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Review Article

Qurs-i-Shibb: A review on polyherbal Unani formulation in the management of Kathrat-i-Tamth (HMB)

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Abstract

Heavy flow during menstruation is called Menorrhagia or Heavy Menstrual Bleeding, is generally referred to excessive bleeding, either in duration or quantity of blood loss or both (> 8 days and/or >80 ml) at regular intervals. It can be associated with several conditions, including problems with the uterus, hormonal problems, or other conditions. While abundant bleeding may make it difficult to participate in normal daily life at certain times. But currently Several drugs and Hysterectomy is recommended for the treatment of HMB that has different side effects as well as gastrointestinal symptoms, liver disease, obesity, hypoestrogenic state and thromboembolic diseases. In classical texts *Qurs-i-Shibb* is used in the management of *Kathrat-i-Tamth* (Heavy Menstrual Bleeding) as this formulation has pharmacological activity such as *hābis al-dam* (haemostatic or haemostyptic), *qābiḍ* (astringent), *mujaffif* (siccative), *mugharrī* (glutinous) and *mubarrid* (refrigerant). So, this review aims to explore the role of *Qurs-i-Shibb* in the management of Heavy Menstrual Bleeding. The ingredients of *Qurs-i-shibb* are *shibb-i-yamāni*, *dam al-khwayn*, *gulnār* each of them 10.5 gram, *katīra* 21 gram, *samagh-i-'arabī* 7 gram. These drugs having the properties of *hābis al-dam*, *qābiz*, *mujaffif*, *mugharrī* and *mubarrid* produce vasoconstriction and reduce heavy bleeding. The granules were formulated into 500 mg tablets. Three tablets thrice daily for 5days will help in reducing the bleeding.

Keyword: *Kathrat-i-tamth*; Heavy menstrual bleeding; *Qurs-i-Shibb*; hemostatic, astringent.

1. Introduction

Heavy Menstrual Bleeding (HMB) or *kathrat-i-tamth* is a common gynaecological problem,¹ menstrual bleeding can be so severe and heavy that it may leave some adverse effects on the women's social, physical, and emotional quality of life and may lead to complications such as anaemia, iron deficiency, increasing cost of medical services, anxiety and depression.²

It is caused by conditions affecting the uterus and its vascularity, such condition prevail in uterine fibroid, adenomyosis, uterine polyp, myohyperplasia and endometrial hyperplasia, chronic pelvic inflammatory disease, pelvic endometriosis, IUCD etc. or it may be the result of bleeding disorder.³

Treatment of menorrhagia includes oral contraceptives with oestrogen or progesterone alone, GnRH agonists, anti-fibrinolytics, NSAIDs such as mefenamic acid and desmopressin⁴. Mirena IUCD and minimal invasive surgery include endometrial thermal ablation, endometrial resection and hysterectomy in selected cases³

Each medical treatment has its side effects. Today, public concerns around the side effects of pharmaceutical drugs, prohibition of their use in some populations and the

increasing popularity of herbal medicine have resulted in alternative treatments for HMB being sought.²

Herbs are being used therapeutically all around the world to treat various types of ailments. Polyherbal formulations dominate as the largest segment, capturing a significant share of the overall herbal supplements and remedies market worldwide. Unani compound formulations are made with the drugs of herbal, mineral and animal origins although herbal origin has a larger share than animal and mineral ones. In Unani system of medicine there are four basic dosage forms of compound formulations: solid, semisolid, liquid and gaseous forms. These dosage forms are prepared with herbal, animal and mineral origins. The three origins are commonly known as *Mawālid-i-Thalātha* (Three sources or origins of drugs).⁵

Qurs-i-Shibb is an important compound preparation in Unani system of medicine for the management of *Kathrat-i-Tamth*.^{6,7} The ingredients of this formulation are *shibb-i-yamāni*, *dam al-khwayn*, *gulnār* each of them 10.5 gram, *katīra* 21 gram, *samagh-i-'arabī* 7 gram.⁸ These drugs having the properties of *hābis al-dam*, *qābiz*, *mujaffif*, *mugharrī* and *mubarrid* produce vasoconstriction and reduce heavy bleeding.

