



Research Article

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Anise Seeds Effective on Female Hormones

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Abstract: Anise seeds, derived from the *Pimpinella anisum* plant, have been historically valued for their culinary and medicinal properties. Recent research indicates that anise seeds may have significant effects on female hormones, potentially offering therapeutic benefits for various hormonal imbalances and related conditions. This article examines the scientific evidence supporting the efficacy of anise seeds in influencing female hormonal balance, specifically their impact on estrogen and progesterone levels, menstrual regularity, and menopausal symptoms. Additionally, mechanisms of action and potential adverse effects are discussed, providing insights into the possible role of anise seeds as a natural remedy for promoting women's health.

Keywords: Anise seeds, *Pimpinella anisum*, Female hormones, Hormonal imbalances, Therapeutic benefits, Estrogen levels, Progesterone levels, Menstrual regularity, Menopausal symptoms, Mechanisms of action, Natural remedy, Women's health

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INTRODUCTION

Menopause is a phase that woman reach as they age mainly to decline in female hormonal levels, symptoms can be overwhelming on woman causing emotional, psychological, and physical symptoms ranging from hot flushes to vaginal dryness^{1, 2}. There have been multiple methods to elevate these diminishing hormones in the aim of restoring the hormonal levels and thus improving the quality of life and reducing symptoms of menopausal women³. The most common way is hormonal replacement therapy in various forms as in creams, tablets, and injections. However, the latter was accompanied with some serious side effects like cancer⁴. The latter has led to the increase in the popularity of natural and herbal constituents that can substitute the synthetic hormonal therapy^{5, 6}. Anise, a herb that has been employed in the medical fields and manufacture of various medical preparations for decades⁷. Anciently, anise was introduced and used since 1500 BC in Egypt. Anise had a noticeable impact on elevation of female hormones⁸, in addition to its fragrant smell and licorice like taste. Therefore, it was used in perfumes, soaps, creams, and types of tea preparations. Research revealed multiple medicinal benefits of anise including its potential in reducing depression⁷, where studies showed that 25% of women and 12% of men suffer from varying cases of depression, according to reliable sources⁹. Anise seeds have been found to have a role in reducing and treating depression. Where a study was conducted on a group of women with postpartum depression, the results were that anise reduces symptoms of depression. Reducing the symptoms of menopause: menopause or menopause due to the natural decrease in female

hormones with age, thus the emergence of various symptoms including hot flashes, dry skin, and fatigue. Recent studies have proven the effectiveness of anise seeds in reducing these symptoms; Therefore, it can be said that anise increases female hormones in the body, despite the need for more studies to prove this benefit in humans. Other studies have shown its ability to reduce other symptoms of osteoporosis or bone loss resulting from menopause, which suggests the increase in female hormones by Anise. In our study, 30 healthy women without any previous hormonal problems and others suffering from menstrual disorders and irregular estrogen and progesterone hormones were tested for a period of 6 months, from October, 2022, to May 2023. The group was given anise tea, which was extracted from anise seeds. During this period and follow-up of hormones by measuring them regularly in the laboratory in two stages. The first stage is before the start of treatment, and the results for them were recorded, and then after 7 months of taking anise seed tea treatment, which contains chemicals that help improve menstrual disorders.

The main objective from our study is to evaluate the effect of anise seeds on female hormonal levels on a group of Iraqi female patients. This is due to the increase in the popularity of anise and herbal substitutes that can elevate hormonal levels without the side effects that cause emotional and physical impact on females.

METHODOLOGY

Anise tea was prepared by crushing the seeds or star anise and steeping them in hot water for 10-12

minutes, to allow the active ingredients to be released. After filtration, the solution was ready to drink with sugar or honey. In the method of work, Healthy women who have a regular menstrual cycle healthy people were placed in a group A and 30 women who suffer from menstrual disorders, irregularities and interruptions in a group B of 30 women, and the mini vidus hormone device was used to measure hormones into two stages B

before taking anise tea and C after 3 months of using anise tea continuously. On a daily basis.

RESULT

The results were as follows we take 30 women have disorder of menstrual and divided into tow groups before take anise tea and grope C after take anise tea and the result have been taken in this table

Estradiol for healthy women group A	Estradiol for women have disorder before take anise tea group B	Estradiol for women have disorder after take anise tea group C
36	18	40
48.80	15.3	41
50	19.3	85
55	14.9	74
36.2	6.3	96
49.6	7.6	41
62.8	11.3	52
32	15.3	61
35	14.2	43
42.3	11.9	51
56	8.5	42
78	10.7	31
63.2	12.3	32.4
98	10.5	48
50.7	16.4	57
53.4	16.0	69
59.1	15.8	84
64.3	18	86
42.5	17.6	75
49	8.4	54
51.1	5.5	59
47.4	7.6	42
82.1	4.3	36
74	2.0	37
72	11.5	46
68	17.4	42
63	14.6	47
90	13.4	58

