

Schizophrenia – An Ayurvedic Review and Treatment – A Case study
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Khushbu R. Prajapati*¹, Bhaveshkumar B. Paramar², Anandkumar M. Patel³, Ram Shukla⁴, Haresh Vyas⁵, Harsh J. Patel⁶

1. Assistant Professor and Consultant, Department of Panchkarma, Saradar Ayurved College and Hospital, Mehsana, Gujarat, India

2. Medical officer, Panchkarma Department, Saradar Ayurved College and hospital, Mehsana, Gujarat, India

3. Assistant Professor and Consultant, Department of Kaumarbhrity, Saradar Ayurved College and Hospital, Mehsana, Gujarat, India

4. Vaidhya Panchakarma, Govt. Ayurved Hospital, Kherva, Mehsana, Gujarat, India

5. M.D. (Kayachikitsa), Ph.D, MRAV, Ayurved Practitioner, Ayurveda Chikitsa Mandir and Panchakarma Research Center, Ahmedabad, Gujarat, India

6. Medical officer, Shalyatantra Department, Saradar Ayurved College and hospital, Mehsana, Gujarat, India

Author for Correspondence E-mail: drkhusbuprajapati1313@gmail.com

ABSTARCT

Schizophrenia is a complex, heterogeneous disorder. It is neuro developmental disorder characterized by problems with thinking (cognition), behavior- not focused on goals, negative symptoms, suicidal thoughts This means having a reduced or impaired ability to function normally and having no emotions (not making eye contact, not changing facial expressions, or speaking in a monotone). Additionally, the person may lose interest in daily activities, withdraw from relationships, or be unable to sustain and reflection often associated with hearing or speech disorders, extreme confusion and associated functional impairments. The pathophysiology is not known. It is a disease or collection of diseases associated with changes in brain circuits. This can manifest itself in many ways, from childlike stupidity to a lack of anxiety. pleasure. The type and severity of symptoms may change over time with periods of recovery and abstinence. Some symptoms may occur. Symptoms of schizophrenia in men usually begin in their early to mid-20s. In women, symptoms usually begin in their 20s. It is rare for children to be diagnosed with schizophrenia, these cases are usually more severe and are rare in people over 45 years of age. Schizophrenia affects approximately 24 million people or 1 in 300 people (0.32%) worldwide. This rate is 1 in 222 people (0.45%) among adults. It is not as common as many other mental disorders. Onset is most often during late adolescence and the twenties, and onset tends to happen earlier among men than among women.

Schizophrenia is frequently associated with significant distress and impairment in personal, family, social, educational, occupational, and other important areas of life.

Antipsychotics, antidepressants, lithium, and cognitive behavioral therapy are at best effective in reducing symptoms. Post-diagnosis treatment now focuses on reducing psychological symptoms. A 38-year-old female patient came to opd-3 at Panchakarma department, sardar ayurvedic college and hospital with chief complain in gofsmrutinasha, Aspasta-Asambandha case pravriti, Balakavata. Sabdauchharanaevamvyavahara, Atichintita, Manoavasada, Atikrodha,ParasparaSamvada kale Asamarthata, Manobhavavihinamukha, Karmanekastata ,Shirahashoola, Vibandha ,Bhrama since last12years. Shaman chikitsa, Shodhana Chikitsa-Shirodhara, Nasya was performed on the patients.

Keywords: Schizophrenia, Manasroga, Ayurveda, Panchakarma,

INTRODUCTION:

