

Fennel & Yarrow Combination (Ovarian Balance)

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ABSTRACT

The article will present the indications, analysis of the component's actions, cautions, contraindications, and modifications of the herbal formula Fennel & Yarrow Combination (Ovarian balance). The indications and analysis of the component's actions will be done from the point of view of the Western and Traditional Chinese Medicines. The medical information of the Fennel & Yarrow Combination effectivity is done on the base of the 35 years practice of the author.

Keywords

Fennel (*Foeniculum vulgare*), Yarrow (*Achillea millefolium*), Ovarian Health, Hormonal Balance, Herbal Medicine, Phytoestrogens.

Introduction

Fennel & Yarrow Combination (Ovarian balance) is the herbal formula created on the base of the Traditional Bulgarian Medicine. Bulgaria has the thousand-years old history of the selection, cultivation, and export of the medical herbs, same as the China.

Indications, Effects and Analysis of the Components**Indications**

Western medicine - Ovarian cysts, infections of the ovary, uterine tubes and endometrium, irregular menstruation, shortening of the menstrual bleeding, premenstrual headache, irritability, painful menstrual spasms, and conceiving problems. It is also applied in cases of the obsessive-compulsive disorders related to the hormonal imbalance.

Traditional Chinese medicine - Qi, Blood, and Phlegm stasis in lower Jiao, Liver Qi stagnation, Liver fire rising up and disturbing Heart and Shen.

Effects

Antibacterial, anti-inflammation, immunostimulant, antioxidant, astringent, hemostatic, antipyretic, analgetic, spasmolytic, diuretic, fertility, hepatoprotective, and dyspeptic effects.

Analyze of the Components

In Fennel & Yarrow Combination are included the herbs:

Radix Geranium sanguineous	/ Bloody Cranesbill roots/
Folium Arctostaphylos uva-ursi	/ Common Bearberry leaves/
Folium Betula alba	/ Birch leaves /
Herba Polygonum hydropiper	/ Bachelor's buttons stalks /
Herba Achillea millefolium	/ Yarrow stalks/
Herba Astragalus glycyphyllos	/ Milk vetch/
Fructus Foeniculum vulgare	/ Fennel fruit/
Fructus Juniperus communis	/ Common Juniper fruit/
Rhizoma Agropyrum repens	/ Couch-grass roots/
Folium Plantago major	/ Plantain leaves/

Geranium sanguineous / Bloody Cranesbill roots/ [1,2]

Compounds: Tannins (10 to 28 %): gallotannins; etheric oil (p-cemol, borneol, curcumin, α -elemen, β -elemenon, γ -selimen), organic acids, Vit C.

Effects: The tannins have astringent, hemostatic, and tonic properties.

Indications: Metrorrhagia, dysmenorrhea, sterility, nephrolithiasis, anemia, duodenal ulcers, enterocolitis, diarrhea, hemorrhoids, and cirrhosis.

Cautions and adverse effects: With the proper administration no health problem or intoxications are known. Some patients with the sensitive stomach can have the digestive disorders (tannins) – nausea and vomiting.

Daily dosage: 1 to 2 g drug, 3 times daily, in decoction.

Arctostaphylos uva-ursi / Common Bearberry leaves/ [1,2]

Compounds: Hydroquinone glycosides, piceoside, phenol carboxylic acids, tannins, hyperosid, quercetin, quercitrin, myricitrin, myricetin, iridoide, flavonoids, enzymes, triterpenes.

Effects: Astringent, antibacterial effect (*Escherichia coli*, *Helicobacter pylori*), and diuretic.

Indications: Inflammatory conditions – cystitis, pyelonephritis, urethritis, contact dermatitis, and hyperpigmentation (external use).

Cautions and adverse effects: Not to be used during pregnancy, breastfeeding and children under 12 years old. Nausea, vomiting and stomachache in the patient with gastric sensitivity; hepatotoxic in over extended period of administration.

Daily dosage: The daily dosage of powdered drug is 10 g or 0.4 g dry extract in a single dose.

