

Original Paper

Effect of Aphrodit capsule on somatic symptoms of postmenopausal women

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Abstract

Background and Objective: Somatic and psychological alterations during menopause have negative impact on quality of life. This study was done to evaluate the effect of Aphrodit on somatic symptoms in postmenopausal women.

Methods: In this clinical trial study 63 menopausal women were randomly divided into intervention and control groups. Subjects in interventional group were received Aphrodit capsule (40 mg of Tribulus terrestris fruits, 12.27 mg ginger, 33 mg saffron and 11 mg of cinnamon) for four weeks. Somatic symptoms of menopause (including hot flashes, night sweats and tachycardia) and sleep disorder and musculoskeletal disorder were evaluated using Menopause Rating Scale.

Results: After intervention, the mean of hot flash score in interventional and control groups was 1.29 ± 0.1 and 3.1 ± 0.6 ($P < 0.05$). The mean of sleep disorder score in interventional group and controls was 1.82 ± 0.2 and 2.82 ± 3.1 ($P < 0.05$). The mean of musculoskeletal disorder score in interventional group and controls was 1.03 ± 0.1 and 2.81 ± 1.2 ($P < 0.05$). There was no difference in the heart problem score between interventional and control groups.

Conclusion: Consumption of Aphrodit capsule reduces hot flash, sleep disorder and musculoskeletal disorder in postmenopausal women.

Keywords: Menopause, Aphrodit, Hot flash, Night sweats, Sleep disorder, Musculoskeletal disorder

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