Combination of Nigella sativa and honey in eradication of gastric Helicobacter pylori infection: a pilot study.

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Abstract

Objectives: The aim of this study was to assess the effectiveness of combination of Nigella sativa and honey (Dosin) in eradication of gastric H. pylori infection.

Patients and Methods: Nineteen patients who had positive result for H. pylori infection by Urea breath test (UBT) without the past history of peptic ulcer, gastric cancer or gastrointestinal bleeding, were suggested to receive 1 teaspoon of the mixture of Dosin (6g/ day of N. sativa as ground seeds and 12g/day of honey) three times a day after meals for 2 weeks. The second urea breath test was used to detect the presence of H. pylori 4 weeks after completion of the regimen. Also symptoms of dyspepsia were scored before and after the study and analyzed with Wilcoxon signed-rank test.

Results: Fourteen patients completed the study. Negative UBT was observed in 57.1% (8/14) of participants after intervention. The median (IQR) of total dyspepsia symptoms was significantly reduced from 5.5 (5-12) to 1 (0-4) (P= 0.005). All patients tolerated Dosin except for one who was excluded due to mild diarrhea. No serious adverse events were reported.

Conclusion: Dosin is concluded to be an anti H. pylori and the anti dyspeptic agent. Further studies are recommended to investigate the effect of Dosin plus antibiotics (concurrently or following another) on gastric H. pylori infection.

Nigella sativa| Helicobacter pylori| honey| medicine| traditional| phytotherapy
Effect of Cyperus rotundus on ischemia-induced brain damage and memory dysfunction in rats

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Objective(s): Global cerebral ischemia-reperfusion injury causes loss of pyramidal cells in CA1 region of hippocampus. In this study, we investigated the possible neuroprotective effects of the ethanol extract of Cyperus rotundus (EECR) on a model of global transient ischemia in rat, by evaluating the pathophysiology of the hippocampal tissue and spatial memory.

Materials and Methods: Treatment group (EECR, 100 mg/kg/day) was gavaged from 4 days before, to 3 days after ischemia. Morris water maze test was performed 1 week after ischemia for 4 days. Brain tissue was prepared for Nissl staining.

Results: Our data showed no statistical difference between the treatment and ischemia groups in water maze task. So, treatment of ischemia with EECR cannot improve spatial learning and memory. On the contrary EECR ameliorated the CA1 pyramidal cell loss due to transient global ischemia/reperfusion injury.

Conclusion: These results suggest that EECR cannot reduce the ischemia-induced, cognitive impairments seen after transient, global cerebral ischemia but can prevent pyramidal cell loss in CA1 region of hippocampus.

Cerebral ischemia| Cyperus rotundus| Morris water maze| Spatial memory
Protective Effects of Cyperus rotundus Extract on Amyloid β- Peptide (1-40)-Induced Memory Impairment in Male Rats. A Behavioral Study

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Abstract

Introduction:

Alzheimer's disease (AD) is the most common form of dementia that leads to memory impairment.

Amyloid β protein (Aβ) is considered to be one of the major contributing factors to the development of AD. Cyperus rotundus is traditionally used for improving the memory. Investigations showed that it is potential source of natural antioxidants, immunomodulators, anti-inflammatory and cytotoxicants. In a study, it improved the scopolamine-induced learning and memory deficit in mice.

In this study, we examined the protective effects of Cyperus rotundus on Amyloid β (Aβ) - Induced memory impairment.

Methods:

Twenty eight wistar male rats received intra-hippocampal (IHP) injection of the Aβ (1-40). Seven of rats received aqueous extract of Cyperus rotundus (400 mg/kg, intraperitoneally) and compared with control and sham groups. Spatial memory was assessed by the Morris water maze (MWM) task.

Results:

In the MWM, Aβ (1-40) significantly increased escape latency and traveled distance. Cyperus rotundus administration attenuated the Aβ- induced memory impairment the MWM task. The control group spent less time to find the hidden platform (escape latency) than the other groups.

Longer escape latency indicates more sever spatial memory deficits. A post-hoc analysis showed a significant difference between the control and sham- operated groups and the rats which received Aβ (p<0.001). According to the results, Cyperus rotundus administration caused significant reduction in escape latency compared with
the Aβ- treated group (p<0.01). In accordance with the latency data, there was a significant effect of treatment (P< 0.001). A significant differences in traveled distance was seen between Aβ- treated rats and control and sham operated groups (p<0.001). Aβ- treated rats that received cyperus rotundus for 7 days showed less traveled distance compared with Aβ group (p<0.05).

Conclusion:

Our findings showed that Cyperus Rotundus could improve the learning impairment following Aβ treatment and it may lead to an improvement of AD induced cognitive dysfunction.

