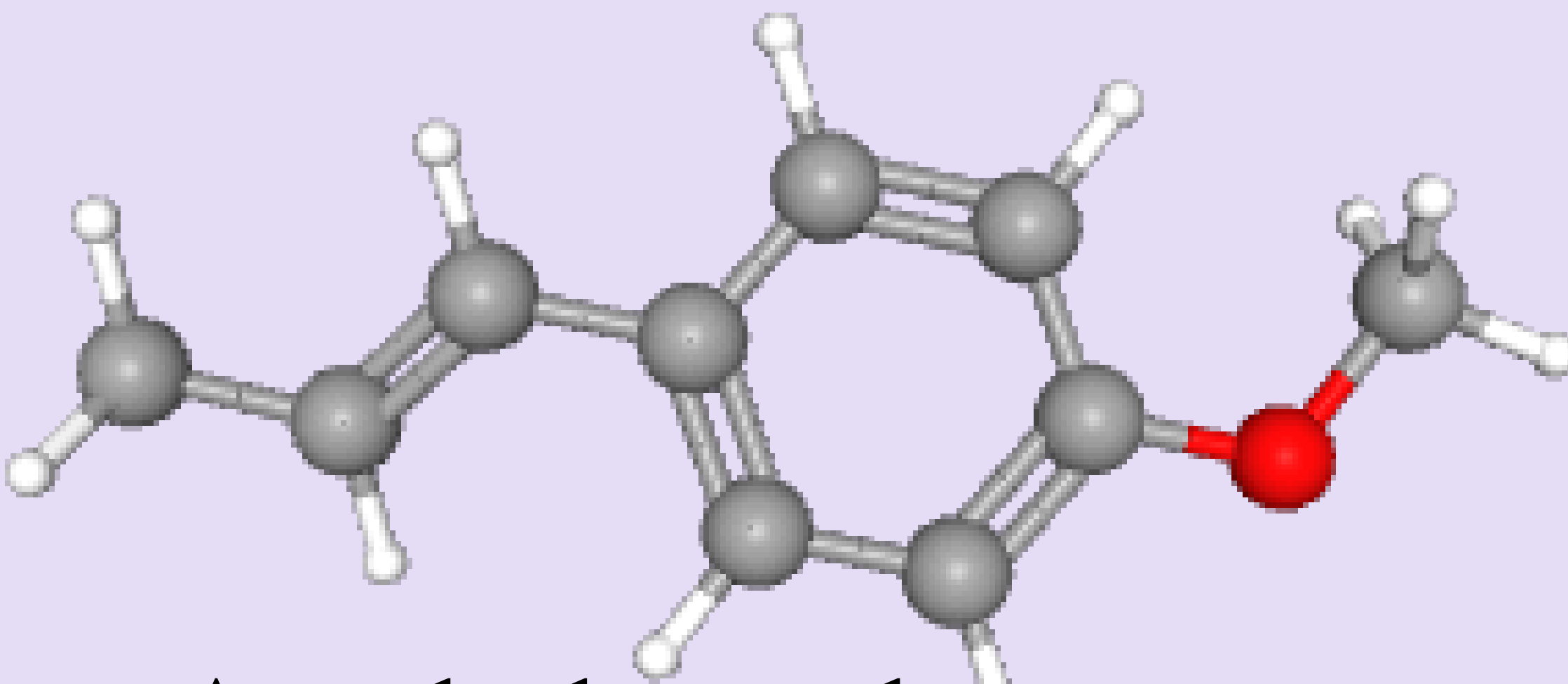
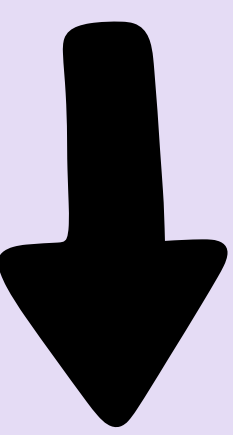