2. Material and method

A literature search was carried out to collect all relevant information on heavy menstrual bleeding, *Qurs-i-Shibb* and its ingredients. Through publicly available electronic databases, including PubMed, Scopus, Google Scholar, Science Direct, Research Gate and other internet sources. A large number of literature articles published up to 2020 were reviewed. The keywords used for the search included "haemostatic", "Alum", "*Dracaena cinnabari* Balf.", "*Punica granatum* Linn",

"*Cochlospermum religiosum* Linn.", "*Acacia arabica* Linn" "*Qurs*", "*Qurs-i-Shibb*", "*Shibb-i-Yamāni*", "*Dam al-Akhwayn*", "*Gulnār*", "*Katīra*" and "*Şamagh-i-arabī*". The name of species has been validated by using 'World Flora Online' (<http://www.worldfloraonline.org/>). "Standard Unani Medical Terminology" published by CCRUM has been used to describe the proper Unani terminologies (<http://namstp.ayush.gov.in/#/Unani>), further, books published in urdu and English were used to compile the information as representative literature in unani medicine.

3. Results

Table 1 : Ingredient of *Qurs-i-Shibb* [8] Qarabadeene Qadri md Akbar Arzani

Name	Botanical name	Part used	Quantity (grams)
<i>Shibb-i-Yamāni</i>	Alum	Alum Crystal	10.5
<i>Dam al-Akhwayn</i>	<i>Dracaena cinnabari</i> Balf.f.	Dry extract	10.5
<i>Gulnār</i>	<i>Punicagranatum</i> Linn.	root, stem, bark, Fruit, seed, pulp, fresh juice ⁹	10.5
<i>Katīra</i>	<i>Cochlospermum religiosum</i> (L.)	Gum ^{10,11}	21
<i>Şamagh-i-arabī</i>	<i>Acacia arabica</i> Linn	stem, bark, Fruit, seed ¹² , leaf, and gum ^{13,14,9}	7

3.1. Method of preparation

The ingredients of the formulation, after identification and ascertaining the quality, were cleaned by the removal of foreign matter, if present, were powdered separately by pulverizer (GMP model), sieved through a mesh with a pore size of 150 µ. (Mesh No. 100, British standard sieve (BSS). Required quantities of the powders were mixed thoroughly and moistened with sterile distilled water. Then *Qurs-i-Shibb* was prepared according to the standard method.⁸

3.1.2. Important Points Regarding Preparation of *Qurs-i-Shibb*

The tablets were prepared as per the procedure described by Mohammad Azam Khan,1315 AD¹⁵.The granules were

formulated into 500 mg tablets (excluding binding material weight) using rotary tablet punching machine.

3.1.3. Dose: 3gm per day (2 *Qurs* TID) from the 1st day of menstruation for 5 days for 2 cycles of diagnosed cases of *Kathrat-i-Ťamth*.¹⁶

3.1.4. Action & Uses (*Afāl wa Isti'māl*)

Qurs-i-shibb contains *shibb* which is the main ingredient of the test drug, *samagh-i-arabī*, *dam al-akhwayn*, *katīrā* and *gulnār*. These drugs have the properties of *hābis al-dam* (haemostatic), *mubarriid* (refrigerant), *qābiq* (astringent) and *mujaffif* (desiccant) produces vasoconstriction and thereby reduce profuse bleeding.