Alzheimer's disease | Amyloid β- peptide | Cyperus rotundus | Spatial Memory
Adherence to prescribed medications of Iranian traditional medicine in a group of patients with chronic disease

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Abstract:

Introduction: The extent to which a person’s health-related behaviour corresponds with medical instructions (adherence) is an important modifier of health system effectiveness.

Aims: To determine the medication adherence to Iranian traditional medicine in a group of patients with chronic disease.

Methods and Material: Convenience sampling was used to enroll 320 patients with chronic diseases from January 2014 to January 2015 in clinics of traditional medicine affiliated with medical universities in Tehran. Morisky Medication Adherence Scale (MMAS) was used to measure the adherence.

Statistical analysis used: After describing the variables and the frequency of adherence, logistic regression analysis was used to determine the influencing factors.

Results: Mean age was 40.8 (SD =13) years. The mean of the duration of disease was 54.6 (SD =56.1) months and mean of the duration of referring to the clinics 6.5 (SD = 6.9) months. Total score of MMAS was zero in 33 (10.3%) of patients (high adherence), one or two in 128(40% of patients (moderate adherence) and more than two in 159(49.7%) of patients (low adherence). Forgetfulness, bad taste, not availability and high cost of the drugs were the most commonly reported causes of non adherence. Adherence was associated with age (OR=1.05, 95%CI 1:1.1), marriage (OR=10.8, 95% CI 2.05:57.6), number of prescribed drugs (OR=0.05, 95% CI 0.02: 0.14) and duration of disease (OR=1.01, 95%CI 1: 1.02).

Conclusions: Considering the low adherence in users of medications of Iranian traditional medicine, health care practitioners need to be trained in adherence and the influencing factors and also to use some interventions to increase the adherence.

adherence| compliance| traditional Medicine| Iran
Importance of urine and urinalysis in traditional Persian medicine

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Introduction :The urine and urinalysis is an informative and noninvasive diagnostic tool that is readily accessible to the clinician. Performance and interpretation of the urinalysis are practical skills for clinicians in both the ambulatory and hospital settings. This test plays a central role in evaluating acute and chronic disease. Our aim is saying the view of traditional Persian medicine (TPM) about importance of urine and urinalysis.

Method :This is a review article, using sources of TPM, including, Mofarah-Al-Gholoob, zakhireh-Kharazmshahi ,Alaghraz-Altabiat-va-Mabaahes-Alalaniat, Al-Canoon fi-al-Teb and ect .to say importance of the urine and its characteristics for diagnosis the healthy condition in humans.

Results :Urine is an important factor in traditional Persian medicine for appear the body status and condition to the physicians. For study the urine, we should be use the large container for collecting the whole of urine. The first urine of the day in fasting, has special impotency as well as modern medicine. TPM suggest that the urine has appeared the liver condition, the temperament made in liver and whole of the body. The colour and odor of the urine, urine consolidation, foams of the urine and urine sedimentation are the most important for approach to the patients, as well as the pulse of the patient. Each Characteristics of the urine divided to sub-items that arguments one or more than one specific diseases.

Conclusion :Urine and visual or macroscopic urinalysis is the only para-clinic diagnostic tool for approaching the patients in traditional Persian medicine and it is important for fallow up the patient, too. Characteristics of the urine according to principles of TPM can be a useful and interested topics in the several disease in modern medicine for future research.

traditional Persian medicine| urine| urinalysis
Treatment of Menopause-related vaginal dryness from the viewpoint of the Iranian Traditional Medicine

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Vaginal dryness is a very common problem and affects more than half of women after the menopause. Symptoms are painful intercourse, itching and discomfort in even simple activities such as walking. In conventional medicine hormone therapy with estrogen is the most-often prescribed treatment for vaginal dryness; but it may also slightly increase a woman's risk for breast and uterine cancer. Understandably, many women are opting to try alternative means of relief such as Traditional medicine. In Iranian Traditional Medicine (ITM), there are effective therapeutic recommendations for vaginal dryness.

Methods:

This study has reviewed ITM textbooks, such as “Qanoon and Exir-e-azam ‘as well as scientific references and data bases of conventional medicine (ISI, Pubmed,...) with specific keywords. Contents and related concepts were classified and results prepared.

Results:

Many women notice changes in genital area after the menopause. These changes may include dryness and discomfort during sex, itching and bladder symptoms. Current treatments for treatment are vaginal lubricants, moisturizers, and estrogen therapy.

From the viewpoint of the ITM as a holistic doctrine, there are many therapeutic modalities for vaginal dryness such as herbal vaginal douching and suppository, different types of sitz bath with medicinal plants in this fluid in order to adjust in uterine temperament.

Conclusion:

Vaginal dryness has been considered due to the negative impact on women's quality of life and also failure to achieve perfect answer in conventional medicine; therefore,
it seems that the recommendations of ITM can be helpful to control and improve symptoms of this disorder.

