



### ***Melissa officinalis* effect on female sexual dysfunction: a double blind, randomized clinical trial**

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**Background and objectives:** Female sexual dysfunction is a very common health problem that affects 25-65% of women. *Melissa officinalis* or lemon balm (Lamiaceae) has been reported in folk medicine for treatment of nervous debility, so this study was designed to evaluate the efficacy of *M. officinalis* to improve female libido. **Methods:** Eighty nine eligible women with decreased sexual desire were randomly divided into two groups and consumed four 500 mg capsules of *M. officinalis* or placebo for 4 weeks. Medication was prepared from dried aqueous extract of *M. officinalis* (standardized as 3.32±0.02 mg gallic acid/g and 1.8±0.003 mg rutin/g). Changes in female sexual function index (FSFI) questionnaire scores were evaluated for the two groups. **Results:** Patients in *M. officinalis* group experienced significant improvement in lubrication ( $p<0.005$ ), sexual desire, arousal, orgasm, satisfaction, pain, FSFI total score and also willingness to continue treatment ( $p<0.001$ ) compared to the placebo group. **Conclusion:** This study showed that *M. officinalis* can be used as a safe and effective herbal remedy to improve sexual dysfunction in women.

**Keywords:** female sexual dysfunction, libido, *Melissa officinalis*, women