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health care providers to expand their knowledge about the safety of traditional practices.

Keywords: Lead encephalopathy, Traditional medicine, Herbal medicines, Folk medicine

HN10103110146

The effects of aurantium scent on sleep quality in patients undergoing hemodialysis in select hospitals affiliated to Mashhad university of medical sciences in 2014

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Objectives: The efficacy of citrus aurantium in decreasing anxiety is comparable to diazepam, therefore it can be used as a diazepam alternative. Aroma therapy causes the release of endorphin in the brain and feeling of wellbeing in the patient. Aurantium is a soothing plant which improves sleep quality. This study was designed with the purpose of evaluating the effects of the aurantium scent on sleep quality in patients undergoing hemodialysis.

Materials and Methods: This study was a randomized controlled clinical trial. The research population (available) of this study was the entire hemodialysis patients hospitalized in Montaserie hospital, affiliated to Imam Reza medical center. The Pittsburgh Sleep Quality Index (PSQI) questionnaire, which evaluates the quality of sleep was used to gather data; it is the best tool for measuring the quality of sleep in patients. In order to analyze data, we used the SPSS software (ver. 16).

Results: The results of paired t-test, and the

significance level of the test results for aurantium extract in the control group for all dimensions was less than 0.05, which shows significant mean differences between the effects of each dimension before and after using aurantium. For the control group the significance level of 0.05 was achieved only for the dimensions of delay in sleep and adverse functions during the day; there was no significant mean difference in other dimensions.

Conclusion: Evaluating the effects of aroma therapy with aurantium essence on the quality of sleep in patients in this study showed that aurantium essence leads to a reduction in mental sleep quality, delay in falling sleep, sleep disorders, using sleeping pills, poor functioning during the day, sleep prolongation, and poor sleep quality in the intervention group, which shows mean decrease and increase in the use of aurantium extract is significant.

Keywords: Aroma therapy, Hemodialysis patients, Aurantium extract, Quality of sleep

HN10104500372

Evaluation of the antiplasmodial activity of ethnopharmacological plants used for the treatment of malaria in Iran

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Based on the findings of several ethnopharmacological studies, three medicinal plants including *Myrtus communis*, *Otostegia persica* and *Otostegia michauxii* were selected for evaluation of the mode of action according to the inhibition test of heme detoxification (ITHD). Obtained results were calculated and presented as percentage of heme detoxification inhibition of *M. communis* (100%), *O. persica* (7%) and *O. michauxii* (25%). Moreover, *M. communis* was found to have significant inhibitory effects

on heme detoxification. In this study, mode of action for antimalarial activity of *M. communis* was also identified, and the results provided validation for the ethnic usage of *M. communis* against malaria.

Keywords: Ethnopharmacology, Malaria, Medicinal plants

HN10100320004

The effect of hand and foot massage on pain and anxiety

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Objectives: Pain and anxiety are the most common complications after cesarean section. To confront these problems, drug interventions are typically used; however, the effects of these drugs and lack of access to these drugs has led to using non-drug interventions such as massage therapy. This study aims to determine the effects of hand and foot massage on pain intensity and anxiety of women after cesarean section.

Materials and Methods: This blind clinical trial was performed in governmental hospitals of Mashhad, Iran. A total of 80 pregnant women, referring to delivery ward for elective cesarean and having the inclusion criteria for study, were selected. The participants were chosen through convenience sampling then, they were randomly assigned to two groups. The visual analog scale was used to determine the pain and anxiety intensity. Each of the feet and hands were massaged for five minutes. In case pain is not

controlled and the patients requested for pain relief, we used the routine analgesics to relieve pain. In the control group, if the patient requested for relieving pain, only the routine analgesics were administered. Then, the intensity of pain and anxiety before and immediately, 60 and 90 minutes after the intervention were evaluated. The statistical analyses were performed using Mann-Whitney and independent t-test.

Results: The findings of this study showed that there was no significant difference between the two groups regarding pain and anxiety intensity before the massage ($p>0.05$). However, immediately, 60 and 90 minutes after the intervention there were significant differences between the two groups concerning pain and anxiety intensity ($p<0.001$). These differences indicate lowered pain and anxiety intensity in the intervention group.

Conclusion: According to our findings, hand and foot massage was associated with the reduction of pain intensity and it can be used as a complementary method to reduce pain and anxiety.

Keywords: Anxiety, Caesarean, Foot and hand massage, Pain

HN10100900443

A study of knowledge and attitudes of nursing students of Shirvan University on herbal treatment

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Objectives: Traditional medicine is mostly based on the use of medicinal plants. In fact, herbal treatment is one of the sub-branches of complementary medicine. Today, people are more inclined using medicinal plants due to high costs and dissatisfaction from the complications