

P-1342 - EFFECT OF GINKGO BILOBA ON MENOPAUSAL WOMEN'S SEXUAL FUNCTION: A RANDOMIZED PLACEBO CONTROLLED TRIAL, TEHRAN, 2011

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Sexual dysfunction is more prevalent among menopausal women and effect on quality of life. There are various methods for prevention and treat of it, which had been divided to pharmacologic and none pharmacologic methods. It is very important to use more effective with less side effects.

Aim: To assess the effect of Ginkgo Biloba Extract (GBE) on sexual function in the menopausal women.

Material and methods: In this triple blind randomized placebo controlled trial, 80 healthy volunteers' 50-60 years old menopause women, whom had been admitted in three health care centers of Tehran University of Medical Sciences (TUMS), got involved during summer and autumn 2010. The instrument of this study had two parts. The first part was personal characteristics, and the second part was Sabbatsberg Sexual Rating Scale (SSRS), which was used for subjective evaluation of the sexual function before and after intervention. The participants received GBE 120- 240 mg or placebo daily for 30 days (40 participants in each group)

Results: The most domains of sexual function was significantly more improved in the GBE than in the placebo group and included sexual desire ($P < 0.05$), sexual pleasure ($P < 0.01$), orgasm ($P < 0.05$), importance of sex ($P < 0.01$) during last month and importance of sex in comparison to previous years ($P < 0.007$). The mean score of total sexual function in the GBE group had significant difference with placebo group ($P < 0.05$).

Conclusion: Findings of this study support positive effect of Ginkgo Biloba on menopausal women's sexual function.