

Therapeutic effects of stinging nettle (*Urtica Dioica*) in women with Hyperandrogenism

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Abstract:

Introduction:

Nowadays, the use of alternative medicines and complementary medicines to treat a variety of diseases has been most popular and the use of herbal medicines for the treatment of various disorders of the human body is considered by investigators and physicians in most clinical areas.

The aim of this study was to evaluate the therapeutic effects of *Urtica Dioica* in women with Hyperandrogenism.

Methods:

In a randomized controlled clinical trial that performed in Endocrinology and Metabolism clinics of Emam Reza Hospital of University of Medical Sciences, Tabriz, Iran on patients with Hyperandrogenism, the therapeutic effects of *Urtica Dioica* in women with Hyperandrogenism evaluated.

Results:

Mean total testosterone level before treatment in case group was 0.57 ± 0.22 and in after treatment was 0.37 ± 0.15 .

Mean free testosterone level before treatment in case group was 2.43 ± 2.19 and in after treatment was 1.56 ± 1.18 .

Mean DHEA level before treatment in case group was 150.48 ± 63.44 and in after treatment was 134.06 ± 56.96 .

Conclusion:

Significant decrease was found in total testosterone level of case group at after treatment due to before treatment. Significant decrease was found in free testosterone level of case group at after treatment due to before treatment.

Significant decrease was found in DHEA level of case group at after treatment due to before treatment.

The improvement rate of acne in patients of control group was significantly higher than the case group ($P<0.001$).

The improvement rate of menstrual status in patients of control group was significantly higher than the case group ($P=0.044$).

The improvement rate of oily skin in patients of control group was significantly higher than the case group ($P<0.001$).

Key Words:

Hyperandrogenism, Urtica Dioica, Treatment