Features of diagnosis and clinic of post-traumatic epilepsy against the background of concomitant somatic diseases
ASRLANBEK KASIMOV, NARGIZA ABDULLAEVA, AZIZA DJURABEKOVA, DILNOZA SHOMURODOVA

Diagnostic value of ceruloplasmin in nephrotic syndrome in children
ILKHAMDZHAN 2., LOLA RAKHMANOVA, ALOVKHON SULEYMANOV, ANVAR TURSUNBOYEV, DILDOROM ATAYEVA, RANO KADIROVA

Hygienic regulations and regulations for the safe use of cotton defoliant Eco defect
TULKIN ISKANDAROV, LILIYA ROMANOVA, GULNOZA ISKANDAROVA

Morphological features of the elements of the knee joint on the background of the hypofunction of the thyroid gland
BAHRINISO ESHONKULOVA, UTKIR MIRSHARAPOV, HAMIDULLA RASULOV, QAMBARALI SHERALIEV

The choice of the optimal method for the extraction of congenital cataract, combined with high myopia
DINARA KARIMOVA, LOLA BABADJANOVA, SAIDBAKHROM BUZRUKOV

Elderly Efforts in Improving Social Well-being: Qualitative Study in Surabaya
PIPIT WILIYANARTI, HAMIDAH, HARI BASUKI NOTOBROTO

The spread pattern of pulmonary tuberculosis incidence in Yogyakarta City, Indonesia
LILIS SURYANI, BRILLIAN CESAR SUKMAJATI, INAYATI

Self-Help Strategies to Reduce Emotional Distress among Indonesian Doctoral Students who Studied Abroad: A Phenomenology Study
CHLARA PRABAWATI

Diagnostics of cerebrocardiac syndrome in the acute period of subarachnoidal hemorrhage in neurologic reanimation
V.G. IGNATYEYV, T.R. POSKACHINA, T.S. DYAGILEVA, D.N. SEMENOV

Physical-Chemical and Amino Acid Composition of Horsemeat
YERMEK ABILMAZHINOV, DMITRIY KULIKOV, EVGENY ROTANOV, VALENTINA YAKUNINA, MARINA MIRGORODSKAYA, VLADIMIR ERMOLAЕV, MARS KHAYRULLIN, BIBIGUL ABILMAZHINOVA
RMDL: Classification of Parkinson’s disease by nature-inspired Algorithm
M. NAGARAJU

Antidiabetic activity (In vitro alpha amylase inhibitory) of ethanol extract of Carissa carandas Linn. roots.
SONIA SINGH

Six sigma: an embellished exploration in the field of pharmaceutical industry
GANGADHARAPPA HV

Premature ageing in children: a rare genetic disorder called progeria.
ANANDU H, AADHARSA SUGUNAN, ANILA KN, GAYATHRI VASANTRA SASIDHARAN NAIR

Stress, Depression & Gut Microbiota: The Gut-Brain Axis Regulation
ABHISEK PAL, RAKESH BARIK

Zinc oxide nanoparticles and antibiotics mediated combinatorial approach to enhance antibacterial potential
, , HARDEEP SINGH TULLI, GURPREET KAUR, SHIVANI SOOD, DIKSHA SHARMA, PRABHIOT KAUR, PARDEEP KUMAR, AJINKYA G. NENE, SANDEEP PUNIA, ZAHOORABBAS, VINIT PRAKASH, MANOJ KUMAR

Quality of life and associated factors among students in Jambi Province, Indonesia
SUSI ARI KRISTINA, DWI ENDARTI

Novel method for simultaneous determination of spiramycin and metronidazole in pharmaceutical dosage form by UV-visible absorption spectrophotometry
MADIHA CHENTOUFI, ISMAIL BENNANI, MAJDA BENABBES, SOUKAINA BENNIS, AMINE CHEIKH, MILOUD EL KARBANE, MUSTAPHA BOUATIA

The Influence of Physicians Social Capital on Patients Satisfaction
MAJID TAHERI, MOHAMMAD TAVAKOL, SADEGH SAMADI, SAEED AMINI

Preformulation Studies of Nifedipine
J. SRINIVASARAO

Dioscorea bulbifera L. - A Novel Source for the Production of Glutamic Acid Using Statistical Optimization Method
M. REDDY, USHARANI VADDADI, PAYALA VIJAYALAKSHMI

