

J Ethnopharmacol. 2015 Apr 22;164:378-84. doi: 10.1016/j.jep.2015.02.007. Epub 2015 Feb 11.

Heart palpitation relief with *Melissa officinalis* leaf extract: double blind, randomized, placebo controlled trial of efficacy and safety.

[Alijaniha F](#)¹, [Naseri M](#)², [Afsharypuor S](#)³, [Fallahi F](#)⁴, [Noorbala A](#)⁵, [Mosaddegh M](#)⁶, [Faghihzadeh S](#)⁷, [Sadrai S](#)⁸.

Author information

Abstract

ETHNOPHARMACOLOGICAL RELEVANCE: In Traditional Iranian Medicine (TIM), *Melissa officinalis* L. is commonly regarded as an effective therapy for heart palpitations.

OBJECTIVE: Heart palpitation is a common complaint that is often benign and associated with a marked distress that makes the condition difficult to treat. Herbal medicines provide an alternative to conventional drugs for treating various kinds of diseases. This study was done as a double blind randomized placebo-controlled clinical trial to evaluate the efficacy and safety of the dried extract of *M. officinalis* on adults suffering from benign palpitations.

MATERIALS AND METHODS: Eligible volunteers were randomly assigned as outpatients to a 14 day treatment with 500 mg twice a day of lyophilized aqueous extract of *M. officinalis* leaves (or placebo). Participants in the tests, physicians and researchers were blind to group assignments. Both primary and secondary outcomes were patient-reported. Primary outcomes were obtained from two measures: mean frequency of palpitation episodes per week, derived from patients' diaries, and mean intensity of palpitation estimated through Visual Analogue Scale (VAS) in a self-report questionnaire. Psychiatric symptoms (somatization, anxiety and insomnia, social dysfunction and severe depression) were evaluated as secondary outcomes by General Health Questionnaire-28 (GHQ-28), before and after intervention.

RESULTS: Fifty-five volunteers out of 71 recruited study subjects completed the trial. Results showed that 14-day of treatment with lyophilized aqueous extract of *M. officinalis* leaves reduced frequency of palpitation episodes and significantly reduced the number of anxious patients in comparison to the placebo ($P=0.0001$, $P=0.004$ resp.). Also, *M. officinalis* extract showed no indication of any serious side effects.

CONCLUSION: Lyophilized aqueous extract of *M. officinalis* leaves may be a proper and safe herbal drug for the treatment of benign palpitations.

Copyright © 2015 Elsevier Ireland Ltd. All rights reserved.

KEYWORDS: Aqueous extract; Lemon balm; *Melissa officinalis*; Palpitations; Traditional Iranian Medicine (TIM)

Publication Types

LinkOut - more resources

PubMed Commons

[PubMed Commons home](#)

0 comments

[How to join PubMed Commons](#)