Anise as a Gynecological Supplement: A Systematic Review and Meta-Analysis

Background



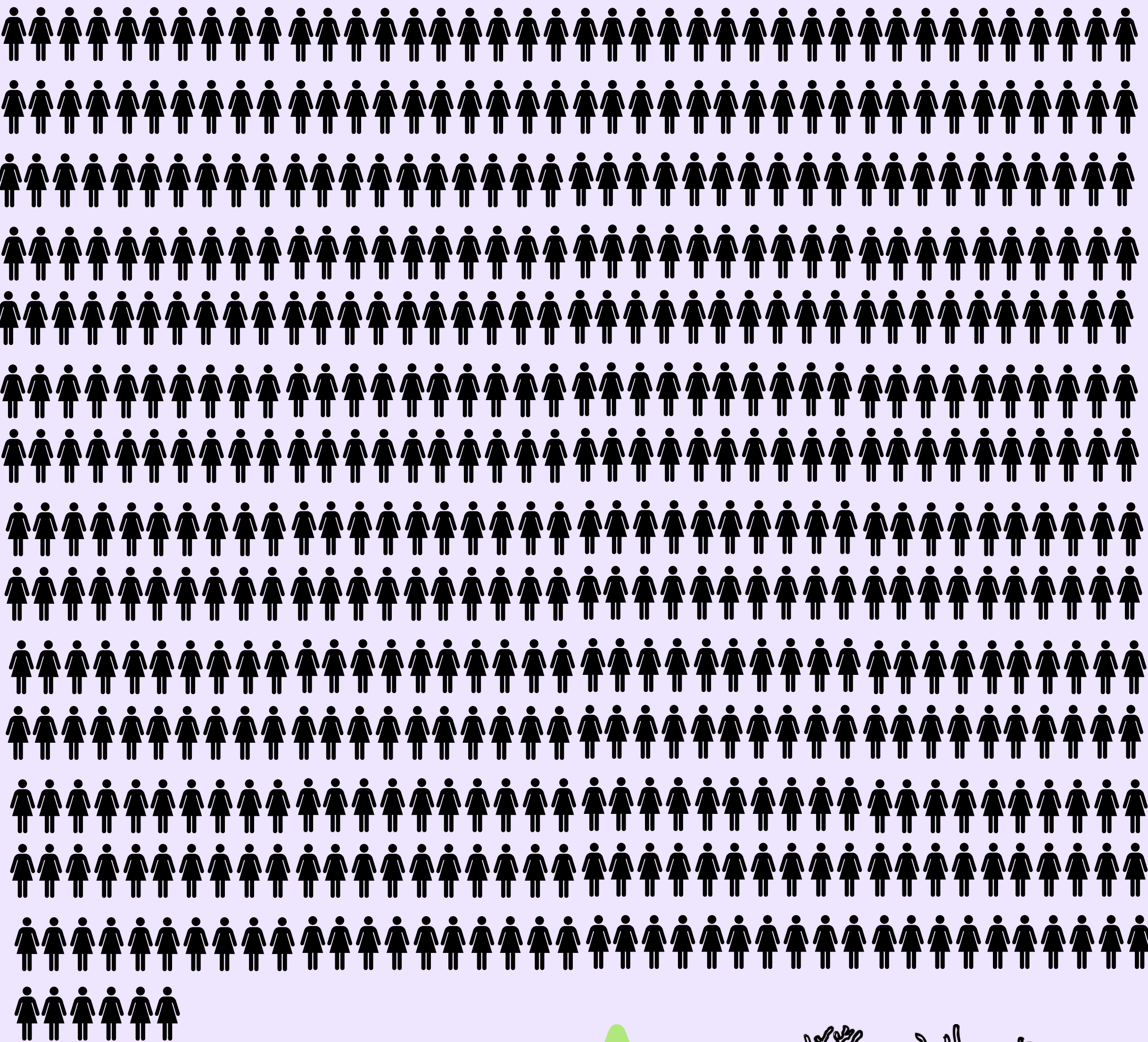
Pimpinella anisum



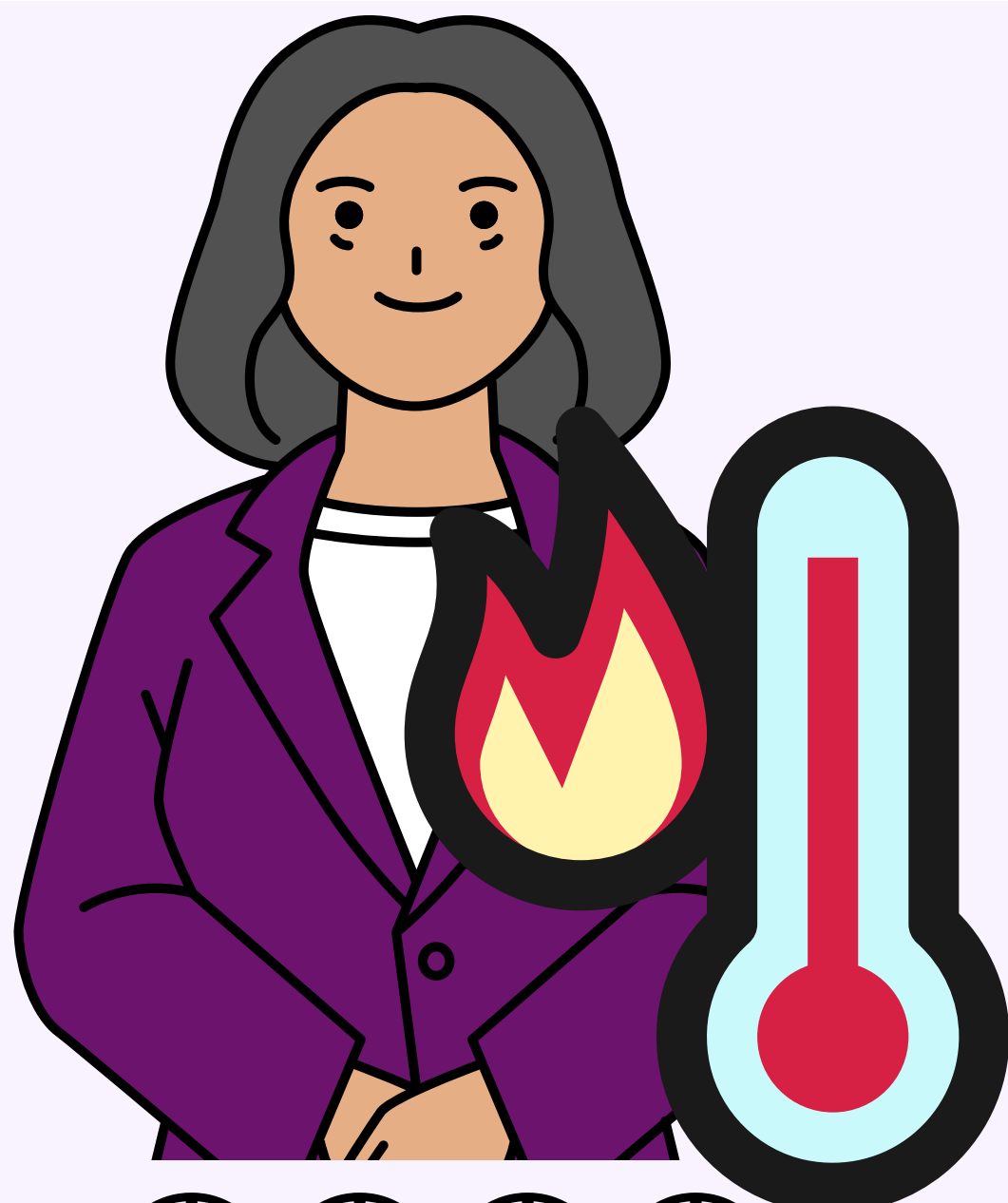
Anethole, a phytoestrogen

Study characteristics

Systematic review and meta-analysis of eight randomized controlled trials and 566 women.



Anise extract was often combined with other extracts including saffron, celery, and fennel.



