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FFICACY OF *Melissa officinalis* FOR RELIEVING BENIGN PALPITATION: A DOUBLE BLIND, RANDOMIZED PLACEBO CONTROLLED STUDY

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**Background**: The high prevalence of benign palpitations, low efficacy and numerous side effects of its current therapeutic methods, calls for research to find safer and more effective remedies (1). In reviewing the literature of Traditional Iranian Medicine, we found that, Avicenna, Razes and some other Iranian traditional physicians introduced *Badranjbuyah* (*M. officinalis*) as an exhilarant and a tonic for the heart, which also relieves palpitation(2). The aim of the present study was to assess the efficacy of *M. officinalis* as compared with placebo for relieving of benign palpitation.

**Methods and materials**: in a 2-week double blind randomized trial, eligible participants were given *M. officinalis* dried extract or placebo capsules. It was administered twice daily; one 500-mg capsule in the morning and the other at night. Frequency and intensity of symptoms were recorded by daily self-reported form and Visual Analogue Scales
(VAS) respectively (3). Evaluation of psychiatric symptoms before and after intervention was done by the General Health Questionnaire-28 (GHQ-28) (4).

**Results:** After intervention, the mean frequency *officinalis* extract group. In anxiety subscale of GHQ-28, after intervention, the number of the patients with anxiety in the herbal drug group decreased significantly (P=0.004). There of palpitation episodes was 36.8% less than the baseline in *M.* was no difference in intensity of palpitation between two groups.

**Conclusion:** The results of the present innovative study provide some evidence that aqueous extract of *M. officinalis* may be a beneficial treatment for patients suffering from benign palpitations, as well as a promising anxiolytic drug without any considerable side effects.