

عنوان مقاله:

?Does curcumin have an effect on sleep duration in metabolic syndrome patients

محل انتشار:

مجله گیاهان دارویی ابن سینا، دوره 11، شماره 2 (سال: 1400)

تعداد صفحات اصل مقاله: 9

نویسندگان:

Majid Ghayour Mobarhan - *International UNESCO center for Health Related Basic Sciences and Human Nutrition, Mashhad University of Medical Sciences, Mashhad, Iran Cardiovascular Research Center, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran*

Maryam Saberi-Karimian - *International UNESCO center for Health Related Basic Sciences and Human Nutrition, Mashhad University of Medical Sciences, Mashhad, Iran Student Research Committee, Mashhad University of Medical Sciences, Mashhad, Iran*

Hamideh Qazizadeh - *International UNESCO center for Health Related Basic Sciences and Human Nutrition, Mashhad University of Medical Sciences, Mashhad, Iran Student Research Committee, Mashhad University of Medical Sciences, Mashhad, Iran*

Elham Mohammadzadeh - *Student Research Committee, Mashhad University of Medical Sciences, Mashhad, Iran Metabolic Syndrome Research Center, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran*

Gordon A. Ferns - *Brighton & Sussex Medical School, Division of Medical Education, Falmer, Brighton, Sussex BN1 1PH, UK*

Amir hosein Sahebkar - *Biotechnology Research Center, Mashhad University of Medical Sciences, Mashhad, Iran*

خلاصه مقاله:

Objective: Sleep-duration is related to obesity. Curcumin can affect behavioral changes that arise from sleep deprivation in animal models. In this study, we assessed the effects of curcumin on sleep-duration in metabolic-syndrome (MetS) patients. **Materials and Methods:** This study was a double-blind clinical trial in 120 adults with MetS. All participants received crude curcuminoids in a simple formulation (n=40), phospholipidated curcuminoids (n=40) or placebo (n=40) 1 g/day during 6 weeks. Demographic data, anthropometric indices and serumbiochemical factors were documented for all volunteers at baseline and after the intervention. A standard questionnaire was used for evaluating physical-activity-level (PAL) and patients' sleep-duration, including night time sleep and daily napping. Based on the time of sleep, sleeping hours were classified into: night time sleep; daily naps and total sleeping hours in 24 hours. **Results:** A total of 120 participants aged 38.72 ± 10.05 years old were enrolled into the study. We did not find significant differences in biochemical factors, sleep-duration or PAL at baseline among the 3 groups ($p > 0.05$). Moreover, curcumin did not exert any significant effect on sleep-duration before, or after, adjustment for confounding factors in the overweight and obese individuals, or in total population ($p > 0.05$). **Conclusion:** The results showed that curcumin does not have an effect on sleep-duration in subject with MetS.

کلمات کلیدی:

Curcumin, metabolic syndrome, sleep duration

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1259274>

