

## EXPERIENCE WITH MASTODYNON IN CONSERVATIVE TREATMENT OF DIFFUSE MASTOPATHY

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Mastodynon is believed to work by suppressing the release of prolactin from the pituitary gland. Prolactin is a hormone that naturally rises during pregnancy to stimulate milk production. Inappropriately increased production of prolactin may be a factor in cyclic breast tenderness, as well as other symptoms of mastopathy.

**Aim.** To study the effectiveness of using the herbal agent mastodynon in patients with diffuse mastopathy (benign breast disease).

**Materials and methods.** The prospective, non-randomized, parallel-group comparative trial enrolled 53 patients (mean age  $39.8 \pm 1.8$  years) with diffuse mastopathy. 30 of them received the herbal medicine mastodynon for 6 months (a study group), 23 patients formed a control group. The intensity of mastalgia was recorded using a visual analog scale and the serum levels of prolactin were estimated at baseline and 3 months after therapy.

**Results.** The study group, unlike the control one, showed a significant reduction in the incidence of severe mastalgia and in 25 (76.6 %) a good relief of the premenstrual symptoms was achieved. The evaluation of serum levels prolactin and showed a rise of the prolactin level before treatment and a significant decrease of their level after using mastodynon. Because of this severe influence on the endocrine balance the recommendation for an alternative phytotherapy is justified.

**Conclusion.** The trial has demonstrated the antiprolactin properties of the herbal agent mastodynon, which can, along with other mechanisms, determine its clinical efficacy in diffuse mastopathy and call for further investigation.

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