

Evaluation the effect of viola odorata vaginal suppository on treatment of vaginal atrophy in postmenopausal women

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Background: Menopause is one of the most critical stages of a women`s life which is characterized by changes in the level of sex hormones, cessation of menstruation and infertility. Menopause is associated with many early and late complications. One of the early complications is vaginal atrophy, which occurs due to the lack of estrogen in the vaginal epithelium. Women tend to use complementary and alternative medicine because of the side effects of systemic and local hormone replacement. The aim of this study is to examine the effect of vaginal suppositories on vaginal atrophy in postmenopausal women.

Methods: This study was a three-blind randomized clinical trial conducted on 60 postmenopausal women. The participants were randomized to control and intervention groups. The intervention group received one vaginal suppository of viola odorata per night and the control group received the placebo per night for eight weeks. Data were gathered using a socio-demographic questionnaire, vaginal pH and vaginal maturation index (VMI) were measured before and at the end of the study, subjective symptoms of vaginal atrophy (dryness, dyspareunia, burning and itching) were assessed before, 4 and 8 weeks after treatment by Likert self-assessments . Data were analyzed using spss 23.

Results: 54 women were completed the trial, and 6 women withdrew. There were no remarkable differences between the two groups in vaginal atrophy symptoms, vaginal PH and VMI at baseline. At the end of the study, all subjective symptoms of vaginal atrophy ($P < 0.001$), vaginal pH ($P < 0.001$) and VMI ($P < 0.001$) were improved .

Conclusion: Based on the data of the findings of the present study, vaginal suppository of viola odorata significantly improved subjective symptoms of vaginal atrophy (dryness, dyspareunia, burning and itching), vaginal PH and VMI.

Keywords: Vaginal atrophy, Menopause, Viola odorata