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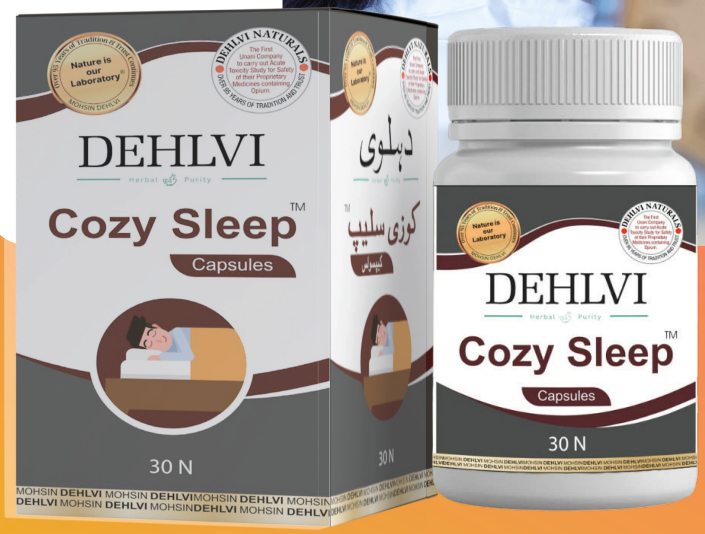

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SCIENTIFIC STUDIES OF THE INGREDIENTS OF DEHLVI COZY SLEEP CAPSULES

Balcharr (*Nardostachys jatamansi*)

A study done by Panara K, *et al.* (2020) showed that *Nardostachys jatamansi* exerted a significant effect on sleep onset and duration, without affecting gross behaviour and muscle coordination. The study data demonstrated reduction in latency of onset of sleep ($P < 0.01$) and also extended the total duration of sleep ($P < 0.05$) in albino mice in comparison to the control group.

Aftimoon (*Cuscuta reflexa*)

A study was conducted by Fatemeh Forouzanfar, *et al.* (2020) on the hydroalcoholic extract (HAE) of *Cuscuta reflexa* and its fractions including: water fraction (WF), ethyl acetate fraction (EAF) and n-hexane fraction (NHF). These were i.p administered to male mice and 30 min later pentobarbital (30 mg/kg, i.p.) was injected to induce sleep. Then the latent period and continuous sleeping time were recorded. The HAE and NHF decreased the latency of sleep and significantly increased the duration of sleep induced by pentobarbital.

Afiyun (*Papaver somniferum*)

Beck TA and Alford B (2009) indicated that supplementation of *Papaver* hydroalcoholic extract reduced depression and increased the neurotransmitters involved in depression, including dopamine, serotonin and norepinephrine.

Badranjboya (*Melissa officinalis*)

Hyber H, *et al.* (2018) conducted a double-blind placebo-controlled clinical trial, in which 80 patients with CSA were divided randomly into two groups taking *Melissa officinalis* (MO) supplement or placebo daily for 8 weeks. At the end of the study, the intervention group receiving MO for 8 weeks decrease depression, anxiety, stress, and sleep disorder in patients with CSA.

Filfil Siyah (*Piper nigrum*)

Wattanathorn J, *et al.* documented that *d*epression is one of the major psychiatric disorders featured by fatigue, pain, cognitive dysfunction, depressed mood, and sleep disturbances. Piperine (PIP) alkaloid of *Piper nigrum* at the dose of 5–20 mg/kg treatment for 4 weeks showed anti-depressant activities in mildly stressed rats, by enhancing the serotonin level at the cerebral cortex and limbic area.