Table 2: Properties of ingredient of *Qurs-i-Shibb* in Unani medicine

Name	Temperament	Pharmacological action	Therapeutic uses
<i>Shibb-i-yamāni</i>	<i>Zāj</i> : Hot and Dry 3 ⁰ C ^{17,18} <i>Shibb</i> : hot and dry 3 ⁰ C ¹⁹ hot and dry 2 ⁰ ¹⁸	<i>Qābiq</i> (astringent). ^{19,20,12} <i>Mulattiff</i> (demulcent). ^{11,20} <i>Nāfi'-i-ru'āf</i> (beneficial in epistaxis). ^{39,20,21} <i>Qāti'-i-ru'āf</i> (prevent the epistaxis). ^{11,19} <i>Nāfi'-i-jaryān al-dam</i> (beneficial in bleeding). ^{19,20} <i>Qāti'-i-dam</i> (prevent the bleeding). ^{10,22} <i>Qāti'-i-jaryān-i-maq'ad</i> (preventive of anal bleeding). ^{19,22} <i>Nāfi'-i-nazf al-raḥim</i> (beneficial for uterine bleeding).	<i>Zāj:Ru'āf</i> (epistaxis). ^{18,19,10,20,21} <i>Jaryān al-dam</i> (bleeding). ^{19,10,20,23} <i>Nazf al-dam</i> (haemorrhage). ^{19,10} <i>Bawāsir</i> (haemorrhoid). ^{19,10}
<i>Katīra</i>	Cold and dry in 2 ⁰ C ^{17,18}	<i>Munaffith-ī-balgham</i> (expectorant), <i>Mushil-ī-balgham</i> (Purgative of Phlegm) <i>Musakkin</i> (sedative), <i>Mulattiff</i> (demulcent), <i>Hābis-ī-dam</i> (Haemostatic) ¹⁰ acid, ⁵²	<i>Su'āl</i> (cough), <i>Amrād-i-Halaq</i> (Diseases of Throat), <i>Nafs ud dam</i> (haemoptysis), <i>Bawl al-dam</i> (Haematuria) ¹⁰
<i>Dam al-akhwayn</i>		<i>Hābis al-dam</i> (styptic). ^{24,19,25,20} <i>Qābiq shadīd</i> (strong astringent). ^{10,11} <i>Muḥallil-i-warm</i> (resolvent of inflammation). ²⁴ <i>Lādhiq-i-jarāhat</i> , ^{18,19} <i>ṭarriyya</i> ²⁶ <i>wa qurūh-i-ṭarriya</i> ¹⁸ <i>raṭb</i> ²⁷ <i>wa jarāhat-i-tāza</i> ¹¹¹ (injury, wet and fresh wound adhesives). ^{18,19,27,20} <i>Multaḥim-i-qurūh</i> (sores adhesive). ^{19,20} <i>Muqawwi-i-mi'da</i> (stomachic). ^{18,28,19,10,25,27,11} <i>Rādi'-i-fuḍalāt</i> (residues derivatives) ^{19,25}	<i>Nazf al-dam</i> (haemorrhage). ^{18,24,10,20,27,11} <i>Ishal-i-damwī wa safrāwī</i> (bloody and bilious diarrhoea). ^{24,19,25} <i>Zahīr</i> (dysentery). ^{24,19,25} <i>Saḥaj al-am'ā'</i> (intestinal abrasion). ^{28,10,25,11} <i>Saḥaj al-maq'ad</i> (anal abrasion). ²⁴ <i>Qurūh al-am'ā'</i> (intestinal ulcer). ^{28,21} <i>Shuqāq al-maq'ad</i> (anal fissure). ^{18,24,19,10,25,20,27,11} <i>Awrām</i> (swelling) ²⁴ <i>Ākila</i> (cancrum). ^{20,21} <i>Dumbal</i> (boil). ^{24,28,21} <i>Khurāj</i> (abscess). ²⁴ <i>Jarāhat</i> (injury). ^{18,28,19,20,21,27} <i>Qurūh-i-raṭb</i> (wet wound). ^{18,27} <i>Qurūh</i> (wound). ^{24,19} <i>Qurūh-</i>

