Since January 2020 Elsevier has created a COVID-19 resource centre with free information in English and Mandarin on the novel coronavirus COVID-19. The COVID-19 resource centre is hosted on Elsevier Connect, the company's public news and information website.

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which prevents correct understanding of concepts and practices and 5) emphasis on products over system methodology.

**Conclusion:** Health practices from any culture can benefit citizens globally. Without cross-cultural and epistemological empathy together with appropriate language use, the risk of misrepresentation of precious knowledge is very high. Standardisation and regulation are imperative, to both giving and receiving countries, for clarity on how the innate wisdom of a particular system can be transferred to another culture. High-level and effective dialogue and discussions between governments of nations wishing to benefit from shared healthcare methodology is paramount, little progress can be made without. All these factors are significant if effective integration at a national level is desired; lessons from UK will also be valid for the rest of Europe.

**Keywords:** Ayurveda; Healthcare Systems; Standardisation; Regulation, Intercultural Dialogue

doi: 10.1016/j.eujim.2021.101897

**European Journal of Integrative Medicine** 48 (2021) 101898

**The effect of Brahmi (Bacopa monnieri (L.) Pennell) on depression, anxiety and stress during Covid-19**

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**Introduction:** Despite overall impact on health during COVID-19, mental health was least explored to assess psychological wellbeing. Hence, this study to screen the symptoms of depression, anxiety, and stress among adolescents and adults and evaluate the effectiveness of Ayurveda herbal intervention becomes relevant. This study examined the effectiveness of Brahmi (Bacopa monnieri (L.) Pennell) in reducing depression, anxiety, and stress among populations aged between 12 to 60 years in COVID-19 negative patients Hassan district of Karnataka State, India after screening them for psychological distress.

**Methods:** 198 eligible participants (140 female and 58 male) selected by Depression Anxiety and Stress Scale-21 (DASS-21) was used to evaluate depression, anxiety, and stress from 1657 screened participants at baseline. Two 500 mg capsule of Brahmi (Bacopa monnieri (L.) Pennell) was administered twice daily after food in morning and night for 30 days. Paired t-test, and Wilcoxon signed rank test was applied to see the change in each DASS-21 indicator after intervention.

**Results:** At the DASS-21, 4.09% of the responders presented pathological levels of depression, 10.85% of anxiety, and 0.72% of stress among general population. Significant decrease in means were found for scales of depression, anxiety, stress and total DASS-21 after intervention (p<0.001) with Brahmi for a period of 1 month

**Conclusion:** The population during COVID-19 experienced mild to moderate levels of anxiety, depression and stress. This study result highlights the effectiveness of Brahmi in improving the psychological health during COVID-19. These results have important implications in clinical practice in improving psychological health in the context of COVID-19 pandemic.

**Trial Registration:** CTRI/2020/07/026952. Available at: http://www.ctri.nic.in.

**Keywords:** COVID-19, DASS-21, psychological health, depression, anxiety, stress, Brahmi, Bacopa monnieri
doi: 10.1016/j.eujim.2021.101898

**European Journal of Integrative Medicine** 48 (2021) 101899

**Nigella Sativa Supplementation Accelerates Recovery from Mild COVID-19: First Randomized Controlled Trial**

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**Introduction:** Effective treatment for patients with the novel Coronavirus Disease (COVID-19) is desperately needed and is under rigorous research. Nigella sativa oil (NSO), a herbal medicine, that has a documented wide antiviral and immunomodulatory activities offering a therapeutic potential for COVID-19.

**Methods:** Adult symptomatic patients with mild COVID-19 were recruited between May and August 2020 from King Abdulaziz University Hospital in Jeddah, Saudi Arabia. They were randomly assigned to receive supplementation with oral capsules of NSO (MARNYS’ Cuminar 500 mg twice daily for 10 days) plus standard of care or standard of care medications alone. The primary endpoint was the proportion of patients recovered (free of symptoms for 3 days) within 14 days after randomization. This trial was registered with clinicaltrials.gov, NCT04401202.

**Results:** A total of 120 patients were enrolled. Their mean age was 35 (SD=11) years old and 57% of them were male. There were 60 patients in the treatment group (NSO) and 60 patients in the control group. The proportion of patients recovered in the treatment group was significantly higher than the control group, 42 (70%) versus 27 (45%) (p=0.006). Additionally, there was a significant difference in the average recovery time among both groups, 9.9 (SD=3.3) versus 11.6 (SD=3.4) days (p=0.006). Furthermore, 3 patients from the control group required hospitalization within the study period versus one in the treatment group. Adverse events were reported in 3 patients of NSO recipients as gastrointestinal symptoms.

**Conclusion:** In this RCT of adult patients with mild COVID-19, NSO was associated with a significant increase in the likelihood of recovery and a decrease in the likelihood of hospitalization. To our knowledge, this is the first RCT that shows potential therapeutic benefits of NSO in patients with COVID-19 which requires further confirmation with larger double-blinded RCTs.

**Keywords:** Black seed, Nigella sativa, COVID-19, SARS-CoV-2; randomized controlled trial
doi: 10.1016/j.eujim.2021.101899

**European Journal of Integrative Medicine** 48 (2021) 101900

**Covid-19 and The Jade Screen Project-supporting frontline workers with Chinese herbal medicine.**

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**Introduction:** The Jade Screen Project (JSP) was initiated in March 2020 by Chinese herbal medicine (CHM) practitioners to help support
UK frontline workers in the prevention, treatment and recovery from Covid-19.

