

5. Conclusion

Present Meta-analysis of Evicare clinical studies indicate safety and efficacy in normalizing menstrual irregularities. In addition, Evicare reduces excessive menstrual bleeding and normalizes character and duration of menstrual flow. It improves hemoglobin levels and normalizes altered hormonal levels. There was a significant improvement in parameters like clinical parameters, like dysmenorrhea, menorrhagia, improvement in anemia (Hemoglobin) levels, character of blood flow, duration of blood flow. There were also improvement in Oestrogen and Progesterone levels. This Meta-analysis clearly shows that Evicare may be beneficial in women suffering from menstrual irregularities.

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Table 1: Individual study details on Evicare

Sl.no	Investigator name	Number of subjects
1	Dr.Mangaiyarkarasi	50
2	Dr.Mukta	50

3	Dr.Urmila	51
4	Dr.Deepak Desai	38
5	Dr.DN.Misra	47
6	Dr.Sudha Salhan	35
7	Dr.vijay Zusthi	50
8	Dr.Gauri Ganguli	100

Table 2: Demographic data

Demographic data	Details
Number of trials	: 08
Number of patients	: 421
Age of patients	: 31.30 ± 4.86 years
Dose	: Evicare Capsule 1-2 tablets twice daily Evicare Syrup-10-15 ml twice daily
Duration of treatment	: 3 months

Table 3: Effect of Evicare on Hormone Levels

Parameters	Number	Before treatment (Mean±SD)	After Treatment (Mean±SD)	Significance
FSH mIU/ml	56	8.68 ±6.12	9.22±6.53	NS
LH mIU/ml	56	10.69±14.44	10.95±10.35	NS
Oestrogen pg/mL	125	116.20±75.24	99.42±64.90	p<0.0001
Progesterone ng/mL	56	6.51±7.84	9.27±10.72	p<0.0493

