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Comparing the effects of *Hypericum Perforatum L.* and metronidazole vaginal gel in treatment of bacterial vaginosis: A randomised controlled clinical trial

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In-vitro studies indicate a strong antibacterial activity of *Hypericum perforatum*. However, we found no study on this area in human. In this double-blind, double dummy trial, we aimed to compare the effect of *Hypericum perforatum* with metronidazole vaginal gel on treatment and recurrence (primary outcomes) of bacterial vaginosis (BV) and on patient complaints (secondary outcomes). 162 married women aged 18-49 with BV were randomized into two groups. The intervention group (n=82) got 5 gram of 3% *Hypericum perforatum* and placebo of metronidazole vaginal gel, and the control group (n=80) got 5 gram of 0.75% metronidazole and placebo of *hypericum perforatum* vaginal gel for 5 days. Amsel criteria were used for diagnosis, cure and recurrence of BV. We used Chi-square, Fisher's exact, logistic regression for data analysis. At 10-12 days after starting treatment, cure rate was 82% in the intervention and 85% in control group (risk ratio (RR) 0.9, 95% confidence interval (CI) 0.6 to 1.3). Among the cured women, recurrence rate was 9% in the intervention and 13% in the control group at the 30-35 day visit (RR 0.8, 95%CI 0.4 to 1.3). There was no significant difference between the groups regarding any patient complaints, except itching which was less in *Hypericum perforatum* group (5% vs. 16%, p=0.018 at the first and 13% vs. 43%, p<0.001 at the second follow-up). No significant adverse event was reported at any groups. Therefore, *Hypericum perforatum* could be a good option for treatment of BV. However, further studies are needed for its public use.

Biography

Zahra Mohammadzadeh have completed her MSc course in the field of midwifery (midwifery education) in 2013 from Tabriz International University of Medical Sciences (Aras) under the supervision of Dr. Sakineh Mohammad-Alizadeh-Charandabi, Associate Professor of reproductive health. She had more than 18 years working experience as an expert in midwifery in the hospital, clinic & private office. Currently, working as a midwife in the clinic and also as a medical records expert in the Social Security Organization.

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