


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

F. Najafipour, A. Rahimi, +3 authors, A. Aliasgharzadeh • Published 2014 • Medicine

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

Abstract Nowadays, the use of alternative medicine and complementary medicine more attention is to treat a variety of diseases and the use of herbal medicines for the treatment of various disorders of the 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. In a randomized controlled clinical trial that performed in Endocrinology and Metabolism clinics of Emam Reza Hospital of Tabriz University of Medical Sciences on patients with Hyperandrogenism, the therapeutic effects of *Urtica Dioica* in women with Hyperandrogenism evaluated. 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 . 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 ($P < 0.001$).

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Effects of Ferula on Polycystic Ovary Syndrome

Ghavi Fatemeh S. Abdollahian Shakeri Fatemeh Medicine · 2020

TLDR Use of Ferula assa-foetida can be effected in decrease of DHEAS, TSH levels, and ovarian follicles number in young girls with PCOS. [Expand](#)

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Herbal remedies for oligomenorrhea in Traditional Persian Medicine

A. Jazani M. Tansaz R. N. D. Azgomi Mohammad Bagher Fazljoo K. Hamdi Medicine · 2016

TLDR Based on the findings of this study, 71 medicinal plants were found as emmenagogue in medical and pharmaceutical manuscripts of Persian medicine, and only Foeniculum vulgare had therapeutic effects on amenorrhea in a randomized placebo-controlled trial. [Expand](#)

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Herbal Medicine for Oligomenorrhea and Amenorrhea: A Systematic Review of Ancient and Conventional Medicine

Arezoo Moini Jazani K. Hamdi +4 authors Ramin Nasimi Doost Azgomi Medicine · [BioMed Research International](#) · 2018

TLDR Although just few plants have been proven to be effective for treatment of menstrual irregularities, the results and the classification in present study can be used as an outline for future studies and treatment. [Expand](#)

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Nutritional and therapeutic efficacy of Stinging Nettle- A review

V. Pant R. Sundriyal Medicine, Agricultural and Food Sciences · 2016

TLDR Stinging nettle is characterized by considerable dietary and healthmaintaining qualities and has strong potential for food and therapeutic purposes and there is a need to take up more coordinated researches and validation studies so that applicability of nettle could be established against various diseases. [Expand](#)

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The effect of lutein and Urtica dioica extract on in vitro production of embryo and oxidative status in polycystic ovary syndrome in a model of mice

E. Bandariyan A. Mogheiseh A. Ahmadi Medicine, Biology · [BMC Complementary Medicine and Therapies](#) · 2021

TLDR The most favorable findings include improving antioxidant capacity, oocyte and embryo quality were observed in the PCOS+ 125 L group, and a combination treatment of the nettle and lutein produced the lowest concentration of MDA in comparison to other groups which affected by thePCOS. [Expand](#)

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Chamomile and Urtica dioica extracts improve immunological and histological alterations associated with polycystic ovarian syndrome in DHEA -induced mice

M. Shamsi A. Ganji G. Mosayebi Ensieh Seif Amirhoseiny Sepideh Shohani A. Ghazavi Medicine, Biology ·

[BMC Complementary Medicine and Therapies](#) · 2023

TLDR Chamomile and Nettle extract may be an effective supplement in improving the histological and immunological changes of PCOS, but more research is needed to confirm its effectiveness in humans. [Expand](#)

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“Ferula assa-foetida L” or “Foeniculum vulgare”? Which one is more effective in the management of polycystic ovarian syndrome? A randomized, placebo controlled, triple-blinded

F. Ghavi Fatemeh Shakeri S. Abdollahian Medicine · [Avicenna Journal of Phytomedicine](#) · 2023

TLDR The findings showed significant changes in dehydroepiandrosterone sulfate (DEHAS) and thyroid-stimulating hormone (TSH) levels after the intervention and it can be concluded that this herbal medicine is more effective than Fennel in managing PCOS. [Expand](#)

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Effects of Ferula assa-foetida on clinical, hormonal and ultrasound parameters in young girls with polycystic ovary syndrome: a randomized, placebo controlled, triple-blinded

