



MENOPAUSAL SYMPTOMS AND EFFECT OF LEMON BALM: A RANDOMIZED, TRIPLE-BLIND CLINICAL TRIAL

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Women during transition to menopause faced with a storm of symptoms, which some of them may affect their quality of life and need to manage with one of safe methods of pharmaceutical or non pharmaceutical methods. One of non pharmaceutical methods is use of herbal supplements.

Objective: To determine the effect of Lemon Balm on menopause symptoms.

Methods: This study is a randomized, triple-blind clinical trial, which had done in one of the menopause clinics of Tehran University of Medical Sciences (TUMS). 60 volunteer postmenopausal women, with age 45- 60 years after signing informed consent involved in this study (Year 2014-2016). Participants were randomly divided into two groups. The intervention group used 250 mg Lemon Balm capsules and the control group used 300 mg Starch in the same shape capsules orally twice a day for eight weeks. Data collection tools included demographic questionnaire, Menopause Rating Scale (MRS) (Heinemann, Potthoff, Schneider, 2003), and interventions record checklist. Participants were evaluated 1 and 2 months later. Data was analyzed by using independent t tests and ANOVA with repeated measures. All ethical points were considered and approved by ethics committee of university.

Results: There were no significant difference between personal characteristics; also between MRS score in two groups in the beginning of the study and equality of them were checked. Average score of menopausal symptoms after one month intervention in Lemon Balm consumer group was $12/26 \pm 2/37$, and in placebo group was $16/561 \pm 3/07$ and there was significant difference between them ($p=0.02$). Also, after two months MRS score in lemon balm group was $12/23 \pm 2/6$ and in placebo group was $16/16 \pm 3/04$, and there was significant difference between them ($p=0.04$).

Conclusion: Participants were checked for 6 months after intervention, and no side effect had been seen. In this study Lemon balm, decreased physical, psychological and urogenital menopause symptoms.

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