



Clinical Trials and Research of Saffron

. Effects of Saffron Extract and its Constituents Crocin on Vision

Hyperactivity Clinical Trials					
No	Date	Saffron Compared with	Duration	Selected	Tested
1	2016	Placebo	6 Month	60	40

Contents

1. Short-term Outcomes of Saffron Supplementation in Patients with Age-related Macular Degeneration: A Double-blind, Placebo-controlled, Randomized Trial

1. Short-term Outcomes of Saffron Supplementation in Patients with Age-related Macular Degeneration: A Double-blind, Placebo-controlled, Randomized Trial

Alireza LASHAY ; Gholamreza SADOUGH ; Elham ASHRAFI ; Mohammadreza LASHAY ; Morteza MOVASSAT ; Shahin AKHONDZADEH

1. Farabi Eye Research Center, Tehran University of Medical Sciences, Tehran, Iran

2. Psychiatric Research Center, Roozbeh Hospital, Tehran University of Medical sciences, Tehran, Iran

ABSTRACT:

In modern pharmacological medicine, saffron is used for various purposes due to its antioxidant effect. This study evaluated retinal function after treatment with saffron supplementation during a follow-up period of 6 months to provide further insight into the efficacy and safety considerations of this treatment. Sixty patients with wet or dry age-related macular degeneration (AMD) were randomly assigned to receive oral saffron 30 mg/d or placebo supplementation for 6 months. Optical coherence tomography (OCT), electroretinography (ERG), fluorescein angiography, and visual acuity testing were performed at baseline and 3 and 6 months after treatment. The main outcome measures were OCT, ERG amplitude, and implicit time. Six months after treatment, no statistically significant decrease in OCT results was observed between the groups with dry AMD ($P = 0.282$). However, there was a statistically significant increase in ERG results between the groups at 3 months after treatment ($P = 0.027$). In addition, there was a significant decrease in OCT results between groups with wet AMD at the follow-up ($P = 0.05$). Finally, there was a significant increase in ERG findings between the groups with wet AMD at 3 months after treatment ($P = 0.01$), but these changes decreased at 6 months after treatment ($P = 0.213$). Daily supplementation with 30 mg of saffron for 6 months may result in a mid-term, significant improvement in retinal function in patients with AMD.
