



THE EFFECT OF LEMON BALM ON BLOOD GLUCOSE; CHOLESTEROL AND TRIGLYCERIDE

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Abstract:

Background and Purpose: Nowadays the using of medicinal herbs is interested by researchers for treatment of diseases. In this study the effect of lemon balm supplementation on blood glucose, cholesterol and triglyceride was examined in patients.

Material and Methods: 58 healthy man & woman with high serum cholesterol participated in this randomized clinical trial study within two months interval. Patients were randomly divided into two groups: Placebo (PG) and supplemented (SG). SG group were supplemented with 6 capsules (0.5 gr lemon balm powder in each capsules) and PG group received 6 placebo capsules each day. Fasting blood sugar (FBS), cholesterol and triglyceride were measured before and after within two month intervention.

Results: The results shows a significant decline in level of Cholesterol in two groups in the beginning and the end of trial but this reduction in SG ($P=0.000$) was so powerful than PG ($P=0.03$). Mean of FBS decrease significantly in both groups ($P \leq 0.005$). However no significant differences between groups observed after the study. Moreover were not found significant disparity in level of Triglyceride in two groups.

Conclusions: This study indicates that powder of lemon balm supplementation has not any noticeable effects on FBS, CHOL & TG parameters.

Keywords: Melissas, Blood Glucose, Cholesterol, Triglycerides.

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