

Research Article

Effect of Isopropanolic *Cimicifuga racemosa* Extract on Uterine Fibroids in Comparison with Tibolone among Patients of a Recent Randomized, Double Blind, Parallel-Controlled Study in Chinese Women with Menopausal Symptoms

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Objective. Effect of isopropanolic *Cimicifuga racemosa* extract (iCR) on uterine fibroid size compared with tibolone. **Method.** The randomized, double-blind, controlled study in China enrolled 244 patients aged 40–60 years with menopausal symptoms (Kupperman Menopause Index ≥ 15). The participants were treated with either iCR of 40 mg crude drug/day ($N = 122$) or tibolone 2.5 mg/day ($N = 122$) orally for 3 months in 2004. Now, we investigated the subset of all women ($N = 62$) with at least one uterine fibroid at onset of treatment for the effect of iCR ($N = 34$) on fibroid size compared with tibolone ($N = 28$) by transvaginal ultrasonography. **Results.** The median myoma volume decreased upon iCR by as much as -30% ($P = 0.016$) but increased upon tibolone by $+4.7\%$. The percentage of volume change, mean diameter change and geometric mean diameter change of the iCR group compared to tibolone were statistically significant ($P = 0.016, 0.021, 0.016$ respectively). **Conclusion.** Our results suggest that iCR (Remifemin) is a valid herbal medicinal product in patients with uterine myomas as it provides adequate relief from menopausal symptoms and inhibits growth of the myomas in contrast to tibolone.