Methods: The JSP Management group was formed in March 2020. A selective review was conducted of available English and Chinese language sources describing the diagnosis and treatment of COVID-19. Data on herbs, formulae and approaches to management were extracted, formulated into statements, and circulated to an international group of expert practitioners. Agreement on these were rated on a 7 point Likert scale and aggregated to generate a broad consensus on good practice resulting in preventative and acute treatment guidelines. Forty-eight CHM practitioners were recruited to work voluntarily on the project and trained in the use of the guidelines. Funds were raised to enable provision of free herbs. Practitioner networks and social media were used to publicise the project.

Results: Currently the JSP has 140 patients registered for treatment for prevention, 6 for acute infection, and 60 for recovery. Recruitment has been primarily by word-of-mouth and includes a geographically and ethnically diverse population with a wide range of occupations from bus driver to surgeon. Data are being collected quantitatively using a modified MYMOP outcome measure and via in-depth qualitative interviews. Preliminary data suggests that CHM may have a useful role in assisting in the recovery from chronic COVID-19 related disease.

Conclusion: The JSP is an example of a practitioner led initiative to provide accessible integrative care to a vulnerable population at a time of great need. It has generated treatment guidelines, created a network of trained practitioners, and provided free herbal treatment to a diverse group of CHM naive people. Preliminary data suggest further research into the role of CHM to assist recovery from chronic COVID-19 infection is warranted.

Keywords: Chinese herbal medicine; COVID-19; Integrative care; Prevention; Treatment

doi: 10.1016/j.eujim.2021.101900

European Journal of Integrative Medicine 48 (2021) 101901

Lifestyle changes during the first wave of the COVID-19 pandemic: a cross-sectional survey in the Netherlands

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Introduction: During the Covid-19 pandemic the Dutch government implemented its so-called ‘intelligent lockdown’ in which people were urged to stay at home. This life changing event may have caused changes in lifestyle-behaviour.

Methods: Life-style related changes were studied among a random representative sample of adults in the Netherlands using an online survey (22-27 May 2020). Differences in COVID-19 related lifestyle changes between Complementary and Alternative Medicine (CAM) users and non-CAM users were determined. The survey included a modified version of the I-CAM-Q and 26 questions on lifestyle-related-measures and changes since the COVID-19-outbreak.

Results: 1004 respondents were included in the study, aged between 18 and 88 years (50.7% females). Changes to a healthier lifestyle were observed in 19.3% of the population, mainly due to a change in diet habits, physical activity and relaxation, of whom 56.2% reported to be motivated to maintain this in a post-COVID-19 era. Fewer respondents (12.3%) changed into an unhealthier lifestyle. Multivariable logistic regression analyses revealed that changing into a healthier lifestyle was positively significantly associated with the variables ‘worried/Anxious getting COVID-19’ (OR:1.56, 95% CI. 1.26-1.93), ‘CAM use’ (OR:2.04, 95% CI. 1.38-3.02) and ‘stress in relation to financial situation’ (OR:1.89, 95% CI. 1.30-2.74). ‘Age’ (OR:18-25:1.00, OR:25-40:0.55, 95% CI. 0.31-0.96, OR:40-55:0.50 95% CI. 0.28-0.87 OR:55+:0.1095% CI. 0.10-0.33), ‘stress in relation to health’ (OR:2.52, 95% CI. 1.64-3.86) and ‘stress in relation to the balance work and home’ (OR:1.69, 95% CI. 1.11-2.57) were found predicting the change into a more unhealthy direction.

Conclusion: These findings suggest that the coronavirus crisis results in a healthier-lifestyle in one part and, to a lesser extent, in an unhealthier-lifestyle in another part of the Dutch population. Further studies are warranted to see whether this behavioral change is maintained over time, and how different lifestyle factors can affect the susceptibility for and the course of COVID-19.

Keywords: COVID-19, Life-style, CAM, Integrative Medicine

do: 10.1016/j.eujim.2021.101901

European Journal of Integrative Medicine 48 (2021) 101902

Zinc for the prevention and treatment of SARS-CoV-2 and other acute viral respiratory infections – a living rapid review and meta-analysis

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Introduction: This living rapid review aims to systematically update evidence from randomised controlled trials (RCTs) on the efficacy and safety of any zinc formulation or dose compared to any control, for preventing or treating SARS-CoV-2 and other acute viral respiratory tract infections (RTIs) in adults.

Methods: Protocol registration was 27-April-2020 (PROSPERO: CRD42020182044). Eight databases (one Chinese), four clinical trial registries (one Chinese) and two pre-print servers were then searched with no language or date restrictions. Post-protocol/pre-data extraction, the inclusion criteria was restricted to adults. Meta-analysis used weighted, random-effects models. Cochrane RoB 2.0 tool and GRADE were used to appraise evidence certainty. Searches for COVID-19 evidence are updated 6-monthly.

Results: As of Oct-2020, 1,907 articles and protocols were screened, and 28 RCTs involving 5,403 participants (none with SARS-CoV-2 infections) were included. Compared to placebo, oral or intranasal zinc prevented 5 RTIs/100 person-months (95%CI: 1-9, NNT=20) in adults without zinc deficiency (moderate-certainty), but not pre/post exposure prevention following human rhinovirus inoculation (RR 0.96, 95%CI: 0.77-1.21, moderate-certainty). There was low-certainty evidence of clinically important RTI treatment outcomes. Compared to placebo, sublingual or intranasal zinc improved day-3 symptom severity (MD 1.2 points lower, 95%CI: 0.7-1.7) and reduced symptom duration (MD 2 days shorter, 95%CI: 0.2-3.5; HR 0.55 over 7-days, 95% CI: 0.32-0.91, NNT=5). There was an increased risk of non-serious adverse events (e.g. nausea, mouth or nasal irritation) (ARR 14/100 adults, 95%CI: 4-16, NNH=7). In the 25 RCTs that reported adverse events, none were serious, including copper deficiency or anosmia. The April-2021 update