Betula alba / Birch leaves / [1,2]

Compounds: Triterpene alcohol ester with saponin like effect, flavonoids, proanthocyanins, volatile oil, monoterpene glucosides, caffeic acid derivatives, ascorbic acid, 3,4-dihydroxy propiophenone-3-beta-D-glucoside.

Effects: Antipyretic, diuretic, cholagogue, and antiseptic effects.

Indications: Urinary tract infections, edema, gout, rheumatism, muscle spasm (stomach, intestines), atherosclerosis; hair lost and dandruff (external use).

Cautions and adverse effects: Not be used for edema in cardiac and kidney insufficiency. No adverse effects with the administration of therapeutic doses.

Daily dosage: 2-3 g daily dose.

Polygonum hydropiper / Bachelor`s buttons stalks / [1,2]

Compounds: flavonoid glucosides, polygoeparin, tannins, phytostirings, organic acids, Vit C, Vit K, etheric oil, and others.

Effects: Hemostatic, analgetic, and antibacterial effects.

Indications: Bleeding from the gastrointestinal tract, metrorrhagia, and white flow from uterus.

Cautions and adverse effects: No adverse effects with the administration of therapeutic doses.

Daily dosage: 3-6 g daily.

Achillea millefolium / Yarrow stalks/ [1]

Compounds: Volatile oil, sesquiterpene lactones, polyynes, alkamids, flavonoids, and betaine.

Effects: Cholagogue, spasmolytic, cardiovascular (lowered blood pressure, decreased LDL and triglycerides, increased HDL), anti-edema, anti-inflammatory and antimicrobial effects (*Escherichia coli*, *Salmonella typhosa*, *Shigella sonnei*, *Staphylococcus aureus*, and *Candida albicans*).

Indications: Loss of appetite, spastic gastrointestinal discomfort, liver and gall bladder disorders (cirrhosis, dyslipidemia, bile stasis), hypertonia, bleeding hemorrhoids, menstrual problems.

Cautions and adverse effects: Not to be used during pregnancy and breastfeeding.

Daily dosage: 4.5 g.

Astragalus glycyphyllos / Milk vetch/ [1,2]

Compounds: Triterpene glycosides, saponins, tragacanth, sterols, fatty acids, amino acids, polysaccharides, glycerin, dextrose, flavonoids, Vit C, and microelements.

Effects: Immunostimulant (proliferation of B cells of the spleen, production of interleukin-6 and tumor necrosis factor from macrophages, polyclonal immunoglobulin production, and cytotoxic T lymphocyte activity), antioxidant, antiviral (myocarditis, hepatitis), hepatoprotective, hypolipidemic, fertility (stimulate sperm motility), increased peristalsis of the small intestines, memory-enhancing, thrombolytic/fibrinolytic, cardiogenic effects, and diuretic effect.

Indications: Cardiovascular diseases (positive inotropic effect in congestive heart failure; significantly shorten the duration of ventricular late potentials in the angina pectoris, myocardial infarction, myocarditis, cardiomyopathy and arrhythmia; strengthen the left ventricular function, decrease the ratio pre-ejection period/left ventricular ejection time, increase the superoxide dismutase activity of the red blood cells, reduce lipid peroxidation content); Chemotherapy side effects (less nausea, vomiting and low white blood cell counts); Immunomodulating effects (increase effectiveness of platinum based chemotherapy for non-small-cell lung cancer, improve survival rate for small-cell lung cancer, increase the white blood count); Respiratory infections; nephritis, cystitis; gastritis, enteritis, liver fibrosis; amenorrhea, irregular menstruation, and infertility.

Cautions and adverse effects: Contraindicated in the patients with the autoimmune diseases; before surgery – risk of bleeding; caution should be taken with patients on the immunosuppressive therapy – transplant patients; increase the risk of the bleeding when is used with the anticoagulants, antiplatelet agents, thrombolytic agents, and heparin.

