no patients were found with severe symptoms after trial. Inter group comparison p value was <0.001, this showed statistical significance of test drug over placebo control. Intra group comparison the p value was <0.001, which was found significant.

Conclusion: By the observation of the results of the study and properties of the test drug, it can be concluded that the symptoms of post menopausal syndrome were controlled by test drug *Aslussoos* without any adverse effect and was found to be effective when compared to placebo.

Key words: Post Menopausal syndrome, *Aslussoos*, HRQoL MRS, Quality of life and improvement.

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