		<i>Muqawwī-i-kabid</i> (heptatonic). ^{28,21,11} <i>Dāfi'-harārt-i-kabid, mi'da wa am'ā'</i> (impulsive of liver heat, stomach and intestine). ^{24,19} <i>Muqawwī-i-ḥalqa-i-maq'ad</i> (tonic for the anal ring). ^{10,11}	<i>i-tāza</i> (fresh wound). ²⁸
<i>Ṣamagh -i-'arabī</i>	extremely hot. ¹⁸ <i>Mu'tadil</i> (moderate), ^{11, 19,21, 24,25,28} and Dry ^{20,19, 22,24,25}	<i>Muḥallilat-i-awrām ḥarra</i> (resolvent of acute inflammation). ^{18,19,21,24,28} <i>Nāfi'-i-awrām</i> (beneficial to the inflammation). ²⁷ <i>Rādi'</i> (repellent). ¹⁹ <i>Māni'-i-inṣībāb-i-mawād</i> (prevent the effusion of residue). ²⁴ <i>Nāfi'-i-awaja' al-mafāṣil</i> (beneficial in polyarthrititis). ²⁷ <i>Mani'-i-istirkhā'-i-mafāṣil</i> (inhibitive joint flaccidity). ^{18,19} <i>Muqawwī-i-istirkhā'-i-mafāṣil</i> (fortifying joint flaccidity). ¹⁰ <i>Hābis al-baṭn</i> (constipating). ²⁸ <i>Āqil-i-baṭn</i> (constipating). ^{11,18,27} <i>Rādi'-i-nutū' al-dubur/maq'ad</i> (repelling-the anal prolapse). <i>Rādi'-i-nutū' alraḥim</i> (repellent of uterine prolapse). ^{10,18,19,21,27,28} <i>Muṣliḥ-iraḥim wa maq'ad</i> (renovator of uterus and anus). ²² <i>Qāṭi'-i-sayalān al-raḥim muzmin</i> (preventive for chronic leucorrhoea). ^{10,18,24} <i>Nāfi'-i-istirkhā' al-raḥim</i> (beneficial for flaccidity of uterus). ^{18,19,21} <i>Nāfi'-i-sahj al-am'ā'</i> (beneficial for intestinal abrasion). ^{11,18,19,20,27} <i>Muqawwī-i-mi'da</i> (stomachic) ^{19,20} <i>wa jigar</i> (and hepatotonic). <i>Muqawwī-i-am'ā'</i> (tonic for intestine). ^{19,24} <i>Mujaffif</i> (desiccant). ^{105,107,116} <i>Jādhīb</i> (absorbant). ¹⁰⁵ <i>Qābid</i> (astringent). ^{10,18,24} <i>Ladhi'</i> (pungent). ^{10,25} <i>Nāfi'-i-naft aldam</i> (beneficial for haemoptysis). ²¹ <i>Nāfi'-i-ishāl-i-damwi</i> (beneficial for bloody diarrhoea). ^{18,21,24} <i>Hābis-i-ishāl</i> (preventive against diarrhoea). ²² <i>Māni'-i-sayalān al-dam</i> (preventive against	<i>Mugharrī</i> (mucilaginous). 10,11,18,19,24,25 <i>Muṣliḥ-i-advia ḥarra</i> (corrective for hot drugs). ²⁴ <i>Mujaffif</i> (desiccant). 10,11,18,24,25 <i>Shāmil-i-tiryāqat</i> (includes in the antidotes). ¹⁸ <i>Māni'-i-hiddat al-advia al-ḥaddah</i> (reduce intensity of hot drug). ^{10,11,19} <i>Muṣliḥ-i-advia</i> (corrective of drug). ^{20,24} <i>Dāfi'-i-khushūnat</i> (beneficial for irritation). ^{10,11,22} <i>Nāfi'-i-khushūnat al-ḥalaq</i> (beneficial for irritation of throat), 11,19,21,24,28 <i>ṣadr</i> (chest). ^{19,21,24} <i>wa qashbat al-rī'a</i> (and for tracheal irritation). ^{11,24,25,28} <i>Mulayyin</i> (laxative). ¹⁸ <i>Nāfi'</i> (beneficial) ²⁸ <i>wa musakkin su'āl-i-ḥār</i> (beneficial and sedative for acute cough). ^{10,11} <i>Nāfi'</i> (beneficial) ^{10,11,24} <i>and qāṭi'</i> (preventive) ¹⁹ <i>naft al-dam</i> (beneficial and preventive for haemoptysis). ^{10,11,19} <i>Mukhrij-i-balgham</i> (expectorant). ^{19,24} <i>Muqawwī-i-mi'da</i> (stomachic) ^{10,11,18,19,24,28} <i>wa am'ā'</i> (and