Daily dosage: capsules 250-500 mg; 2 capsules, three times daily.

Foeniculum vulgare / Fennel fruit/ [1,2]

Compounds: Trans-anetholes, fenchone, estragole, alpha-pinenes, camphene, p-cymene, myrcene, limonene, alpha- and beta-phellandrene, gamma-terpenes, terpinol, cis-ocimene.

Effects: Increase gastrointestinal motility and secretion, antispasmodic effect, secretolytic effect in the respiratory system, and antimicrobial effect.

Indications: Cough, Bronchitis, Dyspeptic complains, Gastritis, Chronic colitis, Increase milk production, and Nephrolithiasis.

Cautions and adverse effects: Not recorded in the proper administration.

Daily dosage: 5 to 7.5 g per day.

Juniperus communis / Common Juniper fruit/ [1,2]

Compounds: Volatile oil, diterpenes, catechin tannins, flavonoids, monosaccharides, and oligometric proanthocyanins.

Effects: Anti-inflammatory, diuretic, hypotensive, hypoglycemic, and dyspeptic effects.

Indications: Chronic urinary tract infections (glomerulonephritis, pyelonephritis, cystitis), virus infections (herpes simplex, flu), irregular menstruation, stomach acidity, rheumatoid arthritis, gout,

seborrhea, eczema, psoriasis, neurosis.

Cautions and adverse effects: Not to be used in acute nephritis, during pregnancy and breastfeeding.

Daily dosage: 2 to 10 g, capsule – 515 mg.

Agropyrum repens / Couch-grass roots/ [1,2]

Compounds: Mucilage, tricin, sugar alcohols, soluble silicic acid, volatile oil, saponin, inulin, Vit A, Vit C, and minerals.

Effects: Antimicrobial effect.

Indications: Urinary tract infections, nephrolithiasis, gout, and infertility.

Cautions and adverse effects: Not recorded in the proper administration.

Daily dosage: 6 to 9 g daily.

Plantago major / Plantain leaves/ [1,2]

Compounds: Iridoide monoterpenes, mucilage, flavonoids, caffeic acid esters, tannins, hydroxycoumarins, saponins, and silicic acid.

Effects: Antimicrobial effect.

Indications: Common cold, bronchitis, pneumonia, nephrolithiasis, cystitis, enuresis, gastro-entero-colitis, dermatitis.

Cautions and adverse effects: Not recorded in the proper administration.

Daily dosage: 3 to 6 g daily.

Cautions and Contraindications

Not recorded in the proper administration. Not to be used during the pregnancy.

Daily dosage: 1 to 2 capsules

Modification of the Fennel & Yarrow Combination /Ovarian balance/

Fennel & Sheperd`S Purse Combination /Overflow control/

To Fennel & Yarrow Combination is included Herba Bursae pastoris /Shepherd` s purse stalks/.

Bursa pastoris / Shepherd` s purse stalks /[1,2]

Compounds: Cardioactive steroids, glucosinolates, sinigrin, flavonoids, caffeic acid derivatives, tyramine, choline, acetylcholine, tannins, saponins, Vit C, Vit K, and others.

Effects: Harmonizing of the blood pressure, positive inotropic and chronotropic effects, increased uterine contraction, and antibacterial effect against gram-negative pathogens.

Indications: Metrorrhagia, bleeding between the menstrual cycles, premenstrual syndrome, nose bleeding, hemorrhoidal bleeding, wounds, burns, bladder inflammation, hematuria, and headache.

Cautions and adverse effects: Not recorded in the proper administration. Not to be used during pregnancy.

Daily dosage: 10 to 15 g daily.

Indications

Western Medicine - Ovarian cysts, infections of the ovary, uterine tubes and endometrium, irregular menstruation, metrorrhagia - over menstrual bleeding, prolonged menstrual bleeding, bleeding between the menstrual periods, premenstrual headache, irritability,

painful menstrual spasms, conceiving problems. It is also applied in cases of the obsessive-compulsive disorders related to the hormonal imbalance.