Rationale and Design of Open Labeled, Parallel, Randomized Trial of Vitamin D Therapy in Patients with Cardiometabolic Disorders in Ahmedabad Population
DEBDOOT BASU, ANANT YADAV, JAYESH V. BELADIYA, ANITA A. MEHTA

Preceding Effort on Buccoadhesive Films for Elongated Drug Delivery
SAI MANCHIKANTI, HINDUSTAN ABDUL AHAD, ČHINTHAĜINJALA HARANATH, RAHUL RAGHAVDASARI, NAGA JYOTHI VARAM

Rudraksha Medicinal Importance in Ayurveda and Spiritual Healing
SUBHASHISHTRIPATHY, AMIT MISHRA

Export pattern of Indian biosimilar pharmaceutical products: A Study of select Indian pharmaceutical companies
GYAN UJALAYAN, SHIBU JOHN, PRERNA SINGH

Novel Drug Delivery: Transdermal Patches
SHUBHRAT MAHESHWARI, RITESH KUMARTIWARI

Muscle enzymes in newly diagnosed hypothyroid patients
LALITHAMMA.,

Exploring Film Forming Potential of Cardlan in the Design of Regioselective Drug Delivery System of Ramipril
GURAVYA, SAYYAD FJ, SUDKE SG

Screening of Antidiabetic Activity of Delonix Elata Whole Plant Extracts in Diabetic Wistar Rats
BANDARU SHARVANA, KULANDAIVELU UMASANKAR

Mineral feed additive to prevent chickens’ heat stress
SHASHIRAJ KN, BHAGYALAXMI GHASTI

37 species of medicinal plant in Vietnam: Polyphenol content and antioxidant activity
DANG CUONG

Possible involvement of Heme Oxygenase-1 in Attenuation of Diabetes Mellitus Induced Vascular Endothelial Dysfunction in Rodents
SEMWAL BC, SINGH, S, YADAVIN

Evaluation of Drug Package Inserts in Malaysia
HEETHAL JAIPRAKASH, AMEETA PATIL, VEENA JOSHI, GAURI KRISHNASWAMY, SUNIL KALE

Formulation of flurbiprofen as microsponge drug delivery system
ZAHRAA KADHIM, HASANAIN SHAKIR MAHMOOD, MARYAMA ALAYEDI

Over-expression of RND and MATE efflux pumps contribute to decreased susceptibility in clinical isolates of carbapenem resistant Acinetobacter baumannii.
SUNIL KUMAR, LIPIKA SINGHAL, PALLABRAY, VIKAS GAUTAM

A Contemporary Study on Recommending Outline of Antiepileptic Drugs
NIRAJ SINGH, JEETENDRA KUMAR GUPTA

Study the effect of Alcoholic extract of (Turmeric plant (curcumin longa)) on growth of Leishmania donovani promastigotes in vitro.
MAHA JASIM

Effectiveness of oral colchicine in the management of lichen planus
HUSSEIN AL-SULTANY, AHMED ABDULHUSSIN KAWEN

Synthesis of an(organic reagent)[4-(6-Nitro-2-benzothiazolylazo) phloroglucinol] and using: for spectrophotometric determination of) Lead (II).
ZAINAB KHUDHAI

Molecular study on Enterococcus faecalis isolated from Primary Endodontic infection
HAJIR HUSSEIN, AHMED GHANIM ALHELAL, FATIMA MALIK ABOOD

Cytotoxic effect of the Aqueous extract of crab shell on the MCF7 cell line.
RANA ABBAS, HADEEL ABDULATIF MAJEED, SHAIMA D. SALMAN

Study the relationship between NT-ProBNP and prolactin in sera of Iraqi patients with chronic renal failure
BUSHRA HASSAN, SHAHAD FAWZI OBEID, NOURSAEED HASSAN, SAMER ABDULHASAN MUNI

Synthesis, Characterization, Antibacterial Screening and application on the wool fabric of new Bis-azo Compounds derived from 4,4’- Diaminodiphenylmethane
ZAINAB KADHIM, AMEENA N. SEEMAN, MUNA TAWFEEQ ABD, HAIRED RADI SAUD

Antifungal activity of the two medicinal plants (Curcuma longa L. and Boswellia carteri Birdwood) against Fusarium species isolated from maize seeds
ITLAL ALMASOODI, HUSSEIN J. HUSSEIN, ABEER FAUZI AL-RUBAYE