intestinal tonic). ^{19,24} <i>Nāfi' ramad wa khushūnat-i-ajfān</i> (beneficial for conjunctivitis and irritation in eyelid). ^{10,11} <i>wa qurūḥ-i-ajfān</i> (and ulcer in eyelid). ¹¹ <i>Nāfi'-i-ḥarārat-i-chashm</i> (beneficial for the burning sensation of the eyes). ^{10,24} <i>Nāfi'-ijarab al-'ayn</i> (beneficial for trachoma). <i>Nāfi'-i-Sulāq</i> (beneficial for blepharitis). ^{19,22,24} <i>Nāfi'-i-bawāsīr</i> (beneficial for piles) ^{22,24} <i>wa bawāsīr al-raḥim</i> (and uterine polyp). ¹⁰ <i>Nāfi'</i> (beneficial) ^{10,11,24} <i>wa qāṭi'</i> ¹⁹ <i>nazf al-dam</i> (beneficial and preventive hemorrhage). ^{10,11,19,24} <i>Hābis-i-dam</i> (heamostatics). ²² <i>Hābis-i-ishāl</i> (prevents the purgation). ^{19,24} <i>Nāfi'-i-ishāl-i-ṣafrāwī</i> (beneficial for bilious diarrhoea). ^{19,21,24}
Gulnār	pomegranate flower: Cold and Dry 20.111,115,116	<i>Mujaffif</i> (desiccative). ^{10,25,27} <i>Mubarrid</i> (refrigerant). ^{10,27} <i>Nāfi'-i-sumūm</i> (beneficial for toxins), ²⁷ <i>wa nāfi'-i-naft al-dam</i> (beneficial for haemoptysis). ^{10,11,18,20,21,27} <i>wa nazf al-dam</i> (beneficial for haemorrhage). ^{10,11,20,21,27} <i>Nāfi'-i-liththa dāmiyya</i> (beneficial for bleeding gums), ^{10,11,24,27} <i>taḥarruk al-asnān wa fatq</i> (odontogenesis and hernia). ^{11,24} <i>Nāfi' nazf al-rahim</i> (beneficial for uterine bleeding). ^{10,11,18} <i>Qāṭi'-i-ishāl-i-ṣafrāwī</i> (prevent the-bilious diarrhoea). ^{10,11,27} <i>Hābis ishal-i-qawī</i> (prevents severe diarrhoea). ²⁰ <i>Sayalān al-rahim</i> (uterine discharge). ^{11,18} Gulnār Sokhta (burnt Gulnār) <i>Mudammil-iqurūḥ-</i> (wound healer), ²⁴ <i>aqūr wa saḥūj</i> (bed sores and abrasion). <i>Mudammil-i-qurūḥ-i-am'ā'</i> (healer of intestinal ulcer). ¹¹	Gulnār (Pomegranate flower): <i>Qurūḥ-i-raṭb</i> (wet ulcer). ^{25,27} <i>Qurūḥ-i-tāza</i> (acute wound). ¹¹ <i>Qurūḥ-i-atiqa</i> (chronic wound). ¹⁸ <i>Jarāḥat</i> (wound). ^{18,20} <i>Jarāḥat-i-atiqa</i> (chronic wound). ¹¹ <i>Gulnār</i> is used as a <i>ḍimād or ṭila</i> (paste or pain liniment) in above mentioned disease. ¹⁹ <i>Tasammum</i> (toxicosis). ²⁴ <i>Qurūḥ al-am'ā'</i> (intestinal ulcer). <i>Naft al-dam</i> (haemoptysis) ^{11,18,27} <i>wa nazf aldam</i> (and haemorrhage). ^{11,20,27} <i>Ishāl-i-qawī</i> (severe diarrhoea). <i>Ishāl al-dam</i> (bloody diarrhoea). ²⁰ <i>Ishāl-i-atfāl</i> (infantile diarrhoea). ²⁵ <i>Qurūḥ-i- majārī al-bawl</i> (urinary tract ulcer). ^{10,24,25} <i>Gulnār</i> is used as a beverage in above mentioned disease. ¹⁹ <i>Nazf al-raḥim</i> (beneficial for uterine bleeding). ^{10,11,18} It can be used as drink in this disease. ¹¹ <i>Jamra</i> (carbuncle). ^{10,24} <i>'Uṣāra-i-gulnār</i> (<i>gulnār</i> extract) is used with <i>sirka</i> for this disease as paint liniment. <i>Qurūḥ</i> (ulcer). ²⁴ <i>wa saḥūj al-khuff</i> (shoe abrasion). <i>Dākhīs</i> (acute inflammation near nailbed). ^{10,24} <i>'uṣāra-i-gulnār</i> is used with water for this disease. ²⁴

