

EFFECT OF BRAHMI GRANULES ON IQ LEVEL OF THE STUDENTS***Dr. Atul S. Mankar and Dr. Sandesh Arekar**

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ABSTRACT

This is an open prospective clinical trial was conducted to evaluate the effect of Brahmi granules on IQ level of students. In this study effect of Brahmi drug which was used in the form of granules to become more palatable for students was done on the IQ level. An IQ level was assessed before starting the Brahmi granules in two groups with the help of format prepared. After giving granules for 3 months students were again assessed for IQ level. After studying the results found in the trial it is clearly indicates the efficacy of Brahmi granules on IQ level. That means brahmi is very effective in improving the IQ level. That means with the use of Brahmi, students can acquire higher level of IQ score than their previous one.

INTRODUCTION

Now days most of students are experiencing stress due to increased competition. There is much need to research on the alternative options to treat the stress and increase IQ level in students to face increased competition.

An Intelligence Quotient indicates a person's mental abilities relative to others of approximately the same age. Everyone has hundreds of specific mental abilities--some can be measured accurately and are reliable predictors of academic and financial success.

Brahmi herb has gained worldwide recognition as a memory booster, for promoting mind alertness and is widely used as an antioxidant and in improving the brain cell functions.

It is used as a herbal brain tonic to rejuvenate the body and as a nerve tonic to promote the memory. It helps to overcome the negative effects of stress and improves the memory. It induces a sense of calm and peace for those who suffer from stress and nervous anxiety while at the same time invigorates the mental processes.

The herb is used for cleansing the blood, has an extremely positive effect on blood circulation and the function of the liver, lungs and kidneys. It is also believed to stimulate hair, skin, and nail growth.

AIMS AND OBJECTIVES

This work has been done to study the IQ level in students.

This study was conducted to evaluate the effect of the Brahmi granules on the IQ level.

This study also conducted to evaluate the clinical efficacy of the Brahmi granules as Medhya.

MATERIALS AND METHODOLOGY

Medicine: Brahmi granules.

Dose: 500mg. /day in two equally divided doses.

Duration of treatment: 3 months.

Inclusive criteria: 100 Students of age between 10 to 18 years were selected for this study. The selected students were divided into two groups of 50 students in each group for this study.

Exclusive criteria: The students of age more than 18 years and below 10 years were excluded from the study. The students suffering from any diseases also excluded from the study.

METHODOLOGY

An open prospective clinical trial was conducted to evaluate the effect of Brahmi granules on IQ level of students. For this study a total of 100 students were selected from age 10 to 18 years. All students were given brahmi granules for the period of 3 months. Other medications or any preparations which affects IQ level were not permitted during the trial.

The students were evaluated for IQ level by specific format prepared with the help of modern consultants. A specific case paper was formed to study the effect of Brahmi granules on the IQ level.

An IQ level was evaluated before starting the Brahmi Granules and also evaluated after completion of 3 months doses of the same.

Groups: Total students divided in two groups for the clinical study.

The 50 students were selected in each group from 2 different schools and were given Brahmi granules regularly 2 times in a day for 3 months.

OBSERVATIONS AND RESULTS

When total students evaluated for IQ level before giving the Brahmi granules average IQ level score was 77.89 in group A and 80.5 in group B. After giving Brahmi granules for 3 months average IQ level score was 88 in group A and 94 in group B.

