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## Black cohosh and St. John's wort for climacteric complaints: a randomized trial.

Uebelhack R<sup>1</sup>, Blohmer JU, Graubaum HJ, Busch R, Gruenwald J, Wernecke KD.

### Author information

#### Abstract

**OBJECTIVE:** To investigate the efficacy of the fixed combination of **black cohosh** (*Cimicifuga racemosa*) and **St. John's wort** (*Hypericum perforatum*) extracts in women with **climacteric complaints** with a pronounced psychological component.

**METHODS:** In this double-blind randomized placebo-control study, 301 women experiencing **climacteric complaints** with psychological symptoms were treated with ethanolic **St. John's wort** extract and isopropanolic **black cohosh** extract or a matched placebo for 16 weeks. **Climacteric complaints** were evaluated by means of the **Menopause** Rating Scale mean score, and psychological **complaints** were evaluated using the Hamilton Depression Rating Scale sum score.

**RESULTS:** The mean (+/- standard deviation) **Menopause** Rating Scale score decreased 50% (0.46 +/- 0.13 to 0.23 +/- 0.13) in the treatment group and 19.6% (0.46 +/- 0.14 to 0.37 +/- 0.15) in the placebo group. The Hamilton Depression Rating Scale total score decreased 41.8% in the treatment group (18.9 +/- 2.2 to 11.0 +/- 3.8 points), and 12.7% in the placebo group (18.9 +/- 2.1 to 16.5 +/- 4.3). The treatment was significantly ( $P < .001$ ) superior to placebo in both measures. There were no relevant group differences regarding adverse events, laboratory values, or tolerability.

**CONCLUSION:** This fixed combination of **black cohosh** and **St. John's wort** is superior to placebo in alleviating **climacteric complaints**, including the related psychological component.

**LEVEL OF EVIDENCE:** I.

#### Comment in

**Black cohosh and St John's wort** reduced **climacteric** and depressive symptoms. [Evid Based Med. 2006]

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Publication Types, MeSH Terms, Substances

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