

Clinical evaluation of "INTELLEC" syrup for its effect on memory, performance and IQ of school going children.

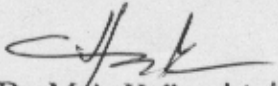
An open prospective clinical trial on "INTELLEC" syrup was carried out on school going children at OPD level in Ayurveda Mahavidyalaya, Hubli. Hundred students from Pillai School, Hubli were randomly selected for the present study.

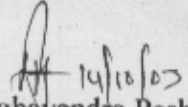
Children studying in standard VI between the age of 11 to 12 years were included in the trial. Children of both the sexes with poor memory, forgetfulness and poor IQ were administered the drug. Mentally retarded children (Down's syndrome), Children with congenital anomalies and other organic disorders are excluded from the trial. The trial drug "INTELLEC" syrup was provided by Mumbai based company, Millennium Herbal Care Limited. INTELLEC syrup was administered in a dose of 2 teaspoon (10 ml) twice daily after food for a total duration of 6 months.

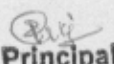
All children were evaluated on monthly basis for the effect on memory, performance and Intelligence Quotient (IQ). Both short term and long term memory were evaluated. Intelligence Quotient was tested with Kohs's block design and pass along test, Pattern design test, Immediate memory for sounds (direct and reversed), Picture construction tests. The results based on these tests were graded on scale (0 to 3) and were then subjected to statistical analysis applying relevant tests like students "t" test etc. Apart from the clinical evaluation all children were subjected to laboratory investigations like HB%, Liver tests, stool examination (for worm infestations) and urine examination.

"INTELLEC" syrup showed a significant improvement in memory and the performance scale of these students improved which was noticed by the rate of shift in the grades analysed Pre and Post treatment of 6 months. The improvement was also analysed by interrogation with the parents and the class teachers of the respective child. IQ levels also showed statistically significant improvement ($p < 0.001$) in the children. An additional finding in the present trial was that because the general mental status of the child improved leading to healthy eating habits there as was a significant increase in the HB. %. A small percentage of children complaining of frequent headaches also showed complete relief from it (as observed by their parents).

The effect of INTELLEC syrup was also analysed for its safety, compliance and for any adverse effects. It was observed that INTELLEC was well tolerated with a good compliance rate. Also it did not produce any long term or short-term adverse side effects. It can therefore be concluded that INTELLEC syrup can be used as a safe and effective remedy for the improvement of memory and mental performance of school going children.


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