

## عنوان مقاله:

The effects of aerobic exercise with lavender essence use on cognitive state and serum brain-derived neurotrophic factor levels in elderly with mild cognitive impairment

## محل انتشار:

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## خلاصه مقاله:

**Introduction:** The aim of this study was to investigate the effects of ۱۲-week aerobic exercise and lavender essence on cognitive states and brain-derived neurotrophic factor (BDNF) levels of elderly with mild cognitive impairment (MCI). **Methods:** In this clinical study, ۴۰ elderly whose scores for mini-mental state examination (MMSE) ranged ۲۱ to ۲۵ were purposively selected by simple sampling. They were randomly divided into ۴ equal groups: aerobic exercise, lavender extract, aerobic-lavender. and placebo. They underwent their respective treatments for ۱۲ weeks. The aerobic exercise consisted of ۸-minute running session with intensity of ۷۵%-۸۵% HRR Max for the first session. One minute was added to the running span after each ۲ sessions. Accordingly, the running span reached ۲۶ minutes at the end of the ۱۲-week exercise period. To conduct treatment with lavender, ۲ drops of lavender essence were administered twice a day. Before and after the treatments, cognitive state was measured and blood samples collected to measure BDNF. **Results:** BDNF levels of the exercise and exercise + lavender groups increased significantly compared to those of the other ۲ groups ( $P < ۰.۰۵$ ). In addition, the cognitive states of the ۳ intervention groups increased significantly compared to that of the placebo group ( $P < ۰.۰۵$ ). **Conclusion:** Combination of ۱۲-week aerobic exercise and lavender may decelerate or probably halt the progressive process of the impairment via improving the cognitive state in elderly with MCI.

## کلمات کلیدی:

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1910809>