F. Ghavi S. Abdolalian F. Shakeri M. Taebi Medicine · 2020

TLDR Use of Ferula assa-foetida can be effected in decrease of DHEAS, TSH levels, and ovarian follicles number in young girls with PCOS. [Expand](#)

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Herbal medicine for the management of polycystic ovary syndrome (PCOS) and associated oligo/amenorrhoea and hyperandrogenism; a review of the laboratory evidence for effects with corroborative clinical findings

S. Arentz J. Abbott C. Smith A. Bensoussan Medicine · [BMC Complementary and Alternative Medicine](#) · 2014

TLDR Preclinical and clinical studies provide evidence that six herbal medicines may have beneficial effects for women with oligo/amenorrhea, hyperandrogenism and PCOS, however the quantity of pre-clinical data was limited, and the quality of clinical evidence was variable. [Expand](#)

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Effects of Ferula Assa-Foetida on Clinical, Hormonal and Sonography Parameters in Young Girls with Polycystic Ovary Syndrome: Pilot Randomized, Placebo Controlled, Triple-Blinded

F. Ghavi S. Abdolalian F. Shakeri M. Taebi Medicine · 2020

TLDR Use of Ferula assa-foetida can be effected in decrease of ovarian volume and ovarian follicles number in young girls with PCOS, and this herbal medicines was measured after the 3-month intervention. [Expand](#)

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21 References

Urtica dioica for treatment of benign prostatic hyperplasia: a prospective, randomized, double-blind, placebo-controlled, crossover study.

M. Safarinejad Medicine · [Journal of Herbal Pharmacotherapy](#) · 2005

TLDR Urtica dioica have beneficial effects in the treatment of symptomatic BPH and further clinical trials should be conducted to confirm these results before concluding that Urticadioica is effective. [Expand](#)

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The effect of hydro alcoholic Nettle (Urtica dioica) extracts on insulin sensitivity and some inflammatory indicators in patients with type 2 diabetes: a randomized double-blind control trial.

Nazli Namazi A. Esfanjani Javad Heshmati A. Bahrami Medicine, Environmental Science ·

[Pakistan Journal of Biological Sciences](#) · 2011

TLDR Hyd alcoholic extract of nettle has decreasing effects on IL-6 and hs-CRP in patients with type 2 diabetes after eight weeks intervention, showing a significant decrease in the intervention group compared to the control group.[Expand](#)

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Protective role of *Urtica dioica* L. (Urticaceae) extract on hepatocytes morphometric changes in STZ diabetic Wistar rats.

M. Golalipour

S. Ghafari

M. Afshar

Medicine · [The Turkish Journal of Gastroenterology](#) · 2010

TLDR It is revealed that the administration of extract of *Urtica dioica* leaves before induction of diabetic with streptozotocin has a protective effect on the morphometric alterations of hepatocytes in the periportal and perivenous zones of the liver lobule in rats.[Expand](#)

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The effect of extracts of the roots of the stinging nettle (*Urtica dioica*) on the interaction of SHBG with its receptor on human prostatic membranes.

D. Hryb

M. S. Khan

N. Romas

W. Rosner

Biology, Medicine · [Planta Medica](#) · 1995

TLDR This work set out to determine whether specific extracts from *U. dioica* had the ability to modulate the binding of sex hormone-binding globulin to its receptor on human prostatic membranes.[Expand](#)

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Effects of the polysaccharide fraction of *Urtica fissa* on castrated rat prostate hyperplasia induced by testosterone propionate.

Q. Zhang

L. Li

+4 authors

Z. Wu

Medicine · [Phytomedicine](#) · 2008

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Antioxidant, antimicrobial, antiulcer and analgesic activities of nettle (*Urtica dioica* L.).

I. Gülçin

Ö. Küfrevioğlu

M. Oktay

M. Büyükokuroğlu

Medicine, Environmental Science · [Journal of Ethnopharmacology](#) · 2004

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Effects of Various Doses of Selenite on Stinging Nettle (*Urtica dioica* L.)

