

10:45-12:00 Electronic Poster presentation Tabatabaei Hall

- 134 **Delay sternal closure**
Nasri Zadeh moghadam Sh., Azizi B.
- 135 **The lived experiences of patients of waiting for coronary artery bypass graft A hermeneutics phenomenological study**
Abbasi M.
- 136 **Examining the Calling time intervals with Pre-hospital Emergency System Following the Clinical Symptoms to Primary Percutaneous coronary intervention PPCI in Acute Myocardial Infarction Patients with ST segment Elevation STEMI**
Pournoroz M.
- 137 **Effects of Micro nutrients on heart failure**
Rezaei moghadam Z.
- 138 **The effect of clinical nursing follow up on self-care behaviors of patients with chronic heart failure a randomized clinical trial**
Tila Amigh.
- 139 **Efficacy of Melissa- officinalis For Relieving Benign Palpitation. A double blind, randomized placebo controlled study.**
Alijaniha F.
- 140 **An Investigation of the Relationship Between Adherence of Therapeutic Plan and Quality of Life in Discharged Patients After CABG.**
Masmoei B., Beykmoradi A., Roshanaei Gh., Karimi Z., Shamsi Nejad M.
- 141 **The roles of illness perception on secondary prevention after coronary artery bypass surgery**
Rohi L.
- 142 **Diet and medication adherence in patients with cardiovascular disease**
Khamis Abadi S.

EFFICACY 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.