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## Effect of *Nigella sativa* and placebo on sexual dysfunction in menopausal women

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**Objective:** Menopause is a hormonal change that affects women's lives, which affects their quality of life and causes problems one of the most commonly caused is sexual dysfunction. The main treatment for these abnormalities is the replacement of hormone. Due to the prohibition of the use of hormone in some cases, alternative therapy is needed. The purpose of this study was to investigate the effect of *Nigella sativa* on sexual dysfunction in menopausal women.

**Methods:** In this double-blind clinical trial study, 40 postmenopausal women referred to the menopausal clinic in Yas Hospital, Iran were enrolled and women's standard sexual function questionnaire was completed for them. In two groups, randomized, three-month *Nigella sativa* (600 mg/D) and placebo were prescribed.

**Results:** According to standard questionnaire, sexual dysfunction in women was less than 25.5 in both groups, which was a sign of sexual dysfunction in both groups. After intervention, the overall score of sexual dysfunction in the control group before and after intervention, from 13.74 to 15.77 and in case group from 15.23 to 18.23. There was no significant statistical relationship.

**Conclusion:** The results show that the sexual function of the postmenopausal women is not at the desired level and that *Nigella sativa* may be useful for sexual dysfunction of the menopause, but they will not cure it.

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