19th World Congress on

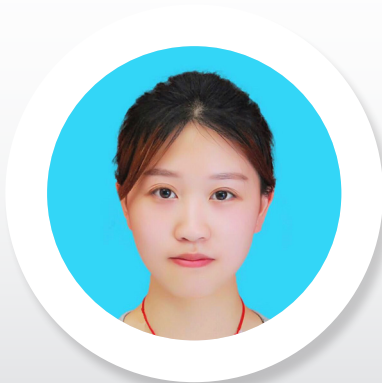# Clinical Nursing and Practice

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Effect of Foeniculum vulgare on menstruation-related symptoms of women

In recent years, there has been a trend to use herbal medicine to treat many diseases associated with menstruation because it has fewer side effects and is more convenient compared to medical treatments. Fennel is a known popular method for women especially in management of menstruation-related symptoms. The purpose of this review paper was to evaluate the effects of Foeniculum vulgare extracts in common menstruation-related symptoms. In the present paper, four international databases (PubMed, Google Scholar, Web of Science and Science Direct) were searched by keywords Foeniculum vulgare or fennel, menstruation and women. References for each study were manually reviewed to ensure that relevant works were included. Efficacies of fennel in management of menstruation-related symptoms were demonstrated according to the results of these clinical studies. The symptoms include premenstrual syndrome (PMS) menorrhagia, dysmenorrhea, menopause, amenorrhea and polycystic ovary syndrome (PCOS). There are therapeutic effects in use of fennel oil during treatment of premenstrual syndrome (PMS) and dysmenorrhea. However, efficacy of fennel oil on menorrhagia is complicated. In general, the efficacy of fennel oil on menstruation-related symptoms should be the subject of more and larger clinical trials.

Biography

Yingying Li is studying a Master's degree in Nursing Education at West China School of Nursing in Sichuan University. She has Participate in the construction of the Smart ward APP in the innovation and entrepreneurship program in 2016, assist patients and help to predict diseases through the big data and achieved Liaoning Province Bronze Award, and participate in the topic Quality Research that Nurses Actively Experience in Clinical Work, as the First Group Member, Lead everyone to interview and timely transcribe interview information to obtain effective information and finally was rated as a national project in 2017. And she has interested in Obstetrics and Gynecology, Chinese Medicine, and Continuing Care.

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