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THE EVALUATION OF THE COGNITIVE EFFECTS OF Rhamnus
prinoides; A SINGLE-BLIND RANDOMIZED CROSSOVER TRIAL. 11

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ABSTRACT

Rhamnus prinoides L'Herit is an evergreen shrub that grows widely at high altitudes (up to 2100m above sea level). The object of this study was to evaluate the cognitive effects of freeze-dried extracts of this plant. The cognitive function of twenty healthy subjects (10 male and 10 female) all aged between 19 and 45 years was assessed using various neuropsychological assessment tests. The tests were carried out before and after administration of placebo or extract in a single-blind randomized crossover study. The neuropsychological tests used in the experiment were the following; a)stroop test, b)the Trail making test, c)the Category test, d)the Delay-go test, e)memmatch, f)immrecall test. Citric acid was used as placebo in this study.

There were significant changes in performance ($P \leq 0.05$) by the subjects in the delay go test and the category test while sizeable but non-significant changes occurred in performance on the stroop and trail making tests. The placebo as expected had no effect on performance in the assessment tests. These results show that the extract has a selective effect on executive cognitive function. This is the first published report on the cognitive effects of this plant and this study can form the foundation of future studies of the cognitive effects of this plant as well as other plants commonly used in traditional medicine.