

A JAVALLAT Menopauza maxi csomag gyógynövényeinek hatásosságát alátámasztó klinikai vizsgálatok

Abdali K, Khajehei M, Tabatabaee HR. Effect of St John's wort on severity, frequency, and duration of hot flashes in premenopausal, perimenopausal and postmenopausal women: a randomized, double-blind, placebo-controlled study. *Menopause* 2010;17(2):326-31.

Al-Akoum, M., Maunsell, E., Verreault, R., Provencher, L., Otis, H., and Dodin, S. Effects of Hypericum perforatum (St. John's wort) on hot flashes and quality of life in perimenopausal women: a randomized pilot trial. *Menopause*. 2009;16(2):307-314.

Atmaca M, Kumru S, Tezcan E. Fluoxetine versus Vitex agnus castus extract in the treatment of premenstrual dysphoric disorder. *Hum Psychopharmacol* 2003;18:191-5.

Behboodi Moghadam Z, Rezaei E, Shirood Gholami R, Kheirkhah M, Haghani H. The effect of valerian root extract on the severity of pre menstrual syndrome symptoms. *J Tradit Complement Med.* 2016 Jan 19;6(3):309-15.

Berger D, Schaffner W, Schrader E, et al. Efficacy of Vitex agnus castus L. extract Ze 440 in patients with premenstrual syndrome (PMS). *Arch Gynecol Obstet* 2000;264:150-3.

Bommer S, Klein P, Suter A. First time proof of sage's tolerability and efficacy in menopausal women with hot flushes. *Adv Ther* 2011;28:490-500.

Briese V, Stammwitz U, Friede M, Henneicke-von Zepelin HH. Black cohosh with or without St. John's wort for symptom-specific climacteric treatment--results of a large-scale, controlled, observational study. *Maturitas* 2007;57:405-14.

Canning, S., Waterman, M., Orsi, N., Ayres, J., Simpson, N., and Dye, L. The efficacy of Hypericum perforatum (St John's wort) for the treatment of premenstrual syndrome: a randomized, double-blind, placebo-controlled trial. *CNS Drugs* 2010;24(3):207-225.

Chung DJ, Kim HY, Park KH, et al. Black cohosh and St. John's wort (GYNO-Plus) for climacteric symptoms. *Yonsei Med J* 2007;48:289-94.

Ciotta, L., Pagano, I., Stracquadanio, M., Di, Leo S., Ando, A., and Formuso, C. [Psychic aspects of the premenstrual dysphoric disorders. New therapeutic strategies: our experience with Vitex agnus castus]. *Minerva Ginecol.* 2011;63(3):237-245.

Csupor D, Lantos T, Hegyi P, et al. Vitex agnus-castus in premenstrual syndrome: A meta-analysis of double-blind randomised controlled trials. *Complement Ther Med.* 2019;47:102190

Erkkola, R., Vervarcke, S., Vansteelandt, S., Rompotti, P., De, Keukeleire D., and Heyerick, A. A randomized, double-blind, placebo-controlled, cross-over pilot study on the use of a standardized hop extract to alleviate menopausal discomforts. *Phytomedicine*. 2010;17(6):389-396

Ghazanfarpour, M., Kaviani, M., Asadi, N., Ghaffarpasand, F., Ziyadlou, S., Tabatabaee, H. R., and Dehgankhalili, M. Hypericum perforatum for the treatment of premenstrual syndrome. *Int.J.Gynaecol.Obstet.* 2011;113(1):84-85.

Grube, B., Walper, A., and Wheatley, D. St. John's Wort extract: efficacy for menopausal symptoms of psychological origin. *Adv Ther* 1999;16(4):177-186.

He, Z., Chen, R., Zhou, Y., Geng, L., Zhang, Z., Chen, S., Yao, Y., Lu, J., and Lin, S. Treatment for premenstrual syndrome with Vitex agnus castus: A prospective, randomized, multi-center placebo controlled study in China. *Maturitas* 5-20-2009;63(1):99-103.

Heyerick, A., Vervarcke, S., Depypere, H., Bracke, M., and De Keukeleire, D. A first prospective, randomized, double-blind, placebo-controlled study on the use of a standardized hop extract to alleviate menopausal discomforts. *Maturitas* 5-20-2006;54(2):164-175.

Hicks, S. M., Walker, A. F., Gallagher, J., Middleton, R. W., and Wright, J. The significance of "nonsignificance" in randomized controlled studies: a discussion inspired by a double-blinded study on St. John's wort (*Hypericum perforatum* L.) for premenstrual symptoms. *J.Altern.Complement Med.* 2004;10(6):925-932

Jenabi E, Shobeiri F, Hazavehei SMM, Roshanaei G. The effect of valerian on the severity and frequency of hot flashes: a triple-blind randomized clinical trial. *Women Health*. 2017 Feb 16;1-8

Lauritzen CH, Reuter HD, Repges R, et al. Treatment of premenstrual tension syndrome with Vitex agnus castus: Controlled-double blind versus pyridoxine. *Phytomedicine* 1997;4:183-9.

