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Efficacy of *QUST* in Premenstrual Syndrome − A randomized Controlled Study

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ABSTRACT:

Background and objectives: Premenstrual syndrome is the name given to a collection of physical and psychological symptoms that some women experience during the late luteal phase of each menstrual cycle. About 85%, 20%-50% and 5% of women with mild, moderate and severe symptoms cause impairment of functioning. The exact causes of PMS is not clearly understood,. This complex syndrome requires multidisciplinary treatment approach. Considering this, the present study was designed to evaluate the efficacy of *Qust* in the management of premenstrual syndrome.

Methods: This study was a randomized, single blind controlled trial. Participant in the age group 18-40 years fulfilling the ACOG criteria for PMS were included. Women on hormonal therapy, OCs, irregular menses, organic pelvic pathology, lactating, psychiatric disorders, metabolic and systemic illnesses were excluded. Test group received 3 gm of *qust* in two divided doses daily and control group received *sumbul-ut-teeb* as same dose for 2 cycles. The primary and secondary outcome measures were changes in subjective and objective parameters i.e. PMTS-O, VAS and SF-12 scores respectively. The data were statistically interpreted by parametric and non parametric test with 5% level of significance.

Results: Marked improvement in premenstrual symptoms and QoL was observed in both the groups. PMTS-O, VAS and SF-12 was statistically strongly significant ($p<0.001$) in test and control group whereas clinically more significant in test group.

Conclusion: The drugs were safe, effective in alleviating associated symptoms and improving quality of life of patients in premenstrual syndrome statistically but clinically test drug is more effective than control drug.

KEYWORDS: *Qust*; premenstrual syndrome; *sumbul-ut-teeb*; luteal phase; VAS; PMTS-O.

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