



Effect of curcumin on painful symptoms of endometriosis: A triple-blind randomized controlled trial

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Abstract

Endometriosis is one of the most common gynecological disorders. This study aimed to determine the effect of curcumin on painful symptoms of endometriosis and the quality of life in affected women. This randomized controlled trial was conducted on 68 women with endometriosis referred to Shahid Beheshti Infertility Center in Isfahan, Iran, 2022. The participants were allocated to intervention ($n = 34$) and control ($n = 34$) groups by the blocked randomization method. Curcumin capsules with a dose of 500 mg were given to the intervention group twice a day for 8 weeks, and the placebo with the same dose was given to the control group. The questionnaires of Endometriosis Health Profile, painful symptoms of endometriosis, and visual analogue scale were used to collect data. Independent t , ANCOVA, and Mann–Whitney U -tests were used to compare the outcomes between the study groups. After the intervention, based on the ANCOVA with the adjusting of the baseline values and Mann–Whitney U -test, there was no statistically significant difference in the amounts of usual pain ($p = 0.496$) and pain at its worst ($p = 0.320$), quality of life ($p = 0.556$), and visual pain ($p = 0.845$). The results showed that using curcumin does not affect the painful symptoms and quality of life of women with endometriosis. Future clinical trials are needed to investigate and highlight the role of curcumin in endometriosis.

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