Vaginal dryness| Menopause| Iranian Traditional Medicine
Introduction

Peptic ulcer is a serious problem which may lead to gastric metaplasia. The etiological agent of disease may include acid hypersecretion, H-pylori infection, drugs, drinking alcohol, smoking, radiation and unclear factors. From According Iranian traditional medicine, infectious diseases especially sinusitis are the main causes of peptic ulcer. In this study, treatment of peptic ulcer has been reviewed from Iranian traditional medicine point of view and compared with those obtained in modern medicine.

Methods

All data for this review were obtained by search engines such as Google Scholar, Pub Med, SID, and Iranmedex using key words including “peptic ulcers” and “treatment”. Also, manual search was conducted using Iranian traditional medicine resources such as "Qanun-fil-Tibb", "Exir-e-Azam", and "Tibb Akbari."

Results

Treatment of peptic ulcer in modern medicine may include drugs such as antibiotics, antacids, proton pomp inhibitors, and antihistamines that produce unusual side effects. Also ,in the case of perforation, surgery is necessary. In this regard, herbal remedies have attracted lots of attention and plants such as Red rose) Rosa damascena L ,(. sorrels) Rumex vesicarius ,(Cassia) Cassia fistula ,(Currant) Vitis vinifera ,(Chicory
Cichorium intybus, Quince Cydonia oblonga, Purslane Portulaca oleracea have been frequently used for the treatment of peptic ulcer in Iranian traditional medicine.

Discussions

The therapeutic effect of medicinal plants in peptic ulcer is related to the increase of mucus secreted by stomach wall. Also, herbal remedies possess antioxidant, antihistaminic, and anti-infection activity which are helpful for improvement of peptic ulcer.

Conclusion

As peptic ulcer is a serious disease leading to dangerous complications, there is a growing need for the development of novel and efficient medications. In this respect medicinal plants have been found as versatile resources for the effective peptic ulcer drug discovery developments.
The efficacy of Lemon balm only and combined Lemon balm-Nepeta menthoides on premenstrual syndrome and quality of life among students

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The purpose of this study was to assess the efficacy of Melissa officinalis, both alone and in combination with Nepeta menthoides, on premenstrual syndrome (PMS) and associated quality of life. A total of 93 female students from Tabriz University of Medical Sciences, Iran, were included in the study. The participants completed the Daily Record of Severity of Problems questionnaire for two consecutive menstrual cycles to establish the presence and severity of PMS symptoms. Participants were then randomly divided into three groups, two intervention groups and one placebo, with each group containing 31 subjects. The intervention groups received either a 500 mg capsule of M. officinalis or a capsule containing a combination of 250 mg of M. officinalis and 250 mg of Nepeta menthoides, whilst the placebo group received a 500 mg capsule of starch powder. Capsules were taken twice daily during the luteal phase of two consecutive menstrual cycles. The decrease in the mean scores of PMS symptoms in the first [adjusted difference: 55.5 (95% confidence interval, 96.8 to 14.1)] and second [57.3 (99.9 to 14.7)] month after intervention in the lemon balm group was significantly greater than that in the placebo group. There was, however, no statistically significant difference between the M. officinalis/N. menthoides and placebo groups after intervention. In addition, the mean scores of the physical and psychological aspects of quality of life in the M. officinalis and M. officinalis/N. menthoides groups were significantly greater than those of the placebo group at the end of the second month of treatment. The results of this study suggest that M. officinalis can reduce the severity of symptoms in women with PMS. â

Premenstrual syndrome| Melissa officinalis| Lemon balm| Nepeta menthoides| Quality of life
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Premenstrual syndrome| Melissa officinalis| Lemon balm| Nepeta menthoides| Quality of life
Comparison of the effect of honey and Mefnamic acid on pain severity in primary dysmenorrhea

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Background and objective: Primary dysmenorrhea starts simultaneously with menstruation or before it and usually continues for 48 to 72 hours. As a prevalence disorder, it affects about 80-97% of women in the reproductive age. The conventional treatment modalities of primary dysmenorrhea are associated with complications and side effects. Also, there is a lack of knowledge of the effect of honey on the treatment of primary dysmenorrhea. To investigate the effect of honey on the severity of pain in women with dysmenorrhea.

Methods: A randomized crossover clinical trial was conducted on 56 female students. Subjects were randomly assigned to two groups. Groups I and II received honey and Mefnamic acid in 'first treatment period', respectively. The 'second treatment period', the intervention methods were reversed between the groups. Samples recorded the severity of pain during the first three days of menstruation.

Results: There were no significant differences in the most severe level of pain in the first and second months of the first treatment period, and the first and second months of the second treatment period between the groups.

Conclusions: Honey and the Mefnamic acid capsules led to the same amount of pain relief in women with primary dysmenorrhea. Honey is suggested to be used for pain relief due to its lower side effects and pharmacological complications.

Keywords: Honey| Mefnamic Acid| Primary Dysmenorrhea| Women