Traditional Chinese medicine - Qi, Blood and Phlegm stasis in lower Jiao, Liver Qi stagnation, Heat in the blood, Liver fire rising up and disturbing Heart and Shen.

Fennel & Meadowsweet Combination /Thyrofemme/

To Fennel & Yarrow Combination /Ovarian balance/ is included Herba Filipendula ulmaria /Meadowsweet stalks/

Herba Filipendula ulmaria /Meadowsweet stalks [1,2]

Compounds: Flavonoids, volatile oil, tannins, hetarene oil, esters of the silicic acid, Ph, Fe, S, Vit C, Vit A.

Effects: Antimicrobial, antipyretic, antiulcer, diuretic effects.

Indications: Diseases of the gland with internal secretion – thyrotoxicosis, Based` disease, bronchitis, rhinosinusitis, pharyngitis, rheumatism, gout, pyelitis, cystitis, bone TBC, tumors.

Cautions and adverse effects: Not recorded in the proper administration.

Daily dosage: 4 to 5 g daily.

Indications

Western medicine - Ovarian cysts, infections of the ovary, uterine tubes and endometrium, irregular menstruation, shorting of the menstrual bleeding, hyperthyroidism – palpitations, nervousness, tremor, sweating, hot flashes, insomnia, premenstrual headache, irritability, painful menstrual spasms, conceiving problems. It is also applied in cases of the obsessive-compulsive disorders related to the hormonal imbalance.

Traditional Chinese medicine - Qi, Blood and Phlegm stasis in lower Jiao, Liver Qi stagnation, Heat in the blood, Liver fire rising up and disturbing Heart and Shen.

Chemical Analysis

The Fennel & Yarrow Combination (Ovarian balance) had a chemical and antibacterial analysis in the Technology Center of the Plovdiv University “Paisii Hilendarski” EOOD, Bulgaria, by prof. Ilia Iliev

Methods of Analysis

Determination of the total polyphenolic content by the method of Singleton and Rossi

Determination of the total flavonoid content by spectrophotometric method with AlCl₃ (Aluminium chloride)

Quantification of condensed tannins using the methyl cellulose precipitation method

Quantification of polyphenolic substances, representatives of the group of phenolic acids, flavonoids and tannins using the HPLC method (High-performance liquid chromatography)

Quantification of arbutin according to the European Pharmacopeia 10.0

Determination of antioxidant activity using the DPPH method
LC-Mass Spectrometry analysis – isolated 492 chemical substances

The chemical analysis of the Fennel & Yarrow Combination (Ovarian balance) shows the existing of the many useful chemical substances. The chemical substances with the highest concentration are grouped according to their physiological effects:

