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## Analgesic and anti-inflammatory effects of *Tanacetum balsamita* essential oil and one of its major constituents (Quercetin) in male rats

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**Statement of the Problem:** *Tanacetum balsamita* is one of the important medicinal plants that are used by Iranian folk medicines. This study aimed to assess the phytochemical Screening, analgesic and anti-inflammatory effects of *Tanacetum balsamita* essential oil in rats.

**Methodology & Theoretical Orientation:** The essential oil of *Tanacetum balsamita* (EOTB) was treatment in doses of 10, 50, and 100 mg/kg. In addition, antinociceptive activity of EOTB was evaluated by formalin, writhing, and tail-flick tests. The EOTB was also combined with 2 mg/kg naloxone to determine the involvement of opioid mechanism. Anti-inflammatory reaction was evaluated via xylene induced ear edema. Moreover, the EOTB origin has been analyzed by a combination of GC and GC/MS. Rotarod test was used for evaluation effect of EOTB on motor coordination.

**Findings:** The EOTB at doses of 10-100 mg/kg have been shown significant analgesic effects ( $p < 0.05$ ). In compare of morphine and indomethacin, use of naloxone plus EOTB has been inhibited pain in all three models. The present results showed anti-inflammatory effect of EOTB in the xylene induced ear edema test in compare to dexamethasone. Quercetin as a main constituent of EOTB has been significantly decreased pain ( $p < 0.001$ ). In the rotarod test EOTB did not significantly impair the motor performance. Pretreatment with glibenclamide and atropine reversed the antinociceptive effect of the EOTB on the formalin test, suggesting the involvement of K ATP channels and muscarinic receptors. The major components in the tested oils were mainly contained quercetin, isoquercitrin and luteolin.

**Conclusion & Significance:** Findings propose that EOTB probably have analgesic and anti-inflammatory effects. Existence of quercetin may be an important reason for mentioned effects.

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## Social, psychological and sexual aspects among couples seeking marital therapy in a sample in Cairo

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**Aim:** Description and association of social, psychological and sexual aspects among couples seeking marital therapy

**Background:** There are scanty data in Egypt concerning social, psychological and sexual aspects among couples seeking marital therapy.

**Methods:** 50 couples in marital counseling clinic in Psychological medicine hospital in Cairo between June 2013 and June 2014 were assessed. Informed consents were made by couples. Subjects were assessed using psychiatric interview: General health questionnaire GHQ; ICD-10 symptom checklist (positive score on GHQ); structured assessment of Personality (negative score on GHQ); sexual function questionnaire; marital silence scale MSS; marital conflicts scale MCS and statistics were done using SPSS version 16.

**Results:** Results conclude that at least one or both partners of all couples had positive score on GHQ. Women show higher rates of positive score on GHQ than men. Personality disorders and accentuated traits are the most prevalent among the study sample. Women have shown higher rates of depressive episodes while men show higher rates of substance abuse. Marital conflicts are associated to education level and inversely associated to age; marital silence is inversely associated to education level and associated to age.

**Conclusion:** Marital conflicts and silence are associated to presence of psychiatric morbidity. Age and level of education are associated to marital conflicts and silence.

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