Liu YR, Liang YL, Huang RD, et al. *Hypericum perforatum* preparations L. preparations for menopause: a meta-analysis of efficacy and safety. *Climacteric* 2014;17:325-335.

Loch EG, Selle H, Boblitz N. Treatment of premenstrual syndrome with a phytopharmaceutical formulation containing Vitex agnus castus. *J Womens Health Gend Based Med* 2000;9:315-20.

Ma, L., Lin, S., Chen, R., and Wang, X. Treatment of moderate to severe premenstrual syndrome with Vitex agnus castus (BNO 1095) in Chinese women. *Gynecol.Endocrinol.* 2010;26(8):612-616.

Ma, L., Lin, S., Chen, R., Zhang, Y., Chen, F., and Wang, X. Evaluating therapeutic effect in symptoms of moderate-to-severe premenstrual syndrome with Vitex agnus castus (BNO 1095) in Chinese women. *Aust.N.Z.J Obstet.Gynaecol.* 2010;50(2):189-193.

Mirabi P, Dolatian M, Mojab F, et al. Effects of valerian on the severity and systemic manifestations of dysmenorrhea. *Int J Gynaecol Obstet.* 2011 Dec;115:285-8.

Mirabi P, Mojab F. The effects of valerian root on hot flashes in menopausal women. *Iran J Pharm Res* 2013;12(1):217-22.

Molaie M, Darvishi B, Jafari Azar Z, Shirazi M, Amin G, Afshar S. Effects of a combination of *Nigella sativa* and Vitex agnus-castus with citalopram on healthy menopausal women with hot flashes: results from a subpopulation analysis. *Gynecol Endocrinol.* 2019 Jan;35(1):58-61

Mollazadeh S, Mirghafourvand M, Abdollahi NG. The effects of Vitex agnus-castus on menstrual bleeding: A systematic review and meta-analysis. *J Complement Integr Med.* 2019;17(1). pii: /j/jcim.2019.17.issue-1/jcim-2018-0053/jcim-2018-0053.xml.

Momoeda M, Sasaki H, Tagashira E, Ogishima M, Takano Y, Ochiai K. Efficacy and safety of Vitex agnus-castus extract for treatment of premenstrual syndrome in Japanese patients: a prospective, open-label study. *Adv Ther.* 2014 Mar;31(3):362-73.

Naseri R, Farnia V, Yazdchi K, Alikhani M, Basanj B, Salemi S. Comparison of Vitex agnus-castus extracts with placebo in reducing menopausal symptoms: A randomized double-blind study. *Korean J Fam Med.* 2019;40(6):362-367

oi SL, Watts S, McClean R, Pak SC. Vitex agnus-castus for the treatment of cyclic mastalgia: A systematic review and meta-analysis. *J Womens Health (Larchmt)*. 2020;29(2):262-278.

Prilepskaya VN, Ledina AV, Tagiyeva AV, Revazova FS. Vitex agnus castus: Successful treatment of moderate to severe premenstrual syndrome. *Maturitas* 2006;55 Suppl 1:S55-63.

Schellenberg R. Treatment for the premenstrual syndrome with agnus castus fruit extract: prospective, randomised, placebo-controlled study. *BMJ* 2001;322:134-7.

Stevinson C, Ernst E. A pilot study of Hypericum perforatum for the treatment of premenstrual syndrome. *BJOG* 2000;107:870-6

Uebelhack R, Blohmer JU, Graubaum HJ, et al. Black cohosh and St. John's wort for climacteric complaints: a randomized trial. *Obstet Gynecol* 2006;107(2 Pt 1):247-55.

van Die, M. D., Burger, H. G., Bone, K. M., Cohen, M. M., and Teede, H. J. Hypericum perforatum with Vitex agnus-castus in menopausal symptoms: a randomized, controlled trial. *Menopause*. 2009;16(1):156-163.

Verkaik S, Kamperman AM, van Westrhenen R, Schulte PFJ. The treatment of premenstrual syndrome with preparations of vitex agnus castus: a systematic review and meta-analysis. *Am J Obstet Gynecol*. 2017 Aug;217(2):150-166.

Yavarikia P, Shahnazi M, Hadavand Mirzaie S, Javadzadeh Y, Lutfi R. Comparing the effect of mefenamic Acid and vitex agnus on intrauterine device induced bleeding. *J Caring Sci*. 2013 Aug 31;2(3):245-54

Zamani, M., Neghab, N., and Torabian, S. Therapeutic effect of Vitex agnus castus in patients with premenstrual syndrome. *Acta Med.Iran* 2012;50(2):101-106.

Zeidabadi A, Yazdanpanahi Z, Dabbaghmanesh MH, Sasani MR, Emamghoreishi M, Akbarzadeh M. The effect of Salvia officinalis extract on symptoms of flushing, night sweat, sleep disorders, and score of forgetfulness in postmenopausal women. *J Family Med Prim Care*. 2020;9(2):1086-1092.