

The effect of date palm on sexual function in infertile couples: a double-blind controlled clinical trials

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Abstract:

Objective

Infertility has a significant impact on the sexual function of couples. The use of herbal medicine has been highly important throughout the history of medicine. The present study was conducted to evaluate the effect of date palm on sexual function of infertile couples.

Results

The present study was a double-blind, placebo-controlled clinical trial conducted on infertile women and their husbands who referred to infertility clinics in Iran in 2019. The intervention group was given a palm date capsule and the control group was given a placebo. Data were collected through female sexual function index and International Index of Erectile Function. The total score of sexual function of females in the intervention group increased significantly from 21.06 ± 2.58 to 27.31 ± 2.59 ($P < 0.0001$). Also, other areas of sexual function in females (arousal, orgasm, lubrication, pain during intercourse, satisfaction) in the intervention group showed a significant increase compared to females in the control group, which was statistically significant ($P < 0.0001$). All areas of male sexual function (erectile function, orgasmic function, sexual desire, intercourse satisfaction and overall satisfaction) significantly increased in the intervention group compared to the control group ($P < 0.0001$). The present study revealed that 1-month consumption of date palm has a positive impact on the sexual function of infertile couples.

Keywords: Date palm; Female sexual function index; Infertility; Male sexual function index; Sexual function.