Ginkgo biloba: evaluation of memory article reviews examples

Psychology

[College]

Abstract

The “ Ginkgo Biloba: Evaluation of Memory” study is about the effectiveness Ginkgo Biloba herbal medicine, which’s primary purpose is to increase cognitive health in aging patients through double blind and placebo controlled study. The study included 3072 out 7709 participants randomly selected from four communities in the US i. e., Hagerstown, Maryland; Pittsburgh, Pennsylvania; Sacramento, California; and Winston-Salem and Greensboro, North Carolina over a period of 20 months from September 2000 to May 2002.

Ginko Balboa: Evaluation of Memory

The Ginkgo Evaluation of Memory study is about Ginkgo Biloba herbal medicine, which's primary purpose, is to increase cognitive health in aging patients through double blind and placebo controlled study.

The outcome of this peer-reviewed research came to the conclusion that Ginkgo Biloba is ineffective in regard to treating Alzheimer's and dementia after a study conducted over a period of four years.

The peer-review journal based their outcome on individual neuropsychological domains such attention, language, executive function, etc., and the amount of individuals who left the study as it progressed.

Reviewing the effectiveness of the study, the peer-reviewed reached the conclusion that, in neuropsychological domains of both Ginkgo Biloba and Placebo groups; memory diminished from 0. 043 to 0. 041, attention decreased from 0. 0041 to 0. 041, visual-spatial construction increased by 0.

107 to 0. 117, language function reduced by 0. 004 from 0. 045 to 0. 041 and executive functions lessened to 0. 089 from 0. 092. Since four out of five domains showed further deterioration in cognitive abilities; with only visual-spatial construction showing improvement mildly is not considered since every other neuropsychological aspects has not shown improvement, the journal rendered Gingko Biloba ineffective.

Even though, it has been established that participants leave case studies steadily, but in case of GEM out of the 3072 participants, which were divided into two groups of 1545 and 1527 which were given Ginglo Biloba and random, placebo respectively, only 937 (60. 65%) participants of Gingko Biloba and 945 (62. 88%) participants of the random placebo remained at the end. Both percentages have a margin difference of 1. 23% in random, placebo group's favor which indicates the ineffectiveness of Gingko Biloba.

References

Snitz, B. E., O'Meara, E. S., Carlson, M. C., Arnoal, A. M., Ives, D. G., Rapp, R. S., et al. (2009). Ginkgo biloba for Preventing Cognitive Decline in Older Adults: A Randomized Trial. American Medical Association , 2663-2670.