⊕⊕⊕⊕
High certainty



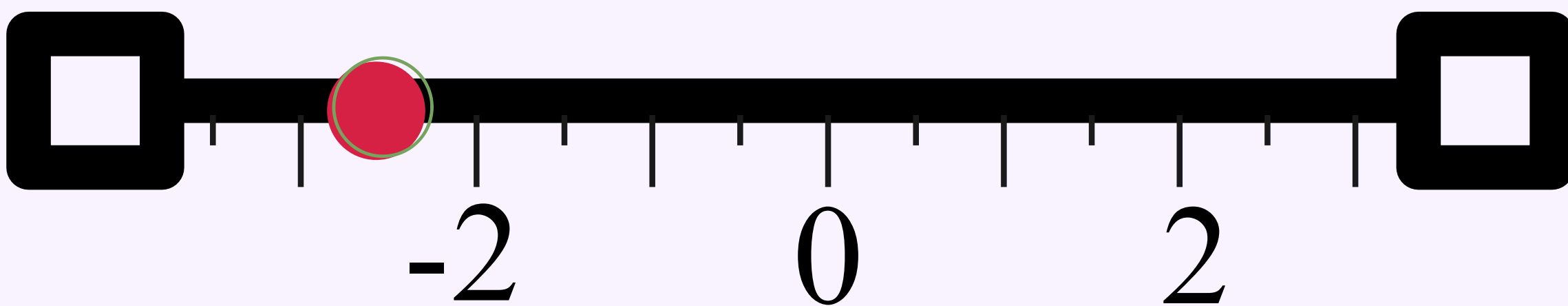
⊕⊕⊕○
Moderate certainty



⊕⊕○○
Low certainty

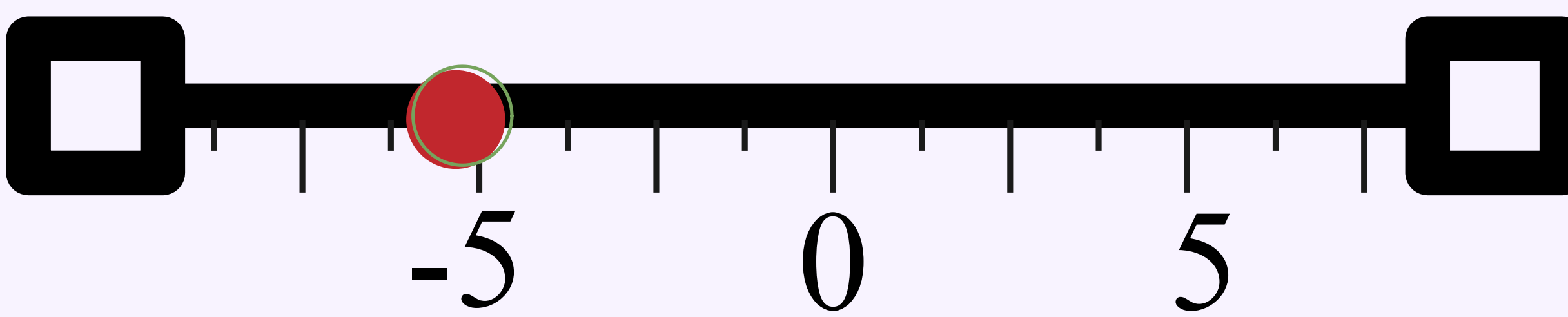
Results

Decreased frequency of menopausal hot flashes



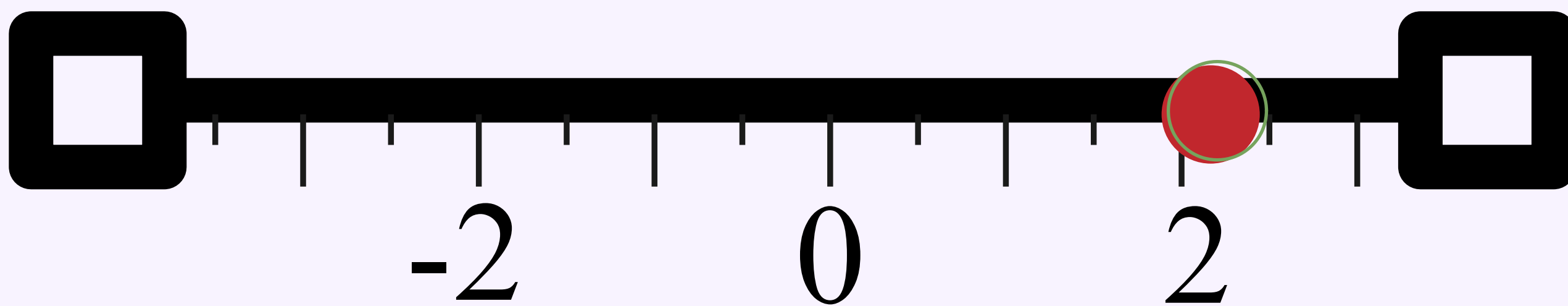
favours anise favours placebo

Decreased pain scores in primary dysmenorrhea



favours anise-containing favours placebo

Increased menstrual regularity in PCOS



favours placebo favours anise-containing