

Evaluation of *Crocus sativus* L. (saffron) on male erectile dysfunction: A pilot study

Shamsa, A.^a, Hosseinzadeh, H.^b, Molaei, M.^a, Shakeri, M.T.^c, Rajabi, O.^d

^a Urology Department, Ghaem Hospital, Faculty of Medicine, **Mashhad**, Iran

^b Pharmacology and Toxicology Department, Pharmaceutical Research Center, School of Pharmacy, **Mashhad**, Iran

^c Department of Biostatistics, Ghaem Hospital, Faculty of Medicine, **Mashhad**, Iran

^d Pharmaceutical Chemistry, School of Pharmacy, **Mashhad University of Medical Sciences, Mashhad**, Iran

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Abstract

In this study, the effect of *Crocus sativus* (saffron) was studied on male erectile dysfunction (ED). Twenty male patients with ED were followed for ten days in which each morning they took a tablet containing 200 mg of saffron. Patients underwent the nocturnal penile tumescence (NPT) test and the international index of erectile function questionnaire (IIEF-15) at the start of the treatment and at the end of the ten days. After the ten days of taking saffron there was a statistically significant improvement in tip rigidity and tip tumescence as well as base rigidity and base tumescence. IIEF-15 total scores were significantly higher in patients after saffron treatment (before treatment 22.10 ± 1.44 ; after treatment 39.20 ± 1.90 , $p < 0.001$). Saffron showed a positive effect on sexual function with increased number and duration of erectile events seen in patients with ED even only after taking it for ten days. © 2009 Elsevier GmbH. All rights reserved.

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Indexed Keywords

EMTREE drug terms: *Crocus sativus* extract

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