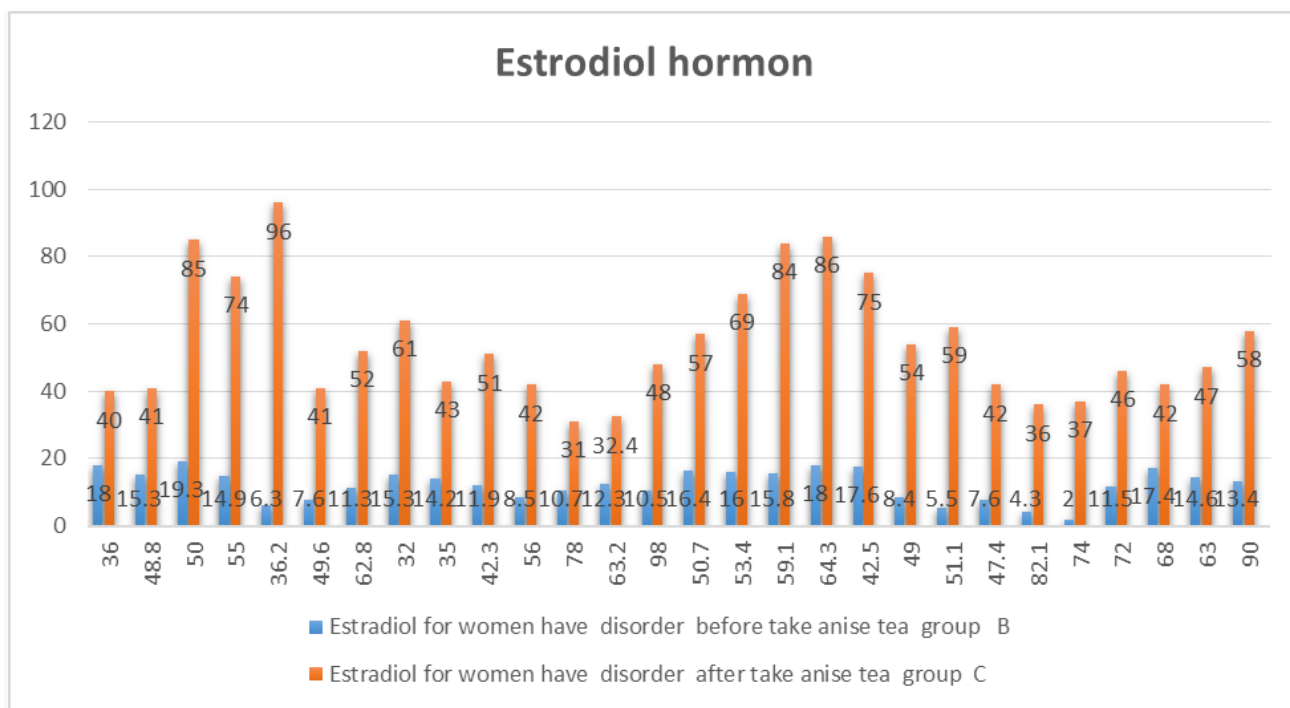


Figure 1. That Comparison Between the Two Groups of Women.

DISCUSSION

The decline in female hormones is normal with age, and it occurs largely during menopause period. The main concern is that can these hormones be increased in the body in natural ways to reduce the symptoms associated with their decrease. The truth is that the enhancement of these hormones is usually done through medication and various creams, however the latter is usually associated with several side effect in long term use. Thus, some prefer natural methods including the use of herbal supplements that are believed to be effective in raising hormones. Therefore, the best way to increase it is to follow a healthy diet that includes all the essential elements necessary to produce it. Like cruciferous vegetables, whole grains, and nuts, a healthy weight and enough sleep must be maintained. Stimulating sexual desire: Anise contains amounts of a compound similar to estrogen, which greatly increases sexual desire in women. To help the body produce the necessary hormones naturally, and focus on reducing stress and stress as a figure (1).

With regard to nutritional supplements that contain anise; the recommended dose ranges between 600 mg - 9 grams approximately

CONCLUSIONS

Despite the multiple benefits of anise on the body; However, excessive use may cause some side effects. such as allergic reactions to some types of plants, which belong to the same family; Such as: fennel, dill, parsley, and celery. The estrogen-mimicking properties may exacerbate hormone-sensitive symptoms. Such as ectopic uterine disease or breast cancer, and its effect is

similar to the estrogen hormone, so it is forbidden to use it for pregnant women. Because of its effect on uterine contractions and the lack of sufficient studies to prove its safety, some studies also found that aniseed tea may interact negatively with some medications used to regulate hormones in the body. such as hormonal birth control medications.

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¹ Bruce, D., & Rymer, J. (2009). Symptoms of the menopause. *Best practice & research Clinical obstetrics & gynaecology*, 23(1), 25-32.

² Santoro, N., Epperson, C. N., & Mathews, S. B. (2015). Menopausal symptoms and their management. *Endocrinology and Metabolism Clinics*, 44(3), 497-515.

³ Nelson, H. D., Haney, E. M., Humphrey, L., Miller, J., Nedrow, A., Nicolaidis, C., ... & Nygren, P. (2005). Management of menopause-related symptoms. *Agency for Healthcare Research and Quality Publication*.

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