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Treatment of uterine leiomyoma with sal ammoniac: A single-blind randomized placebo controlled study

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Introduction: Uterine leiomyoma is the commonest tumour found in women. It constitutes a major public health cost to the community in terms of outpatient attendances and hospital costs for surgery of the disease.

Objective: Women are seeking alternatives to conventional medications and surgery for the treatment of leiomyoma. Therefore, it is important to test whether Sal Ammoniac is efficacious and safe in the management of leiomyoma.

Design: Randomized single-blind placebo controlled trial is designed.

Setting: Outpatient Department, National Institute of Unani Medicine Hospital, Bangalore.

Population: 40 patients with diagnosed uterine leiomyoma.

Methods: Randomization to either 2 gm sal ammoniac with 5 ml glycerin twice (N=25) daily or placebo (N=15) twice daily for 12 weeks from inclusion. This was a USG based study. Assessment of menorrhagia was done by the patient and assessment of dysmenorrhoea was done by pain rating scale. The impact of leiomyoma related symptoms on quality of life (QOL) was assessed by using a validated questionnaire.

Results: There was significant improvement in menorrhagia and dysmenorrhoea. Mean leiomyoma size decreased by 18% at 45 days and 35.19% at 90 days of Sal Ammoniac therapy. Patients treated with placebo had an increase in mean leiomyoma size of 33% at 90 days follow up. No side effects or adverse were reported with the drug. A significant improvement in the symptom score and QOL score was observed at 90 days follow up.

Conclusion: In this study, Sal Ammoniac successfully reduced the size and symptoms of leiomyoma in short-term follow up. Additional studies are needed before its efficacy and safety can be confirmed.

Biography

S. Nafees Bano is a Professor in the Department of Obstetrics and Gynecology, Hakim Syed Ziaul Hasan Govt. Unani Medical College & Hospital, Barkatullah University, Bhopal, M.P. She graduated from Hamdard Tibbi College, Delhi University in 1990 and started giving her services as a gynecologist. She started her academic career in 1995 and has been giving her services in various Unani Medical Colleges and Hospitals.

She received her M.D. in 2008 from National Institute of Unani Medicine, RGUHS, Karnataka. In her 20- year long career she has been giving her services as Examiner in various Universities, Supervisor for M.D. theses, Subject Expert in various Selection Boards & MPPSC, Resource Person, Guest Speaker, Chairperson in Workshops, Training Programmes and Seminars & is the Chairman, Board of Studies, Barkatullah University, Bhopal.

She has presented papers in various Conferences and Seminars and delivered a talk on women health issues on All India Radio, Bhopal. She is also the Chairman, IEC, CCRUM, Bhopal for the current year.

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