Olga Krystofova

V. Adam

+4 authors

R. Kizek

Agricultural and Food Sciences, Environmental Science ·

[International Journal of Environmental Research...](#) · 2010

TLDR The content of phytochelatin2, a low molecular mass peptide containing a sulfhydryl group, correlated well with the Se content and suggests a possible stimulation of synthesis of this plant peptide by Se.[Expand](#)

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Identification of oxalic acid and tartaric acid as major persistent pain-inducing toxins in the stinging hairs of the nettle, *Urtica thunbergiana*.

Han-Yi Fu

Shiang-Jiuun Chen

Ruei-Feng Chen

W. Ding

L. Kuo-Huang

Rong-Nan Huang

Biology, Environmental Science ·

[Annals of Botany](#) · 2006

TLDR Oxalic acid and tartaric acid were identified, for the first time, as major long-lasting pain-inducing toxins in the stinging hairs of *U. thunbergiana*.[Expand](#)

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Lignans from the roots of *Urtica dioica* and their metabolites bind to human sex hormone binding globulin (SHBG).

M. Schöttner

D. Gansser

G. Spitteller

Medicine, Chemistry · [Planta Medica](#) · 1997

TLDR Polar extracts of the stinging nettle (*Urtica dioica* L.) roots contain the ligands (+)-neoolivil, (-)-secoisolariciresinol, dehydrodiconiferyl alcohol, isolaric firesign, and 3,4-divanillyltetrahydrofuran, and all lignans except (-)-pinoresinol developed a

binding affinity to SHBG in the in vitro assay. [Expand](#)

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Aqueous extract of urtica dioica makes significant inhibition on adenosine deaminase activity in prostate tissue from patients with prostate cancer

I. Durak

H. Biri

E. Devrim

S. Sözen

A. Avci

Medicine · [Cancer Biology & Therapy](#) · 2004

TLDR Aqueous extract of urtica dioica results in significant inhibition on adenosine deaminase activity of prostate tissue, suggesting ADA inhibition might be one of the mechanisms in the observed beneficial effect of urTica dIOica in prostate cancer.

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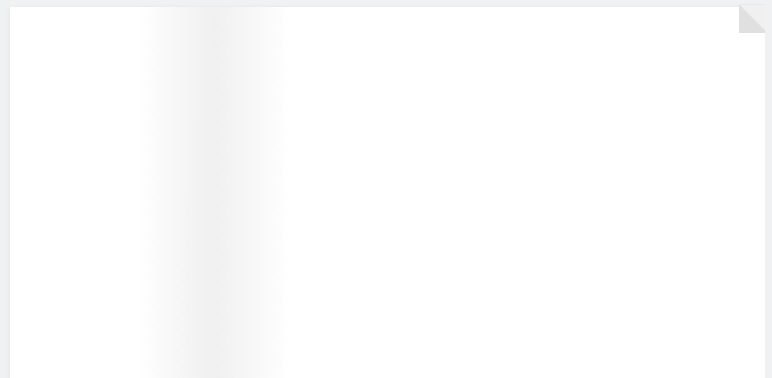
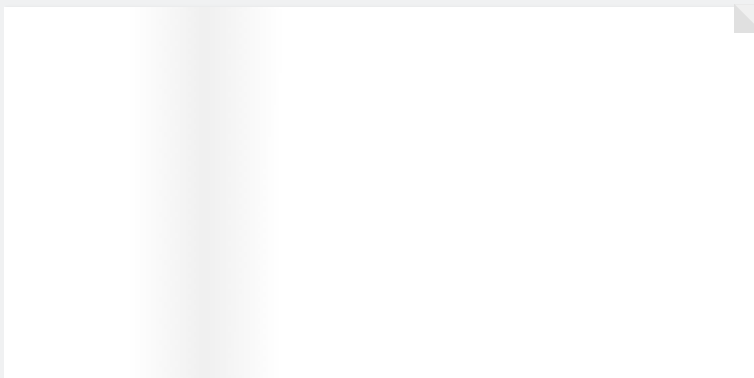
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