Schizophrenia is a serious mental illness that affects how a person thinks, behaves, expresses emotions, perceives reality and interacts with others. People with schizophrenia often experience problems in society at work, at school and in relationships. They may feel scared and withdrawn and seem detached from reality. There is no cure for this disease forever, but it can be controlled with appropriate treatment. This may be partly because some of the symptoms of schizophrenia in young people often appear in adulthood like- withdrawal from friends and family, not doing well at school, sleep problems, feeling anxious or restless and lack of motivation. Additionally, the use of drugs such as marijuana, methamphetamine, or LSD sometimes cause similar symptoms. [1]. Contrary to popular belief, schizophrenia is not an isolated or multidimensional disease. Schizophrenia involves a mental disorder in which the patient is unable to distinguish between reality and imagination. Sometimes people with mental illness lose sight of the truth. Schizophrenia symptoms can differ from person to person, but they generally fall into three main categories: psychotic, negative, and cognitive. Psychotic symptoms include changes in the way a person thinks, acts, and experiences the world. People with psychotic symptoms may lose a shared sense of reality with others and experience the world in a distorted way. For some people, these symptoms come and go. For others, the symptoms become stable over time. Psychotic symptoms include: Hallucinations: When a person sees, hears, smells, tastes, or feels things that are not actually there. Hearing voices is common for people with schizophrenia. People who hear voices may hear them for a long time before family or friends notice a problem. Delusions: When a person has strong beliefs that are not true and may seem irrational to others. For example, individuals experiencing delusions may believe that people on the radio and television are sending special messages that require a certain response, or they may believe that they are in danger or that others are trying to hurt them. Thought disorder: When a person has ways of thinking that are unusual or illogical. People with thought disorder may have trouble organizing their thoughts and speech. Sometimes a person will stop talking in the middle of a thought, jump from topic to topic, or make up words that have no meaning. Movement disorder: When a person exhibits abnormal body movements. People with movement disorder may repeat certain motions over and over. Negative symptoms include loss of motivation, loss of interest or enjoyment in daily activities, withdrawal from social life, difficulty showing emotions, and difficulty functioning normally. Negative symptoms include

Having trouble planning and sticking with activities, such as grocery shopping

- Having trouble anticipating and feeling pleasure in everyday life
- Talking in a dull voice and showing limited facial expression
- Avoiding social interaction or interacting in socially awkward ways

- Having very low energy and spending a lot of time in passive activities. In extreme cases, a person might stop moving or talking for a while, which is a rare condition called catatonia.

These symptoms are sometimes mistaken for symptoms of depression or other mental illnesses.

Cognitive symptoms include problems in attention, concentration, and memory. These symptoms can make it hard to follow a conversation, learn new things, or remember appointments. A person's level of cognitive functioning is one of the best predictors of their day-to-day functioning. Health care providers evaluate cognitive functioning using specific tests.

Cognitive symptoms include:

- Having trouble processing information to make decisions
- Having trouble using information immediately after learning it
- Having trouble focusing or paying attention

The world can seem like a jumble of ideas, images and sounds. Their behavior may be strange, even surprising. Changes in personality and behavior occur when a person with this disease falls into a state of reality known as a psychotic episode. The severity of schizophrenia varies from person to person. While some people have only one mental disorder, others have and live around more than one mental disorder throughout their lives. Others may improve cognitive function over time, but may experience little improvement in overall mental health. Schizophrenia symptoms develop and improve in cycles called relapse and remission. Paranoia is a pattern of behavior in which a person suspects and distrusts others and acts accordingly [3]. Malnourished mothers during mid-trimester starvation, perinatal trauma, and cytokine exposure interpret earliest stage. Risk factor: genetic and epigenetic biomarkers, cognitive and physiological determinants of exposure, illness. The environmental factors identified so far but also related to prenatal or perinatal factors. There is no definitive cause of schizophrenia. Some factors increase the risk of developing or causing schizophrenia. [2].

Causes of schizophrenia include: Having a family history of schizophrenia Certain pregnancy and birth conditions, such as poor nutrition or exposure to toxins or diseases Cells used to communicate between brain cells are affected, including drugs can affect brain development, suicide through thinking. -Modulating (psychoactive or psychotropic) drugs in adolescence and early adulthood, suicide attempts and suicidal thoughts, anxiety and obsessive compulsive disorder (OCD), depression, alcohol or other drugs (e.g. nicotine), inability to work or go to school, financial problems and homelessness, isolation, health and medical care, trauma [4].

Key facts

- Schizophrenia causes psychosis and is associated with considerable disability and may affect all areas of life including personal, family, social, educational, and occupational functioning.
- Stigma, discrimination, and violation of human rights of people with schizophrenia are common.
- More than two out of three people with psychosis in the world do not receive specialist mental health care.
- A range of effective care options for people with schizophrenia exist and at least one in three people with schizophrenia will be able to fully recover.

