



Clinical Trials and Research of Saffron

Effects of Saffron Extract and its Constituents on PMS

PMS Clinical Trials					
No	Date	Saffron Compared with	Duration	Selected	Tested
1	2007	Placebo	6 Month	78	50

Contents

1. Saffron in Phytotherapy: Pharmacology and clinical uses
Wiener Medizinische Wochenschrift (WMW) 2007; 157: 315-319

2. Crocus sativus L. (saffron) in the treatment of premenstrual syndrome: a double-blind, randomized and placebo controlled trial. BJOG 2008; 115; 515-519

3. Saffron May ease PMS symptoms; REUTERS UK.

1. Saffron in Phytotherapy: Pharmacology and clinical uses

Wiener Medizinische Wochenschrift (WMW) 2007; 157: 315-319

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[Themenschwerpunkt](#)

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Wien Med Wochenschr 157, 315 (2007). <https://doi.org/10.1007/s10354-007-0428-4>

Summary:

Saffron (stigmates of *Crocus sativus* L.) has been used for medicinal purposes for millenaries. Throughout history, uses against cancer and depressive mood can regularly be identified. These applications have also been in the focus of modern research. Promising and selective anti-cancer effects have been observed in vitro and in vivo, but not yet in clinical trials. Antidepressant effects were found in vivo and in clinical pilot studies. Saffron extracts thus have the potential to make a major contribution to rational phytotherapy.

2. Crocus sativus L. (saffron) in the treatment of premenstrual syndrome:

a double-blind, randomized and placebo controlled trial. BJOG 2008; 115; 515-519

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Results:

Seventy-eight women were screened for the study and 50 were randomised to trial medication (25 women in each group) (Figure 1). No significant differences was identified between women randomly assigned to the group A or B condition with regard to basic demographic data, including age, marital status and level of education (Table 1). Three women dropped out over the trial (one from the saffron and two from the placebo group) due to withdraw consent (they were convinced by their family that withdraw from the research project)

3. Saffron May ease PMS symptoms; REUTERS UK.

By Reuters Health

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NEW YORK (Reuters Health) - Saffron, a spice known for flavoring Mediterranean cuisine, might also offer an antidote to premenstrual syndrome, a small study suggests. Saffron, the world's most expensive spice, has a long history of non-culinary uses. Traditionally, the spice has been advocated for stomach pain, digestive problems and even depression -- with some recent clinical trials suggesting that saffron may in fact aid mild depression. It's thought that the spice might influence depression symptoms via effects on the brain chemical serotonin. Because alterations in serotonin activity are suspected in PMS, a team of Iranian researchers decided to study whether saffron supplements might help relieve these symptoms. Dr. M. Agha-Hosseini and colleagues at Tehran University of Medical Sciences randomly assigned 50 women to take either saffron capsules or a placebo twice a day over two menstrual cycles. The women, who ranged in age from 20 to 45, had all had PMS symptoms such as cramps, bloating, irritability and Directory of sites Login Contact Support World Business Markets Breakingviews Video More Discover Thomson Reuters fatigue for at least six months. At the end of the treatment

period, three-quarters of the women on saffron capsules reported at least a 50 percent reduction in their PMS symptoms. That compared with only 8 percent of women in the placebo group, the researchers report in the medical journal BJOG. In addition, the researchers found, 60 percent of the saffron group showed a 50 percent improvement in depression symptoms, versus one woman in the placebo group. The findings, according to the researchers, support the idea that saffron may affect serotonin activity -- and help alleviate not only depression symptoms, but PMS as well. However, they write, this study is the first they know of to test saffron for treating PMS. Larger, longer-term studies are needed to confirm the findings, the researchers conclude. SOURCE: BJOG, March 2008