Synthesis and Biological Activity of New Imidazaldinone Derivatives
NEBRAS JAMEL, KAWTHER ABDUAL-HAMMED, JUMBAD H. TOMMA

Preparation and In Vitro Evaluation of Clove Oil Microemulsion
HAIDER KABBAS, QASIM A. BADER, AHMED H. HUSSEIN, DHURGHAM Q. SHAHEED

The Efficacy of Ozonated Saline Solution against Protoscoleces of Cystic Echinococcosis in Liver Hydatid Surgery
KASSIM FAWZI, ASAAD MOHAMMED KADHIM, MADHI HASHIM OTAWI

Study of thermal degradation of plasticized poly (4-ethoxy styrene) in solution and solid films
SHAHAD ALI, WADHAIH N. AL-SEARD, KHALID E. ALANI

Hypocalcaemia following total thyroidectomy without inferior thyroid artery ligation
GHAITH NAYLA, ALI SAMEER AL-SHAMMAA, LAYTH AL-SALIH

Synthesis and identification of some new N-substituted quinazoline-4-one, thiazine-4-one and
tetrazoline rings incorporating N-ethyl-2-(benzylthio)benzimidazole acetate and study their application as anti-oxidant agent

HALAH R., SUAAD M. H. AL-MAJIDI, YASSER A. H. AL-ISSA


ZAHRAA KETAN, AHMED W. NASER, HANADY S. AL-SHMGANI

The prognosis and the effectiveness of selection under different practices

VLADIMIR MAZUROV, SANAVA ZOYA

Professional Competence, Attitude to the Profession and the Main Problems of a Neonatologist of Russian Megalopolis

MOISEEVA K.E., IVANOV D.O., ALEKSANDROVICH YU.S., FEDOROVA L.A., BEREZKINA E.N., ALEKSEEVA A.V.

The Effect of Economic Sanctions on Treatment of Thalassemia Major Referring to Selected Medical Centers in Fars Province

ASLANI MARZIEH, FATEMEH BAYAT SHAHPARAST, HOSSEINI ZEIDABADI SEPIDEHSADAT, NAZARIDoust TAYEBEH, KHAHIL ABBAS

Effect of Phytoadditive and Ferments on the Physical, Chemical and Organoleptic Properties of Fermented Milk Product

SAMAT KASSIMOY, SAMAT AMANZHOLOV, ALFIYA SHARIPOVA, GEORGY PESCHEROV, VLADIMIR KANAREIKIN, SVETLANA KANAREIKINA, OLGA GRUNINA, EVGENIY PONOMAREV, EVGENIY KOVAL

Methods of Assessment in Mammography: BI-RADS Lexicon

RINAT GAMIROV, VALERIY RODIONOV, REGINA GAMIROVA

Phylotyping and Genotyping of Escherichia Coli Isolates Obtained From Patients with Colorectal Cancer

IRINA RZANOVA, RAMIL R. VAFIN, TKHI NGA NGUYEN, ALEXEY I. KOLPAKOV, OLGA N. ILINSKAYA

Evaluating the relationship between the severity of chronic diseases and the severity of drug use in elderly referred to addiction treatment clinics

ABDOLMOTALLEB HASANI, MEHDI GHAEMZADEH BARIKI, SEYED JALIL SEYEDI-ANDI, MOHAMMAD SABER

Internal Evaluation of Medical Education Development Center of Yasuj University of Medical Sciences to Reduce Costs

HABIBOLAH REZAIEF, FARZAD FARZAMI, PARVIZ AGHAIE BORZABAD, ABDOLLAH POURSAMAD

Determine Lesion Threshold for Carrying Restorative Interventions: Systematic Review And Meta-Analysis

SEYED MONAJEM, DORARA DORTAJ, ALIREZA HAKIMZADE ARDAKANI

Evaluation Outcome of Physical Properties of Maxillofacial Prosthetic Materials: A Systematic Review and Meta-Analysis

SAEED BASHAR, LOTFOLLAH KAMALI HAKIM, KHASHAYAR DEHSHIRI

Compare the Outcome of Biodegradable Osteosynthesis and Titanium Osteosynthesis after Maxillofacial Trauma in Children: A Systematic Review and Meta-Analysis