Symptoms :

Schizophrenia is characterised by significant impairments in the way reality is perceived and changes in behaviour related to:

- persistent delusions: the person has fixed beliefs that something is true, despite evidence to the contrary;
- persistent hallucinations: the person may hear, smell, see, touch, or feel things that are not there;
- experiences of influence, control or passivity: the experience that one's feelings, impulses, actions, or thoughts are not generated by oneself, are being placed in one's mind or withdrawn from one's mind by others, or that one's thoughts are being broadcast to others;
- disorganized thinking, which is often observed as jumbled or irrelevant speech;
- highly disorganized behaviour e.g. the person does things that appear bizarre or purposeless, or the person has unpredictable or inappropriate emotional responses that interfere with their ability to organise their behaviour;
- "negative symptoms" such as very limited speech, restricted experience and expression of emotions, inability to experience interest or pleasure, and social withdrawal; and/or
- extreme agitation or slowing of movements, maintenance of unusual postures.

People with schizophrenia often also experience persistent difficulties with their cognitive or thinking skills, such as memory, attention, and problem-solving.

At least one third of people with schizophrenia experiences complete remission of symptoms (1). Some people with schizophrenia experience worsening and remission of symptoms periodically throughout their lives, others a gradual worsening of symptoms over time.

Screening tests to diagnose schizophrenia and exclude other disorders, Positive and Negative Syndrome Scale (PANSS), SANS and SAPS evaluations, Brief Psychiatric Rating Scale (BPRS), Clinical Global Impression of Schizophrenia (CGI-SCH), Carl Gary Schizophrenia Scale. Some tests include cognitive tests, personality tests, open-ended or projective tests such as the Rorschach inkblot test. [5].

Treatment:

The goal of treating schizophrenia is to reduce symptoms and reduce the risk of symptoms returning or reoccurring. Results from a trial of atypical antipsychotics, antidepressants, lithium, and cognitive behavioral therapy were most effective in reducing symptoms or preventing progression to depression [6]. Drugs: Important Medications - These medications do not cure schizophrenia, but can help relieve associated symptoms such as emotional problems such as delusions, hallucinations, and delusions. First generation antipsychotics include [3]. chlorpromazine, fluphenazine (Prolixin), haloperidol (Haldol), loxapine hydrochloride (Loxapine), perphenazine (Trilafon), thiothiazide (Navane), Fluoperazine (Stelazine). "Atypical" or second-line medications used to treat schizophrenia include: aripiprazole (Abilify), aripiprazole lauroil (Aristada), asenapine (Saphris), Brexpipr (Rexulti), cariprazine (Vraylar), clozapine (Clozaril), iloperidone (Fanapt), Lumateperone (Caplyta), Lurasidone (Latuda), Olanzapine (Zyprexa), Olanzapine/Samidofen (Lybalvi), Paliperidone (Invega Sustenna), Paliperidone (Invega Trinza), Quetiapine (Seroquel), Risperidone (Risperdal), Ziprasidone (Ziperidone) Treatment (CSC), Psychosocial Therapy, Rehabilitation, Individual Therapy, Social Coaching, Family Therapy, Rehabilitation and Vocational Support, summary; individual psychotherapy, family therapy, group therapy/support group, hospital, electroconvulsive therapy (ECT), Deep Brain Stimulation Department (DBS) [2] [7] [8] [9].

Case Presentation :

A 38-year-old female patient came to opd-3, Panchakarma department, sardar ayurvedic school and hospital with the chief complaint of Smrutinasha (forgetfulness), Aspasta-Asambandhacase pravriti (nonsense words, combination of meaningless words) Balakavata sabda uchharana evamvya vahara (Children and evil behaviors), Atichintita (excessive anxiety and fear), Manoavasada (depression), Atikrodha (excessive anger), Manobhavavihina (not blinking, not changing face), Karmanecastata (decreased or lack of normal activity), Shirahashoola (headache), Vibandha (constipation), Bhrama (fainting) for last 12 years. As a result, the patient sought consultation from many psychiatrists but could not find help. He also consulted an Ayurvedic doctor and took medication for 10 days and underwent Shirodhara surgery but still could not get relief. That is why patients come to Opd-3, Panchakarma Department, Sardar Ayurvedic College and Hospital.

