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# Treatment of women's sexual dysfunction using *Apium graveolens* L. Fruit (celery seed): A double-blind, randomized, placebo-controlled clinical trial

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## Abstract

**Ethnopharmacological relevance:** Traditional manuscripts refer to plants such as *Apium graveolens* L. Fruit (celery seed), which could be used to improve sexual function among women. Since that time, local herbal shops in Iran continue to provide this herb as a natural aphrodisiac product.

**Aim of the study:** This study aimed to evaluate the efficacy and safety of celery seed for the treatment of female sexual dysfunction.

**Methods and materials:** In this parallel, randomized, double-blinded clinical trial, 80 women were assigned to receive either 500 mg of celery seed or placebo 3 times a day for a period of 6 weeks ( $n = 40$  per group). The female sexual function index (FSFI) questionnaire was used to evaluate women's sexual function before and after treatment.

**Results:** At the end of the sixth week, an improvement in the total FSFI score was significantly greater in celery seed-treated women than those receiving the placebo ( $P < 0.001$ ). Increased total FSFI score is mainly contributed by improvement in the sexual desire ( $p < 0.001$ ), arousal ( $p < 0.001$ ), lubrication ( $p < 0.001$ ), and pain ( $p = 0.033$ ) domains at the endpoint of study. No serious side effects were noticed in both groups during the study period.

**Conclusion:** It seems that celery seed improved sexual function in women and could be used as a safe, well-tolerated, and effective herbal medicine in women with sexual dysfunction.

**Keywords:** Celery seed; FSFI questionnaire; Female sexual dysfunction; Herbal medicine.

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