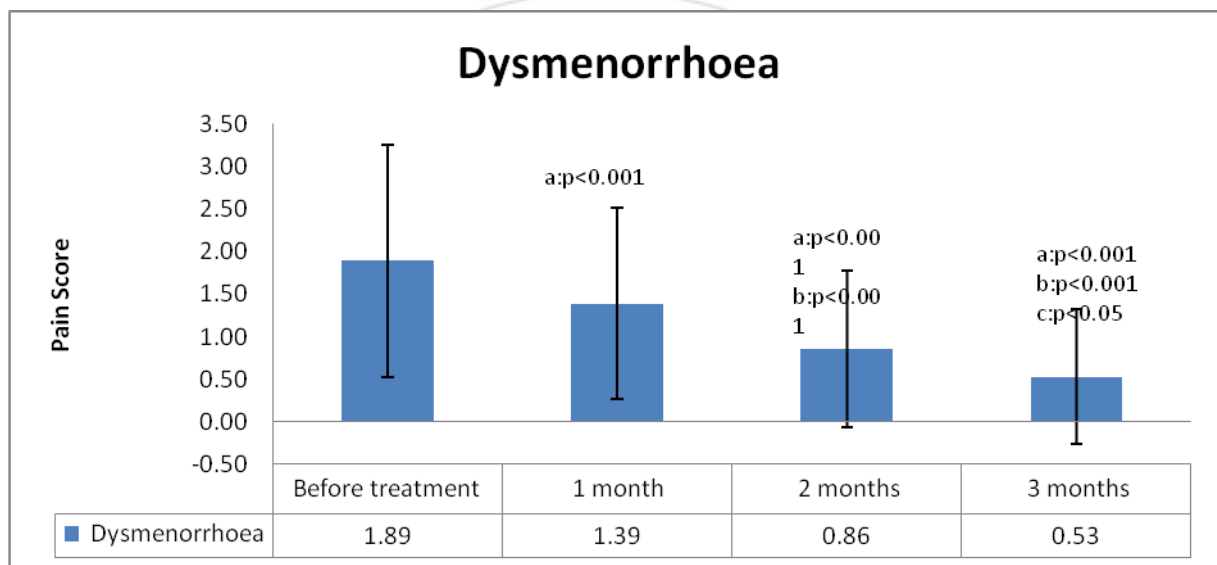


Figure 1

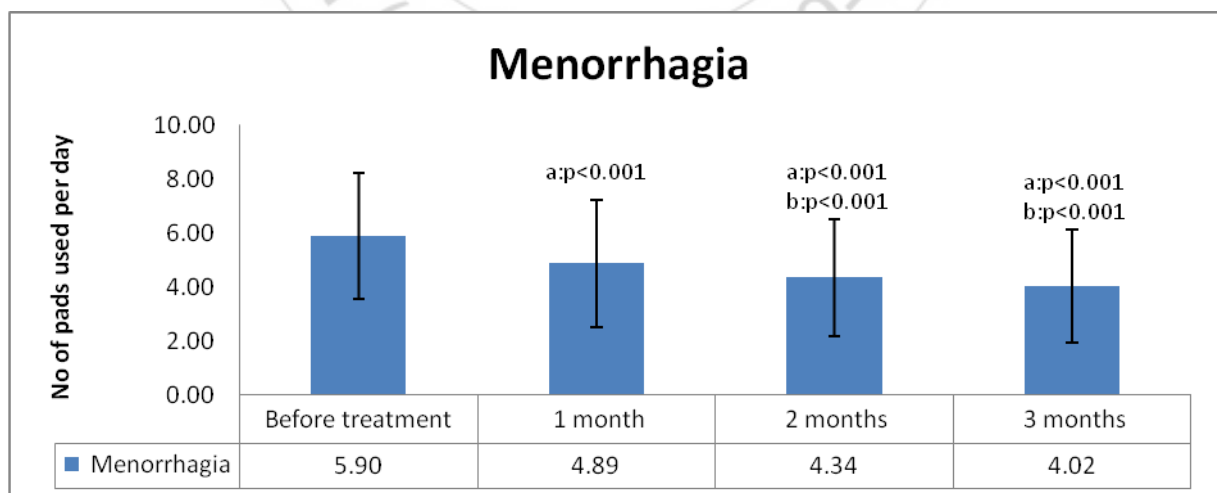


Figure 2

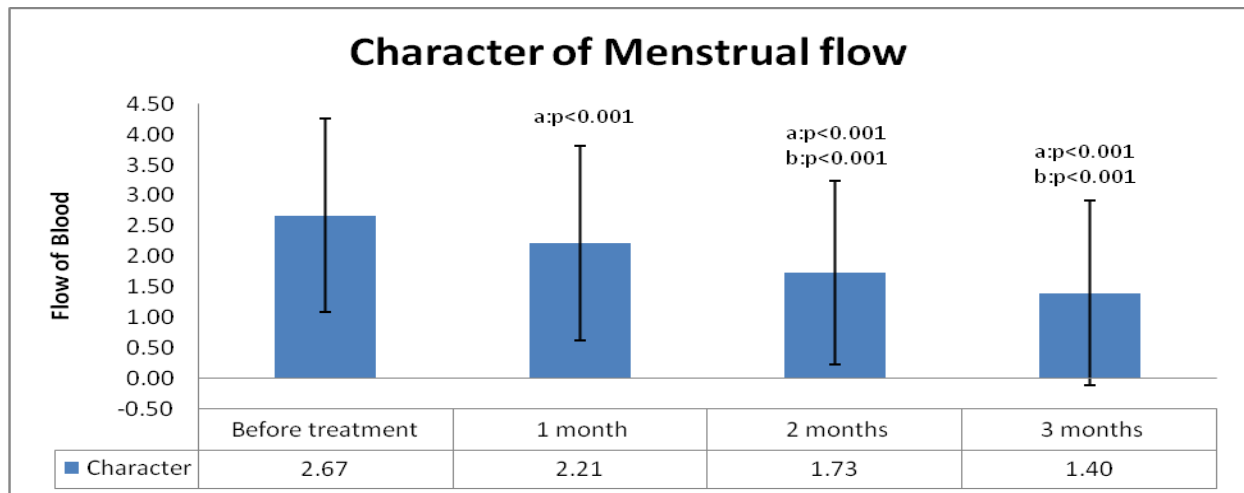


Figure 3