Effects of the Isolated Chemical Substances

- **Antimicrobial** – flavonoids: myricetin (antiviral effect – Moloney murine leukemia virus, Rauscher murine leukemia virus and Human immunodeficiency virus), hyperoside (antiviral effect), isorhamnetin (antibacterial – Staphylococcus aureus Escherichia coli, Klebsiella pneumoniae, Proteus, Bacillus, Mycobacterium tuberculosis and antiviral effects – Influenza virus); phenol acids (chlorogenic acid – Influenza A, Candida albicans, gallic - Campylobacter, Escherichia coli, Listeria monocytogenes, and Staphylococcus aureus and mutans, Pseudomonas and caffeine acid - Staphylococcus aureus; naringin dihydrochloride (antiviral - Hepatitis C, Antidengue virus, antibacterial - Escherichia coli, Staphylococcus aureus, Candida albicans, Alternaria alternate, Fusarium linii, Aspergillus niger); Sinapoylglucose 2 (Staphylococcus aureus, a methicillin-resistant bacterium); Dieonic acid derivatives; Caffeoyl tartaric (antiviral activity - SARS-CoV-2); Coumaroyl galacta; 3-idolymethyl glu; Phaseolic acid; Isorhamnetin-rh-g; Quercetin-glc-glc; Phlorizin; Caffeic acid; 2-Deoxyuridine.
- **Anti-inflammation** – flavonoids: myricetin, hyperoside, quercetin, isorhamnetin; camferol-3-o-rutinoside; phenol acids (chlorogenic acid, gallic and caffeine acid); tannins - catechins, epicatechins, naringin dihydrochloride; Sinapoylglucose 2; Dieonic acid derivatives; Cytidine 3-monoph; Coumaroyl galacta; 3-idolymethyl glu; Isorhamnetin-rh-g; Quercetin-glc-glc; Kaempferol-glcA; L-gamma-glutamyl-L; Sinapoyl galactarat; Caffeic acid; Acetylsalicylic acid.
- **Immunostimulant** - flavonoids: myricetin, quercetin, isorhamnetin, naringin dihydrochloride; Dieonic acid derivatives; Feruloyl galactarat; Caffeic acid.
- **Antioxidant** - verified with antioxidant analyze (TPC –total polyphenol content, mg GAE/g – equivalent of gallic acid: 100.0; IC50 DPPH mg GAE/g 15 min: 1.25; EC50 CUPAC mg GAC/g: 2.21; EC50 FRAP mg GAC/g: 0.37); OPF – Oil Palm Fronds, DPPH) – flavonoids: myricetin, isorhamnetin, quercetin, camferol-3-o-rutinoside; phenol acids (chlorogenic acid, gallic and caffeine acid); tannins – catechins, epicatechins; naringin dihydrochloride; Sinapoylglucose 2; Dieonic acid derivatives; Palmitic acid; Caffeoyl tartaric; Ferulic acid 4-o-g; Di-p-coumaroyl-di; Coumaroyl galacta; Feruloyl galactarat; Fertaric acid; Phaseolic acid; Isorhamnetin-rh-g; Quercetin-glc-glc; Phlorizin; Kaempferol-glcA; Sinapoyl galactarat; Caffeic acid; 2-Deoxyuridine; Vanilloids
- **Astringent** - flavonoids: isorhamnetin; tannins; gallic acid.
- **Hemostatic** – tannins- epicatechin.
- **Antipyretic** - – flavonoids: quercetin, isoquercitrin; acetylsalicylic acid.
- **Analgetic** – flavonoids: quercetin, myricetin, isorhamnetin; naringin dihydrochloride; 3-idolymethyl glu; acetylsalicylic acid.

- **Spasmolytic** - flavonoids: quercetin, isorhamnetin; Coumaroyl galacta; 3-idolymethyl glu; Quercetin-glc-glc
- **Diuretic** – arbutin; Cis-3-hexenyl b-pr.
- **Fertility** – naringin dihydrochloride.
- **Hepatoprotective** – flavonoids: hyperoside, myricetin, isorhamnetin; tannins - catechins, epicatechins, camferol-3-o-rutinoside; phenol acids (chlorogenic acid, gallic and caffeine acid; naringin dihydrochloride; Ferulic acid 4-o-g; Quercetin-glc-glc; Phlorizin; Caffeic acid.
- **Dyspeptic** – Ellagitannin; Cytidine 3-monoph; Fertaric acid; Sinapoyl galactarat.
- **Formation dissolving (cyst, fibromas)** – Myo-inositol; Phaseolic acid, and all anticancer substances.
- **Anticancer** - flavonoids: myricetin, hyperoside, quercetin, myricetin, isorhamnetin (cervical cancer), camferol-3-o-rutinoside; phenol acids (chlorogenic acid, gallic and caffeine acid; tannins – catechins, epicatechins; Sinapoylglucose 2; Dieonic acid derivatives; Ferulic acid 4-o-g; Di-p-coumaroyl-di; Cytidine 3-monoph Coumaroyl galacta; 3-idolymethyl glu; Isorhamnetin-rh-g; Quercetin-glc-glc; Phlorizin; Kaempferol-glcA; Sinapoyl galactarat; Caffeic acid; 2-Deoxyuridine; Vanilloids; Acetylsalicylic acid.
- **Antidiabetic** - flavonoids: myricetin, quercetin, myricetin, camferol-3-o-rutinoside; phenol acids (chlorogenic acid, gallic and caffeine acid); tannins – catechins, epicatechins; Caffeoyl tartaric; Ferulic acid 4-o-g; Cytidine 3-monoph; 3-idolymethyl glu; Quercetin-glc-glc; Phlorizin; L-gamma-glutamyl-L; Acetylsalicylic acid.

