# Effect of Aslagh Capsule, an Herbal Product on Oligomenorrhea in Polycystic Ovary Syndrome: A Three-Group Randomized Clinical Trial

# Abstract

**Background:** Oligomenorrhea is a common complaint in patients with PCOS. There are some useful medicinal recommendations such as “Aslagh” in Iranian traditional medicine for the treatment of oligomenorrhea in PCOS and this study was conducted to compare it with metformin.

**Materials and Methods:** In this randomized clinical trial, 150 women aged between 18-43 years with oligomenorrhea due to PCOS were randomly assigned into Aslagh, metformin and Aslagh + metformin groups. The occurrence of menstrual bleeding was considered as the primary outcome. Menstrual cyclicity, duration and volume of the bleeding were evaluated as well. . Data were analyzed using chi-square or one-way ANOVA.

**Results:** Occurrence of menstrual bleeding was 87.2% in all patients,with no significant difference between the three groups (*p*> 0.05). Menstrual cyclicity significantly improved from baseline in Aslagh and Aslagh + metformin groups (*p*=0.02). Duration of menstrual bleeding was significantly higher in Aslagh group in the first and the second menstrual bleeding compared to the other two groups (*p*<0.05). There was no significant change in the volume of the menstrual bleeding after the intervention in any of the three groups. The occurrence of menstrual bleeding in Aslagh was significantly higher than the other two groups in the fourth month (drug-free) (*p=*0.03).

**Conclusions:** Aslagh capsule showed similar beneficial effects to metformin in the treatment of oligomenorrhea in PCOS women. This herbal product may be used as an alternative treatment in these patients.

Key Words: Aslagh, Polycystic ovary syndrome, Iranian Traditional Medicine, herb, oligomenorrhea.