Table 1. Laboratory analysis results

|  |  |  |  |
| --- | --- | --- | --- |
| **Results** | **Test** | **Results** | **Test** |
| 4.65\*103 / gram | Total number of aerobic bacteria | 6.1-6.15 % | Total ash |
| 2.6\*103 / gram | Total amount of fungi | 1.15-1.25 % | Water soluble ash |
| zero | Pseudomonas | 34/100 grams | Oil amount |
| zero | Staphylococcus aereus | 0.34/ 100 grams | Mucilage amount |
| zero | Salmonella | 0.34/ 100 grams | Gam amount |
| zero | E-coli | 1.471 | Oil fraction rate |

Table 2. Frequency of adverse reactions reported by the patients in both study groups.

|  |  |  |
| --- | --- | --- |
| **Sign/ symptom** | **Sesame group (persons)** | **Progesterone group**  **(persons)** |
| Dysmenorrhea | 4 | 6 |
| Nausea | 1 | 1 |
| Headache | 1 | 1 |
| Depression | 0 | 2 |
| Mood irritability | 0 | 2 |
| Spotting | 0 | 1 |
| Hirsutism | 0 | 2 |
| Obesity | 0 | 3 |
| Acne | 4 | 2 |
| Breast tenderness | 0 | 1 |
| Hot flashes/ hotness feeling | 5 | 1 |
| Thirst | 2 | 0 |
| Dyspepsia | 1 | 0 |
| Sweating | 2 | 0 |
| Hot mal-temperament | 5 | 0 |