Clinic Research

Methods and Methodology

For the medical statistic analysis were examined 112 women, from 14 to 58 years age, that used Fennel & Yarrow Combination (Ovarian balance), in dose 1 capsule daily. Fennel & Yarrow was taken during the period from 1 to 8 months. All woman had the ovarian cysts. The ovarian cysts were from the chronic infection and hormonal imbalance. The dermoid, malignant and endometriosis cysts were not included (CA 125 was negative for all women, FSH, LH, estrogen and progesterone were measured). The size of the ovarian cysts was from 1.0 to 7.2 cm. The quality of the menstruation – regularity, dysmenorrhea, shorting menstrual bleeding or missing menstruations, premenstrual syndrome (headache, nervousness, insomnia, swelling, and acne), and the relapse of the cysts were analyzed for every one woman. Also, the dissolving of the conceiving problem was analyzed. Six of the women with the ovarian cyst were in the climax. The follow up period of the patients was 10 years. The size of the cysts was measured by the ultrasound diagnostic apparatus – LOGIQ P6.

For the Fennel & Sheperd's purse Combination (Overflow control) were examined 103 women, from 16 to 64 years age. Fennel & Sheperd's purse Combination was taken in the period from 1 to 4 months, in dose 1 capsule daily. All woman had the ovarian cysts. The ovarian cysts were from the chronic infection and hormonal imbalance. The dermoid, malignant and endometriosis cysts were not included (CA 125 was negative for all women, FSH, LH,

estrogen and progesterone were measured). The size of the ovarian cysts was from 1.0 to 8.2 sm. The quality of the menstruation – regularity, dysmenorrhea, metrorrhagia, between menstruation bleeding or around menstruation spotting, premenstrual syndrome (headache, nervousness, insomnia, and acne), relapse of the cysts was analyzed for every one woman. The follow up period of the patients were 10 years. Five of the women with the ovarian cyst were in the climax. The size of the cysts was measured by the ultrasound diagnostic apparatus – LOGIQ P6.

Results

Fennel & Yarrow Combination (Ovarian balance) – 112 women

The 108 women have fully resolved of the cysts, 4 women have from 18 to 66 % decreased size and 0 women had no response to the therapy ($p < 0.1$). The relapsing of the cysts was found at 24 women, in the period from 4 months to 10 years. All relapsed cyst were cleaned with the Fennel & Yarrow Combination (from all 112 women with the ovarian cyst, 6 were in the climax). The clinical symptoms threatened with the Fennel & Yarrow Combination were the regularity of the menstruation, dysmenorrhea, shorting menstrual bleeding or missing menstruations, premenstrual syndrome (headache, nervousness, insomnia, swelling, and allergy), and conceiving problem. The 29 women had the irregular menstruation (late from 1 week to 2 months; 2 women were with amenorrhea). All women recovered the regularity of the menstruation after 2 to 4 months therapy ($p < 0.4$). The 48 women had dysmenorrhea (painful cramps). The 39 women were without of the menstrual pain and 9 women were with decreased, very light pain, after the therapy ($p < 0.3$). The 54 women had the metrorrhagia (over bleeding at the menstruation, with blood clots). The 49 women recovered the normal bleeding from 3 to 7 days, without blood clots and 5 women had decreased menstrual bleeding, with less blood clots ($p < 0.3$). The 31 women were with PMS (premenstrual syndrome) – 19 with headache, 5 with swelling of the face, arms, and legs, 20 women were with nervousness and insomnia, and 6 with acne. After the therapy, 13 women were without headache and 7 women were with significant decreased headache, 5 women were without swelling, 20 women were without the nervousness and insomnia, and 6 women were

with significant decreased acne ($p < 0.4$). The 6 women with the chronic conceiving problem had the pregnancy.