Table 3: Important identified Chemical constituent and Scientific studies on ingredients of *Qurs-i-Shibb*

Botanical name	Important chemical constituent	Pharmacological studies
Alum	KAl(SO ₄) ₂ .12H ₂ O, ^{29,30} and containing aluminum, metals such as potassium, iron ³¹ and magnesium ³² , etc.	Antibacterial effect. ³³ Haemostatic effect. ³⁴ Antiplatelet effect. ³⁵ Healing effect. ³⁶ Anti-obesity effect. ³⁷ Spermicidal effect. ³⁸ Anticancer activity. ³⁹
Acacia Arabica	â-sitosterol, â – amyrrin, quercetin, gallic acid, cyanidin chloride, dopamine-3-O-glucoside, prosopogenin A and lupeol. ⁴⁰	Antihypertensive activity. ⁴¹ Antimutagenic activity. ⁴² Anti-infertility activity. ⁴³ Effect of GA on renal function. ⁴³ Effect of GA on Blood Glucose Concentration. ⁴⁴ Antioxidant activity of GA. ⁴⁵ Antimicrobial activity and Cytotoxic activity of GA. ⁴⁶ Antiulcer activity of GA. ⁴⁷
Cochlospermum Religiosum Linn	L-rhamnose, D-galactose and D-galacturonic acid, traces of a ketohehexose, methylated uronic acid, D-galacturonic acid. ⁴⁸ The leave contains terpenoids, seponins, tannins. Flowers contains naringenin, beta-sitosteryl-glucoside. Seeds contain oil and some saccharine matter, gum after hydrolysis furnished a mixture of acidic oligosaccharides. ⁴⁹	Anti-inflammatory. ⁵⁰ Antioxidant activity. Antimicrobial activity. ⁵¹
Punica granatum Linn.	Tricetin 4'-O-β-glucopyranoside, tricetin, luteolin, ellagic acid, granatin B, punicalagin, apigenin, 134 sitosterol, ursolic acid, maslinic acid, itosterol-β-D-glucoside, D-manitol, ellagic acid, gallic acid, ⁵²	Anti-inflammatory activity. ⁵³ Antidiabetic activity. ⁵⁴ Haemostyptic activity. Gastro- intestinal tract. Wound healing activity. ⁵² Antibacterial activity. ¹²
Pterocarpus marsupium	Propterol, ⁵⁵ marsupsin, liquiritigenin, pterosupin ^{56,55} Iepicatechin. ⁵⁵ epicatechin, pterostilbene, isoliquiritigenin, lupeol, sitosterol, stigmasterol and naringenin. ⁵⁶	Anti-carcinogenic activity. ⁵⁷ Anti- hyperinsulinaemic and anti-hyper triglyceridaemic activity, Cardiotoxic activity. ⁵⁶ Antibacterial Activity. Antioxidant activity. ⁵⁸ COX-2 Inhibition. ⁵⁶ Analgesic activity. ⁵⁸ Anti- diarrheal Activity. Hepatoprotective Activity. Anti-inflammatory Activity. ⁵⁹

4. Discussion

Heavy menstrual bleeding can be so severe and heavy that it may leave some adverse effects on the women's social, physical, and emotional quality of life and may lead to complications such as anaemia, iron deficiency, increasing cost of medical services, anxiety and depression. ⁶⁰

Recently, there has been a shift in the universal trend of medicine selection from synthetic to herbal medicine, which we can say "Return to Nature". Medicinal plants have been known for millennia and are highly esteemed all over the world as a rich source of therapeutic agents for the prevention of diseases and ailments.⁶¹ The researchers prove the relevant pharmacological effects of their ingredients and prescribed in heavy menstrual bleeding, as the Haemostatic effect ³⁴ helps in retarding or stopping the blood flow, Antiplatelet effect³⁵ inhibit platelet function and have an antithrombotic effect, COX-2 Inhibition activity⁵⁶ is effective in decreasing the bleeding as it selectively inhibits the synthesis of PGI₂ and thereby reduces heavy menstruation. It has been repeatedly demonstrated that increased local inflammation is associated with increased menstrual blood loss, therefore inhibition of inflammatory mediators by anti-inflammatory activity^{59,53,50} and wound healing^{52, 36} can help reduce tissue damage and help in HMB. Haemo-styptic activity⁵⁰ helps in contracting the blood vessels.

5. Conclusion

Based on the information amassed as above, it can be concluded that *Qurs-i-shibb*, due to its ingredient such as astringent, haemostatics and refringent effect. Produce vasoconstriction and thus reduce heavy bleeding is effective and safe alternative treatment in the management of HMB.

However, more experimental and clinical studies are needed to gather extensive knowledge of the formulation,

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7. Conflict of interest

There is no conflict of interest to declare.

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