

## Anxiolytic effects of lemon balm in clinical studies: A systematic review

Maryam Emami<sup>a</sup>, Mohsen Naseri<sup>b,c</sup>, Fatemeh Alijaniha<sup>b</sup>, Mohammad Reza Heidari<sup>a\*</sup>

<sup>a</sup>Department of Nursing, Nursing and Midwifery Faculty, Shahed University, Tehran, Iran

<sup>b</sup>Traditional Medicine Clinical Trial Research Center, Shahed University, Tehran, Iran

<sup>c</sup>Department of Traditional Iranian Medicine, Faculty of Medicine, Shahed University, Tehran, Iran

---

### Abstract:

**Background and Purpose:** *Melissa officinalis* is widely used to reduce anxiety. The purpose of this study was to evaluate the efficacy and safety of *Melissa officinalis* on anxiety using existing evidences.

**Methods and Materials:** Persian and English clinical trials were searched in international and Persian databases in December 2018. Extraction of data was done independently by two reviewers. The quality of the studies was observed using the Jadad scale.

**Results:** A review of clinical trials performed on 395 participants showed that oral medicinal herbs in different patients have positive anti-anxiety effects.

**Conclusion:** There is enough supporting evidence for using *Melissa officinalis* to reduce anxiety.

**Keywords:** Randomized Controlled Trials, Lemon balm; *Melissa officinalis*, Anxiety, Jadad Scale

**Corresponding Author:** mheidari@shahed.ac.ir