

عنوان مقاله:

The Investigation of The Effects of Standardized Extract of Trigonella foenum-graecum L. on Menopausal Symptoms
in Healthy Women: A Systematic Review

محل انتشار:

اولین کنگره پژوهشی دانشجویان دانشگاه علوم پزشکی هرمزگان (سال: 1398)

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خلاصه مقاله:

Background and Objective: Since the loss of ovarian follicular activity, women confront the menopausal symptoms which are related to vasomotor, physical and psychosocial symptoms as well as changes in sexual function. Trigonella foenum-graecum L. seed extract is a safe natural agent for the management of postmenopausal discomforts. It has played an alleviating role in reducing menopausal symptoms. This study aims to evaluate the effects of the standardized extract of trigonella foenum-graecum L. on menopausal symptoms in healthy women. Methods: A literature search was performed in the EMBASE, WEB of SCIENCE, MEDLINE and PUBMED to identify studies evaluating the effects of the standardized extract of trigonella foenum-graecum L. on menopausal symptoms. The references in relevant reviews and published clinical trials were included in the study. Findings: There was a significant improvement in the vasomotor, psychosocial, sexual, physical domains, and the total life quality score, in the treatment group, compared to the placebo and baseline. Total flushes and sweating were significantly reduced and a significant increase in plasma estradiol was observed. A significant improvement was reported regarding anxiety and depression in the treatment group. All of the health markers like weight, blood pressure, pathology assessments for electrolyte/liver function, fasting blood glucose, serum cholesterol, triglycerides, LDL-C and HDL-C were recorded in their normal ranges. T. foenum-graecum seed extract demonstrated a well tolerable profile and no intervention-related adverse events. Conclusion: This study demonstrated that T. foenum-graecum seed extract has a safe and tolerable profile with no intervention-related adverse events and can reduce menopausal symptoms in healthy women.

کلمات کلیدی:

T. foenum-graecum, T. foenum-graecum seed extract, menopausal symptoms, healthy women, standardized extract

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