The effect of date palm pollen capsule on female sexual interest/arousal disorder in menopausal woman

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Abstract:
Background and purpose: One of the most common problems in postmenopausal women is sexual interest/arousal disorder in sexual relations which affect their quality of life. Considering the history of pollen of palm trees on treatment of infertility and increasing sexual desire, this study conducted to investigate the impact of date palm pollen capsules on female sexual interest/arousal disorder in menopausal woman.

Methods and Materials: The present triple-blinded, placebo-controlled clinical trial was conducted on 60 menopausal women aged 40-65 years who referred to the health centers in Mashhad. Participants were randomly assigned to two groups. Date palm pollen and placebo capsules prescribed for 35 days. The Female Sexual Function Index (FSFI) instrument was used to assess sexual desire and sexual arousal. At baseline and after treatment, the sexual performance scores of these two domains reviews and data analysis was performed by SPSS (version 16) using the independent t-test and Mann-Whitney U test.

Results: After intervention, there was a significant difference in the mean of score changes for sexual desire ($p=0.021$) and sexual arousal ($p=0.002$) between two groups.

Conclusion: As the findings indicated, the administration of date palm pollen could improve sexual interest/arousal disorder in the postmenopausal women.

Keywords: Menopause, Sexual arousal, Sexual desire, Date palm pollen

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