

Effect of Valerian Capsules on Menopausal Symptoms: A Triple Blind Randomized Clinical Trial

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Today many women prevent their menopausal symptoms, by using Pharmological, and Non Pharmological methods or Complementarytherapy such as use of herbs for improving their quality of life.

Objective: To evaluate the effect of oral Valerian capsules, on menopausal symptoms.

Methods: This randomized triple blind clinical trial, was performed on 60 healthy volunteer postmenopausal women, whom had been referred to one of menopause Clinics in Tehran. Data collection tools included demographic questionnaire, a menopause rating scale (MRS, Heinemann, Potthoff, Schneider, 2003), and check list of interventions. Participants randomly divided to two groups. Intervention group received 530 Mg Valerian root, control group received 300 mg Starch in same shape oral capsules for eight weeks, twice a day (morning and night). Data were analyzed by using SPSS version 16. All ethical points were considered and approved by Tehran University Of Medical Sciences (TUMS) Ethics Committee.

Results: Average of age in Valerian group was 52.63 ± 4.00 , and in control group was 53.86 ± 2.43 . Equality of Personal characteristics and average of all aspects of menopause symptoms had been checked before intervention and there were no significant differences. The average score of physical and psychological symptoms, also total score of menopause symptoms were significantly less than control group after one month and two months intervention. ($p=0.002$)

Conclusion: The results showed that use of 530 Mg Valerian root capsules twice a day were not associated with side effects during two months intervention and 6 month follow up after it, and could improve the physical and psychological symptoms of menopausal women. It is suggested for improvement of urogenital symptoms to use other methoths.

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