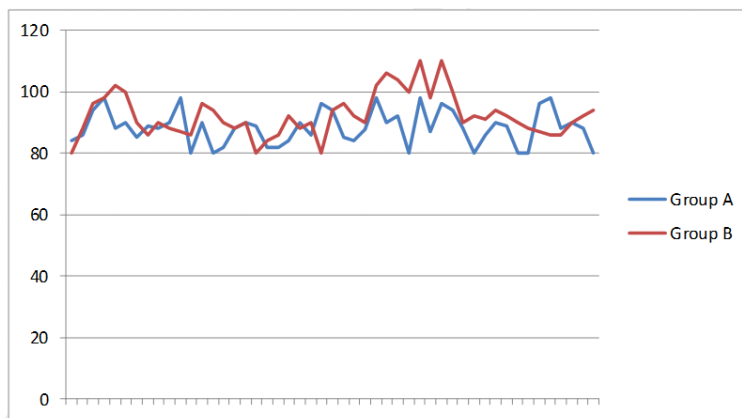


Chart showing the IQ level before giving the Brahmi granules. (Average IQ level score was 88.32 in group A and 92.30 in group B)

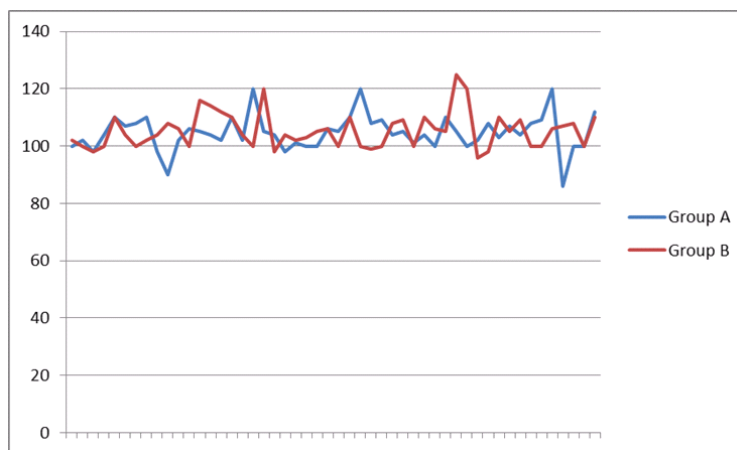


Chart showing results after giving Brahmi granules for 3 months. (Average IQ level score was 104.64 in group A and 105.38 in group B.)

After studying results of brahmi granules in students of two group. In group an average IQ Level was 88.32, which was 104.64 after treatment so there was difference of 16.32 and in group B also the IQ level was 92.3, which was 105.38 after the treatment so there is difference of 13.08.

Improvement of IQ level of both groups was more than 16% in group A and 13% in group B. This growth was significant result of brahmi granules.

DISCUSSION

An Intelligence Quotient indicates a person's mental abilities relative to others of approximately the same age.

Everyone has hundreds of specific mental abilities-some can be measured accurately and are reliable predictors of academic and financial success.

Brahmi herb has gained worldwide recognition as a memory booster, for promoting mind alertness and is widely used as an antioxidant and in improving the brain cell functions. It is used as a herbal brain tonic to rejuvenate the body and as a nerve tonic to promote the memory. It helps to overcome the negative effects of stress and improves the memory. It induces a sense of calm and peace for those who suffer from stress and nervous anxiety while at the same time invigorates the mental processes.

So in this study effect of Brahmi drug which was used in the form of granules to become more palatable for students was done on the IQ level. During the study it has been found that Brahmi has significant effect on the IQ level of students. An IQ level was assessed before starting the Brahmi granules in two groups with the help of format prepared. After giving granules for 3 months students were again assessed for IQ level. After studying the results found in the trial it is clearly indicates the efficacy of Brahmi granules on IQ level. Average IQ level in two groups before introducing Brahmi granules was 88.32 and 92.30 which is considered as lower normal limit of IQ as per international IQ score level chart.

Average IQ level in two groups after introducing Brahmi granules was 104.64 and 105.38 which is considered as IQ which lies in between the upper normal limit and bright IQ level as per international IQ score level chart. That means with the use of Brahmi in students they can acquire higher level of IQ score than their previous one.

CONCLUSION

With the discussions & results found from the study it is clear that Brahmi granules has significant role in improvement of IQ level score in students of age between 10 to 18 years. So it was concluded that Brahmi has effective in improving the IQ level.

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