Medical history: The patient had been healthy for the last 12 years. He is talkative, friendly, and extremely sensitive to the people around him. After marriage, she experienced more stress, anxiety and insecurity in her daily life. Six months after their marriage, he suddenly attempted suicide (for an unknown reason, according to his family), fell into a coma, and was admitted to intensive care. After waking up, he lost his memory and gradually developed the above symptoms. Therefore, the psychiatrist started treatment. After 15 days, the patient becomes hemodynamically stable and can be discharged. All the symptoms of mental illness appear after this, so this medicine is prescribed by a psychiatrist. Alprazolam (0.25), 0-0-1, tab. Amitriptyline (25), 1-0-1, Table. Escitalopram (10), 1-0-0, tab. Sodium propionate (200), 1-1-1.

Reports :

- 20/09/2012: Psychiatric evaluation data: Dissociative disorder with depressive symptoms
- 16/12/2013: Brain MRI: No exceptions. produced.
- 21/10/2021: "Rorschach (inkblot)" test: Results show schizophrenia
- 29/11/2021: Lumbar spine MRI: Cervical spine scan shows small spinal lesions, dorsal spines can be abnormal. There is significant right posterolateral disc swelling at the L5-S1 level, causing further indentation of the existing nerve on the right side.

10/04/2023: No participation during consultation (question-answer session)

Samprapati:

- Dosha - kapha Vata pradhana Tridosha ja vyadhi
- Dushya Rasa, Rakta, Hridaya, Mastikya,
- Agni- Jatharagni,
- Dhatvagnisrotas- Manovahastotas
- Srotodushti - Sanga
- Vyadhiudbhavasthana- Hridaya, Mastikya
- Avastha- Chirakari and Prabhava-Kruchhasadhyad Asah.

Ayurvedic medicine book (from 10-4-2023 to 17-4-2023) is mentioned as shown in Table 1 below.

Table-1 Ayurvedic medicine

Medicine	Dose	Time	Anupana
Brahmichurna+San khpushpichura+ vachachurna	3gm+3gm+1gm	Twiceaday,Emptyst omach	CowMilk

Brahmi churna: There are Tikta, swadu, kashaya rasa, madhuravipaka, Shita virya, rasayani, medhya,swarya, smritiprada. It acts directly on the manohvaha stomata (central nervous system, including the limbicsystem); Brahmih asneuro protective, anxiolytic(anti-anxiety) and anti depressan properties; Bacopa monnieri has many medicinal properties such as antioxidant, anti-inflammatory, anticonvulsant,heart power. Bronchiectasis and Digestive Ulcer Prevention directly supports the brain, increasing certainbrain chemicals involved in thinking, learning and memory. A potential mechanism that may contribute to cognitive improvement involves changes in acetylcholine release ,muscarinic cholinergic receptor binding, and choline acetylase activity. Saponins in Bacopa monnieri regulate hypothalamic-pituitary-adrenal(HPA)axisoutputandprotectthehippocampus.Bacopamonnierihasanti-inflammatoryproperties by activated microglia. Microglia respond to any insult by transforming into a neuro protectiveorneuro toxic phenotypethatreleasespro-inflammatory cytokines [9].

It has been described as a calming cognitive enhancer. Various clinical studies have shown that Bacopacan improve language learning, word recall, delay memory, and reduce anxiety. It is described as a calming cognitive enhancer. Bacopa monnieri refers to a class of herbs believed to improve mental health, memory and intelligence ,and promote healing and longevityas “medhyarasayana.”

Sankapushpichurna: Regulatesthe production of stresshormones(such as adrenaline and cortisol).Shankhpushpi is considered Medhya Rasayana meaning medicine that heals,regulates and enhancesintelligenceandmemory.Shankhpushpibalancesneurotransmitterlevelsandimproveschildren'sattentio nandconcentrationbybalancingneurotransmitterssuchasepinephrine,glutamateandacetylcholine.ThepharmacologicalpropertiesofCPprovidehealthbenefits,includinganti-inflammatory, antioxidant, and immunomodulatory properties. He has Katu, Kashaya rasa, Guru, Sara,Sniigdha, Pichchilagunas, Ushna Ushna Virya, Madhura Vipaka. Increases longevity, strength, digestionand complexion. It supports the body's sensory and motor functions and iseffective against centralnervous system depression, anxiolytic, sedative, antidepressant, anti-anxiety, neurodegenerative disease,anti-amnestic,antioxidant,hypolipidemic,immunomodulatory,analgesic,antifungal,antibacterial,antidiabetic, antitulcer, heart disease. . Effects This herb can promote peace, calmness, good sleep andreducestress, anxiety and mental fatigue[10][11].

