

- Dig Dis Sci. 2006 Aug;51(8):1501-7. Epub 2006 Jul 26.

The efficacy of an herbal medicine, Carmint, on the relief of abdominal pain and bloating in patients with irritable bowel syndrome: a pilot study.

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Carmint contains total extracts of *Melissa officinalis*, *Mentha spicata*, and *Coriandrum sativum*, which have antispasmodic, carminative, and sedative effects. As abdominal pain/discomfort and bloating are commonly observed in patients with irritable bowel syndrome, we decided to evaluate the effectiveness of Carmint in relieving these symptoms in irritable bowel syndrome patients. We randomly assigned 32 irritable bowel syndrome patients to receive either Carmint or placebo, plus Loperamide or psyllium (based on their predominant bowel function), for 8 weeks. T-test analysis of the results showed that the severity and frequency of abdominal pain/discomfort were significantly lower in the Carmint group than the placebo group at the end of the treatment ($P=0.016$ and $P=0.001$, respectively), as were the severity and frequency of bloating ($P=0.02$ and $P=0.002$, respectively). This pilot study suggests that Carmint plus loperamide or Carmint plus psyllium (depending on the irritable bowel syndrome subtype) might be effective in these patients.

Publication Types: Multicenter Study, Randomized Controlled Trial

PMID: 16868824 [PubMed - indexed for MEDLINE]

- J Ethnopharmacol. 2004 Feb;90(2-3):195-204.

Effect of polyherbal formulation on experimental models of inflammatory bowel diseases.

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A polyherbal ayurvedic formulation from an ancient authentic classical text of ayurveda was evaluated for its activity against inflammatory bowel disease (IBD). The polyherbal formulation contained four different drugs viz., Bilwa (*Aegle marmelos*), Dhanyak (*Coriandrum sativum*), Musta (*Cyperus rotundus*) and Vala (*Vetiveria zizanioides*). The formulation has been tried before in clinical practice and was found to be useful in certain number of cases of IBD (ulcerative colitis), so was tried in the same form i.e., decoction (aqueous extract) in experimental animals to revalidate the claims of the same. The formulation was tried on two different experimental animal models of inflammatory bowel disease, which are acetic acid-induced colitis in mice and indomethacin-induced enterocolitis in rats. Prednisolone was used as the standard drug for comparison. The formulation showed significant inhibitory activity against inflammatory bowel disease induced in these experimental animal models. The activity was comparable with the standard drug prednisolone. The results obtained established the efficacy of this polyherbal formulation against inflammatory bowel diseases.

Publication Types: Comparative Study, Research Support, Non-U.S. Gov't

PMID: 15013181 [PubMed - indexed for MEDLINE]