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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

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### 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*

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### 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' Cuminmar 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](https://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

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### 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