



The Effect of Lavender on Dysmenorrhea: A Systematic Review

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Abstract

Introduction: Dysmenorrhea is a common general and personal health problem in young and middle-aged women. Various methods have been used to reduce the pain of dysmenorrhea, including psychotherapy, TENS, nutrition, vitamins and medications. Two widely used methods are inhalation aromatherapy and massage with various essential oils with sedative properties such as lavender. Concerning the effects of dysmenorrhea, negative impact on quality of life, job and educational performance, the important role of midwives in pain management, and the use of complementary interventions, and due to the low cost and availability of lavender oil, the aim of this study was to evaluate the effect of Lavender on dysmenorrhea. **Methods:** In this systematic review study, the search was performed using words related to lavender and dysmenorrhea from 2000 to 2022 in banks and reputable Persian and English information search engines. 1176 articles were obtained that with the inclusion criteria and similarity of title, content and consistency with the present study, 22 articles were selected. **Results:** Lavender massage and aromatherapy have a great effect on reducing pain and anxiety caused by dysmenorrhea. Massage therapy with oil reduces tension, pain and relaxation, and if they contain lavender, they cause significant pain relief. Lavender essential oil significantly reduced the severity of dysmenorrhea compared to mefenamic acid. To reduce the pain and the period of pain, Lavender aromatic candle therapy is used, which was effective in reducing abdominal cramps in dysmenorrhea. Pain tolerance levels were higher in people who used lavender cream. **Conclusion:** Due to the positive effects of lavender, it is recommended to use lavender aromatherapy in various types of dysmenorrhea.

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