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An overview of Persian herbal medicine in Irritable bowel syndrome: a systematic review of clinical trials.

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Introduction

According to Rome IV criteria, irritable bowel syndrome (IBS) is the most common functional bowel disorder with recurrent abdominal pain associating with defecation or a change in bowel habit. Several studies reported the efficacy of herbal remedies in improving IBS symptoms. Thereupon, we decided to review Persian herbal medicine in IBS.
Material & methods

We searched on electronic databases including Pubmed, Scopus, Cochrain, Embase, Science direct, Web of science and SID with the aim to find clinical articles related to IBS and herbal medicine since 2019.
Search strategy

We used keywords such as Traditional medicine, Complementary and Alternative Medicine (CAM), herb, plant and IBS. Non-randomized clinical trial, non-relevant studies, supplement, vitamins, pre or probiotics and none Persian herbal drugs were excluded.
Results

Finally, we found 23 randomized controlled trial with 9 simple Persian herbal medicine and 6 compound formulation that potentially improve IBS symptoms without remarkable adverse effect.
Mentha piperita

8 double blind randomized control trials were found: oral & topical (pepper umbilical dressing). Mentha piperata significantly improved symptoms and quality of life in IBS patients compared to placebo.
2 double blind randomized controlled trials were found. *Pimpinella anisum* significantly improved symptoms, quality of life, and depression in IBS patients.
Curcuma longa

2 double blind randomized controlled trials were found. *Curcuma longa* significantly improved symptoms, quality of life, and depression in IBS patients.
Glycyrrhiza glabra

1 double blind randomized controlled trial was found. 
Glycyrrhiza glabra significantly improved IBS-D compared to placebo, and Nortryptilin.
1 double blind randomized controlled trial was found. 
*Zataria multiflora* significantly improved IBS symptoms compared to placebo.
1 double blind randomized controlled trial was found. *Zingiber officinalis* significantly improved IBS-C symptoms compared to placebo.
Cynara scolymus

1 double blind randomized controlled trial was found. Cynara scolymus significantly improved IBS symptoms and quality of life in IBS patients compared to placebo.
1 double blind randomized controlled trial was found. *Plantago psyllium* significantly improved IBS-C symptoms compared to placebo.
Hypericum Perforatum

1 double blind randomized controlled trial was found. *Hypericum Perforatum* significantly improved IBS symptoms and depression compared to placebo.
Compound Persian herbal medicine

- Curcuma longa and Foeniculum vulgare
- Mentha longifolia, Cyperus rotundus and Zingiberr officinale
- Boswellia carterii, Zingiber officinale, and Achillea millefolium
- Melissa officinalis, Mentha spicata, and Coriandrum sativum
- Murraya koengi, Punica granatu, Curcuma longa
Conclusion

Herbal remedies are acting with controlling abdominal pain, anti-inflammatory activity, and enhancing and coordinating the gastrointestinal motility. Although their mechanisms are not fully understood, they can be recommended as a complementary therapy to alleviate IBS symptoms.