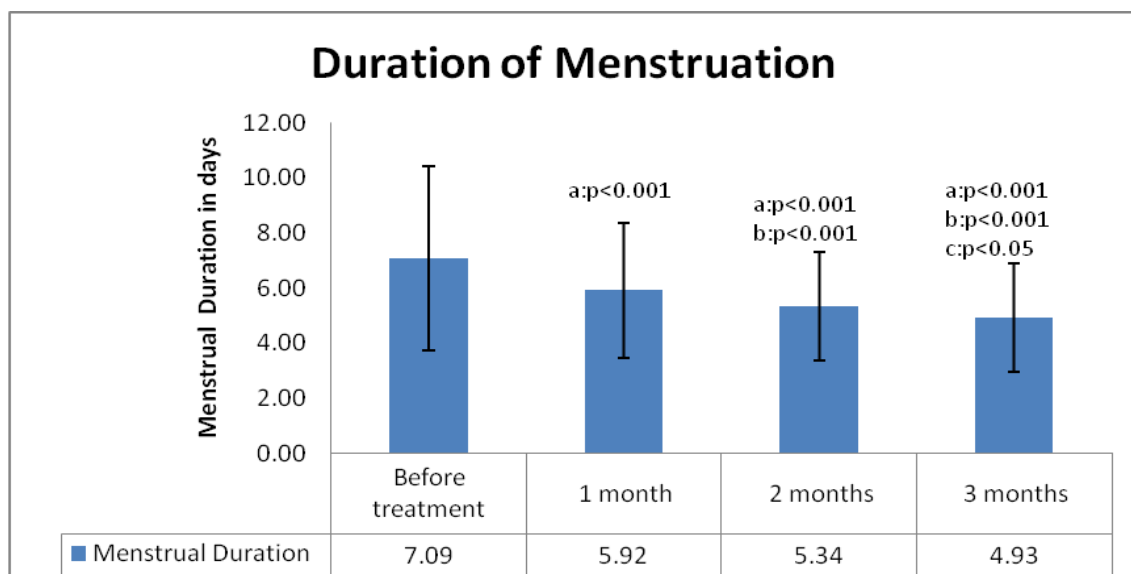


Figure 4

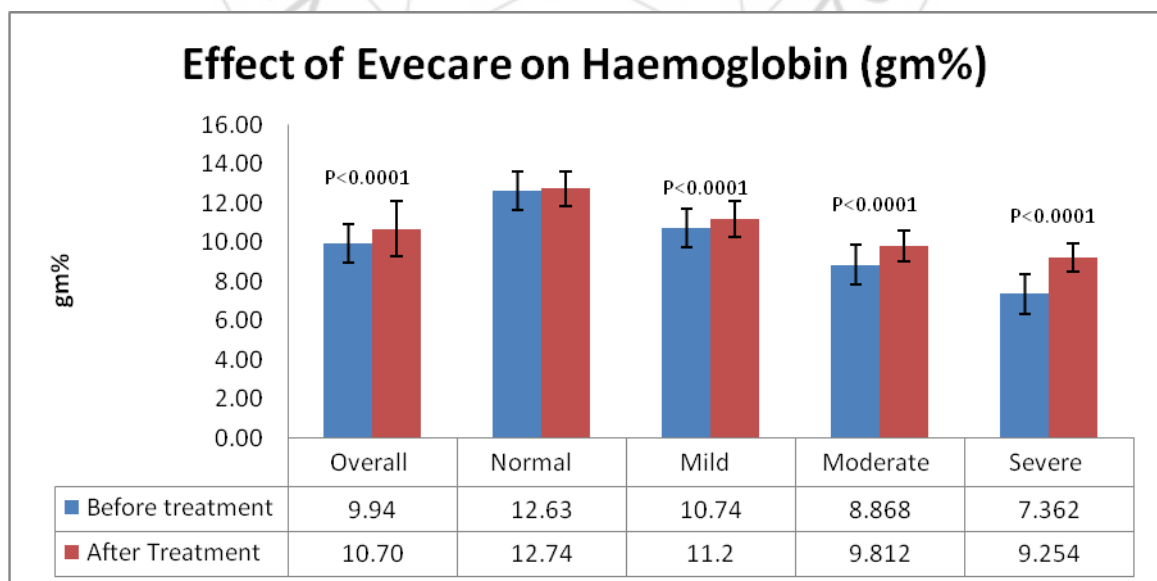


Figure 5

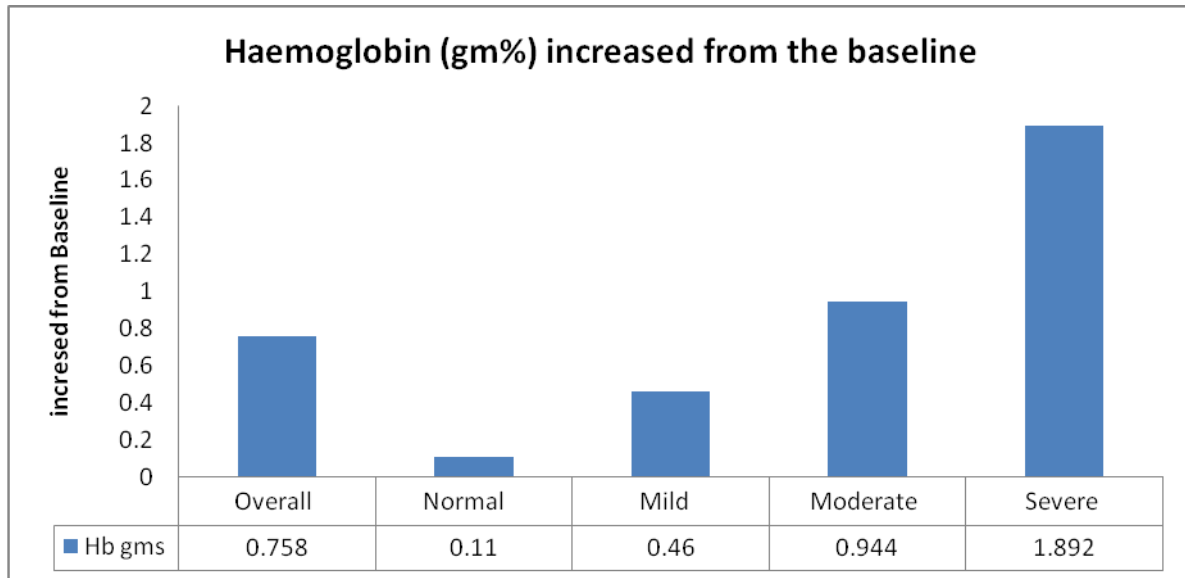


Figure 6