Fennel & Sheperd's purse Combination (Overflow control) – 103 women

The 96 women have fully resolved of the cysts, 7 women have from 35 to 84 % decreased size and 0 women had no response to the therapy ($p < 0.1$). The relapse of the cysts was found at 14 women, in the period from 4 months to 10 years. All relapsed cyst was cleaned with the Fennel & Sheperd's purse Combination (from all 103 women with the ovarian cyst, 5 were in the climax). The clinical symptoms threatened with the Fennel & Sheperd's purse Combination were the regularity of the menstruation, dysmenorrhea, metrorrhagia, bleeding between menstruation or around menstruation spotting, premenstrual syndrome (headache, nervousness, insomnia, swelling, and acne). The 19 women had the irregular menstruation (the menstruation is coming before 21 days). All women recovered the regularity of the menstruation after 2 to 4 months therapy – the menstruation was between 21-30 days ($p < 0.4$). The 46 women had dysmenorrhea (painful cramps). The 36 women were without of the menstrual pain and 8 women were with decreased, very light pain, after the therapy ($p < 0.3$). The 60 women had the metrorrhagia (over bleeding at the menstruation, with blood clots). The 49 women recovered the normal bleeding from 3 to 7 days, without blood clots and 11 women had decreased menstrual bleeding, with less blood clots ($p < 0.3$). The 37 women were with the spotting around the menstruation and ovulation day. The 33 women were without spotting and 4 women with decreased spotting, after therapy. The 25 women were with PMS (premenstrual syndrome) – 14 women were with headache, 16 women were with nervousness and insomnia, and 6 women were with acne. After the therapy 13 women were without headache and 1 woman was with a significant decreased headache, 16 women were without the nervousness and insomnia, and 6 women were with significant decreased acne ($p < 0.4$).

No gastrointestinal symptoms (nausea, vomiting, diarrhea, or constipation) or allergy to the Fennel & Yarrow Combination and Fennel & Sheperd's purse Combination were registered.

Table 1: Summarized result of the therapy with the Fennel & Yarrow Combination and Fennel & Sheperd's purse Combination.

Clinic symptoms	Full number	Fully compensated	Partial compensated
1. Ovarian cyst (Fennel & Yarrow Combination, Fennel & Sheperd's purse Combination)	215	204	11
2. Irregular menstruation			
* Earlier menstruation (Fennel & Sheperd's purse Combination)	19	19	
* Late menstruation (Fennel & Yarrow Combination)	29	29	
3. Metrorrhagia (Fennel & Sheperd's purse Combination, Fennel & Sheperd's purse Combination)	114	98	16
* Bleeding between the menstruations (Fennel & Sheperd's purse Combination)	37	33	4
4. Dysmenorrhea (Fennel & Yarrow Combination, Fennel & Sheperd's purse Combination)	94	75	17
5. Menstrual headache (Fennel & Yarrow Combination, Fennel & Sheperd's purse Combination)	33	26	8
6. Premenstrual syndrome:			
nervousness	36	36	
insomnia	36	36	
swelling	5	5	
acne	12	12	
(Fennel & Yarrow Combination, Fennel & Sheperd's purse Combination)			
7. Conception problem (Fennel & Yarrow Combination)	6	6	

Analysis

Fennel & Yarrow Combination (Ovarian balance) and Fennel & Sheperd's purse Combination (Overflow control) are very effective to support dissolving of the ovarian cyst from the chronic infection and hormonal disbalance (94.8% effectivity), help to regulate the menstrual bleeding (83.7%), dysmenorrhea (79.7%), menstrual headache (78.7%), and premenstrual syndrome (86.5%).

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