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International Journal of Clinical Case Studies

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Case Report

CHASTE (BERRY) Tree Fruit (Vitex Agnus Castus) Use on Premenauposal Complient

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Received Date: September 13 2022 | Accepted Date: September 19 2022 | Published Date: October 11 2022

Citation: Hayriye Alp (2022). CHASTE (BERRY) Tree Fruit (Vitex Agnus Castus) Use on Premenauposal Complient. *International Journal of Clinical Case Studies.*1(1); DOI:10.31579/ijccs-2022/002

Abstract:

Chaste tree is a small shrub native to Greece and Italy and naturalızed to warm climates in the United states.ıts peppery fruit has been used medicinaly for at least two thousand years. It is mentioned by the Greek physician , Dioscoriedes , as a beverage taken to lower libido

45 years old female, her complient premenoposal (AMENORRHEA) symptoms. Her hormones re E2 10.0 pg/ml, FSH 32,0mıU/ML, TSH 0.527Mıu/ML, Free T4 1,24ng/dl , In february 2022. Bothof them body and auriculotheray with acupuncture:Du-20,21, ST-25,24,36, SP-6,9, Kid-3-6, Liv-3, H-9,Lu-6, P-6, YİNG-TANG, ZERO, Shen-men, jerome, kidney, 10 session made. 0.25x25 mm and 0.13x20mm sterile needle used. Recommended vitex agnus castus tb 1x1, and homeopathy(ıgnatia c30, pulsatilla c30, 2x1. After therapy her hormones are FSH 6,27U/L LH 6,67IU/L E2 98pg/ml. Prolactin is 19,1ug/L.She is regular menstrual cycles.

According to the commission E there is evidence that aqueous-alcholic extracts of chaste tree fruit inhibit secretion of prolactin in vitro. In human pharmaocology there are no data about the lowering of prolactin levels. There is no knowledge regarding pharmocokinetics and systematic toxicological studies have not conducted.

Uses the commission E approved the use of chaste tree fruit for irregularities of the menstrual cycle premenstrual complients and mastodynia. The herb has been studied for use in cases of insufficient lactation.

Key words: chaste berry; menstrual cycle; vitex agnus castus

Chaste tree is a small shrub native to Greece and Italy and naturalızed to warm climates in the United states.ıts peppery fruit has been used medicinaly for at least two thousand years. It is mentioned by the Greek physician , Dioscoriedes , as a beverage taken to lower libido.(SHULTZ et al ,1998) According to the Greek historian, Philiny , chaste berry strewn on the beds of soldiers wives was a testimony of the wives faithfullness while their husbands were at battle(Hobbs 1996). Despite historical and folk use , there is no scientific evidence to suggest that chaste berry actually reduces libido.

Chaste berry has historically been used to treat hangovers flatulence , fevers, and constipation.(Hobbs 1996). It was also recognazid to bring on menstruation and to relieve uterine cramps(Mills 1985) american eclectic physicians of the 19.centruy recommended chaste berry not only as an emmenagougue but also to stimulate lactation.(Felter and Lloyd 1985) today chaste berry is used primarily for condition of the female reproductive system that may stem from latent hyperprolactinemia or corpus luteum insufficiency.

Case:

45 years old female, her complient premenoposal (AMENORRHEA) symptoms. Her hormones re E2 10.0 pg/ml, FSH 32,0mıU/ML, TSH 0.527Mıu/ML, Free T4 1,24ng/dl , In february 2022. Bothof them body and auriculotheray with acupuncture:Du-20,21, ST-25,24,36, SP-6,9, Kid-3-6, Liv-3, H-9,Lu-6, P-6, YİNG-TANG, ZERO, Shen-men, jerome, kidney, 10 session made. 0.25x25 mm and 0.13x20mm sterile needle used. Recommended vitex agnus castus tb 1x1, and homeopathy(ıgnatia c30, pulsatilla c30, 2x1. After therapy her hormones are FSH 6,27U/L LH 6,67IU/L E2 98pg/ml. She is regular menstrual cycles.

Dıscussıon:

In latent hyperprolactinemia excessive secretion of prolactin may cause breast swelling and breast pain.(Schneider and Bohnet 1981) studies have determined that chaste berry may help to correct prolactin levels through effects on dopamine receptors(Larry et al

1991;1994) cahste berry also affects benefically luteal phase defecet. A condition marked by short menstrual cycles thought to be caused by insufficient progesterone secretion consequent to deficits in the corpus luteum(Mühlenstedt et al1978) drugs that lower prolactin secretion have been shown to prolong the luteal phase of menstrual cycle as chaste berry has been shown to do(Schultz et al 1998, Milewicz 1993).

Both hyperprolactinemia and luteal phase defect have been pointed to as causal to premenstrual syndrome(PMS) and cyclic mastalgia. In clinical trials chaste berry was shown to relieve both PMS and especially breast swelling and pain(wuttke et al 1995) compared to vitamin B6 , chaste berry was superior in reducing mastalgia, premenstrual fluid retention , headache and fatigue (Lauritzen et al 1997)

From 1943 to 1997, approximately 32 clinical studies were conducted on a propertitary chaste berry product.(angolyt) seven studies evaluted its effectiveness in treating PMS four on mastitis and fibrocistic diseas , three on menopausal symptoms, three on increasing lactation, four on hyperprolactinemia, seven on uterine bleeding disordes , three on acne and four on hyperprolaneus menstruals irregularities(Hobbs and Blumenthal 1999) commercial chaste berry is administered in capsules and extract forms standartized to the iridoid constituent content, agnuside. Agnuside reduces pain in laborotary mice(Okuyama 1998)

Description chaste tree fruits is the ripe dried fruits of vitex agnus castus as well as their preparations in effective dosage.

Chemistry and pharmacalogy:

Constituents include the flavonoids casticin, penduletin, and chrysophanol D; alkalods,(viticin);iridoids acucbin and agnuside, volatile oil(0.5%) and essential oil containing α-pinene and β-pinene(Leung and Foster 1996;Newall et al.1996) vitexin and isovitexin are primary water-soluble flavones(Hobbs and Blumenthal 1999)

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Interactıons with other drogs:

In animal experiments there is evidence of a domapinegic effects; therefore ingestion of dopamine receptor antagonists may weaken the effect.

Dosage and administration:

Unless otherwise prescribed:30-40mg(0.03-0.04g) per day of crushed fruit for aqueous alcholic extracts in dry or fluid form.

Fluid extract:1:1(g/ml), 50-70% alchol(v/v):0.15-0.2ml.

Dry native extract 9.5-11.5:1(w/w):2.6-4.2mg.

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