Vacha churna: Acts as a brain tonic (Medhya). It has also been reported to have sedative, antibacterial, antidiarrheal, antidyslipidemic, neuroprotective, antioxidant, anticholinesterase, antispasmodic, antiulcer, anthelmintic, anti-inflammatory and analgesic activities. Most of this activity is attributed to the aromaticoil found in the rhizomes. Acorus essential oil has also been reported to have anti-epileptic properties against seizures caused by various mutations[12][13][14].

Ayurvedic methods mentioned in Table2.Move through the process of using as ingle medication.

Table2Ayurvedicprocedure:(from17-4-2023to25-9-2023)

Procedure	Medicine	Dose	Duration
Shirodhara	Brahmitaila	Q.S.	10days in everysitting
Nasya	Phalaghruta	8drops ineachnostril	10days in everysitting

Effective surgery models:

Shirodhara: Brahmi taila: This surgery causes a state of unconsciousness, thus achieving balance between body and mind. This is bahyasnehana (external oil therapy) which works directly on vata dosha. Brahmitaila is mainly used for neurological and mental diseases. In the living body, the head is the source of all the senses or Indriyas, also called Uttamanga, so that it gives direct power to the Prana and Indriyas, which are the greatest fatigue in mental illness. Indriyas are closely associated with the mind, so when the Indriyas are healthy, the mind is also healthy. Conflict between Prana, Udana and Vyana Vayu, Sadhaka Pitta and Tarpak Kapha causes anxiety and depression [15][16].

Nasya: phalaghuta: It reaches the brain through the nose and causes higher regions. The nervous system exerts local and physical effects by controlling different neurological, endocrine and circulatory functions. The olfactory nerve connects from higher places to the brain, which is the main chemoreceptor. The limbic system consists of the amygdala complex, hypothalamus, epithalamus, anterior thalamic nucleus part of the thalamus, and anterior thalamic nucleus part of the basal ganglia. Therefore, fruit tart, controlled by the nose, stimulates the upper parts of the brain, exerting an endocrine regulatory effect and brain functions, and directly regulates brain neurochemicals and neuro conductivity meters in the body. In this way, mental disorders can be treated directly. This ghruta has the qualities of sodhana, ropana, prasadana, rasayana. Thus acting directly on majjadharakala, it brings out avarana and sampraptivighatana from mastiskya.

Observation and results: After 7 day so for medication and the above panchakarma process, the patient achieved the results mentioned in Table 3 below.

Table 3 observation and result:

Symptoms	10/04/ 2023	17/04/ 2023	23/05/ 2023	27/06/ 2023	22/07/ 2023	29/08/ 2023	25/09/ 2023
Smrutinasha (memory loss)	++++	++++	+++	++	++	+	+
Aspasta-Asambandhavakapravriti (irrelevant speech, putting together meaningless words)	++++	++++	+++	+++	+	-	-
Balakavatasabdauchharanaevamvyavahara (childish tone and childish behavior)	++++	++++	++++	++	+	-	-
Atichintita (excessive stress & fear)	++++	++++	+++	+++	+	+	+
Manoavasada (depression)	++++	++++	+++	+++	+	-	-
Atikrodha (excessive anger)	+++	+++	++	++	-	-	-
Manobhava vihina (doesn't make eye contact, doesn't change facial expressions)	++++	++++	++	++	-	-	-
Karmanekastata (reduced or lack of ability to function normal)	++++	++++	+++	+++	+	-	-
Shirhashoola (Headache)	++++	++++	++	+	-	-	-
Vibandha (constipation)	+++	+	+	-	-	-	-
Bhrama (fainting)	+++	++	+	-	-	-	-

CONCLUSION:

This study concludes that there is not a single disease in Ayurveda which can be completely correlated as Schizophrenia. This study concludes that because of the proper Ayurveda concepts and potent medicines, the pathological condition was cured. Schizophrenia can also be benefited by oral medicines.

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