FARNAZ DEHABADI, MEHDI JAZADI, ANDIA EZZATI

Comparative Study of the Tocolytic Effects of Magnesium Sulfate and Indomethacin on Pregnancy Duration and Neonatal Outcomes in Preterm Labor: A Clinical Trial

HANIEH TOGHROI, SARA ESMAILZADEH SAEIEH, RAFAZ REZAPOUR- NASRABAD, MITRA RAHIMZADEH, MINA ATAEI, ALI FARAJI

Transcranial Magnetic Stimulation for OCD Treatment

MOHAMMADREZA BAFGHIZADEH, MOHAMMAD MAHDI PIRMORADI, MOHAMMADREZA PIRMORADI

No Significant Relationship of Ferritin Levels to the Levels of Platelet-derived Growth Factor (PDGF) in the Peripheral Blood of Transfusion-dependent ß-Thalassemia Major Patients with Growth Retardation

HAYDER MAKI, MAZIN JAAFAR MOUSA, ASSEEL K. SHAKER
Hepatocytic Proteins in the Correction of Immune and Metabolic Disturbances in Experimental Chronic Alcohol Intoxication
EKATERINA LITVINOVA, ANASTASIA V. KHARCHENKO, OLGA N. BUSHMINA, NIKOLAY A. KONOPLYA

Achieving successful pulpal anesthesia during endodontic treatment of mandibular molars: A systematic review and meta-analysis
ÉBADOLAH TAHMASEBI, HOSSEIN MOFIDI, AZITA EZZATI

Comparison of Effects of Vaginal Progesterone and Intramuscular Progesterone on Prevention of Labor in Woman with a High Risk of Spontaneous Preterm Delivery
RAZIEH VANDA, MOHAMMAD ZOLADL, SHAHINTAJ ARAMESH

Development, characterization of novel microspunge loaded gel to treat various fungal infections
PRAJAKTA K. KHULE, VRUNAL V. MORE, MANOJ. NITALIKAR, RITU M. GILHOTRA

The comparison between Bumetanide and Chlorthalidone and its effect on patients’ high blood pressure
MOHAMMAD ABBAS, MEKHIT ORHAN ULDAG

Patients Decision Factors of Alternative Medicine Purchase: An Empirical Investigation in Malaysia
AHASANUL HAQUE, NAILINA ANWAR, SMH KABIR, FARZANA YASMIN, ARUN KUMAR TAROFDER, NAZMUL MMH

Correlation between body mass index (BMI) & waist to hip ratio (WHR) among primary school students
SAEID DOOSTIALALI, NEGAH SHAFIEI SABET, AYISHAA, IRVIN THW, NURADILAH ZZ, ZUBAIYAH AHA, NYAN HTAI LINN, KHN THANT ZIN, S. SARAVAN KUMAR, HLAING THAW DAR, KHN THANEOO, ROHAINI MOHAMAD, AB HALIM MANSAR, REBECCA SY WONG, SU WL., NORAASYIKIN RAMLI, SHUSHAN LOW, MUFTAH ABDUSALAM ELBAHLOUL, AHMAD YUSUF, MOHD NASIR MOHD DESA, SALMAH ISMAIL, NAZMUL MMH, KARIM AL-JASHAMY, AHMAD TAH TA KHALAF

Determine the efficacy of antibiotic prophylaxis and specific antibiotic regimens in dental implant placement for the prevention of postoperative infection (POI) in children: A Systematic Review and Meta-Analysis
B KHOSRAVI, EHSAN GRAVAND, MARYAM SADEGHOLVAD, MAHROO MIRZA

The change of volume, pH and microbiota of unstimulated oral fluid of oral cavity during orthodontic treatment with fixed appliances
NATALIA SOKOLOVICH, NATALIÁ P. PETROVA, IVAN V. GRIGORIEV, ANASTASIYA A. SAININA, KARINA G. PONOMAREVA, MIKHAIL A. VLASOV

An in-vitro study on antibacterial activity of homoeopathic medicines-Silicea, Sulphur and Mercury solubils against Pseudomonas aeruginosa
DEEPA L TAK, RAMA KAUSTUBH BHADEKAR, ARUN BHARGAV JADHAV, MANISHA PRASHANT GAJENDRAGADKAR

Self-medication practice, literacy and associated factors among university students in Yogyakarta
MEITA ANNISA, SUSI ARI KRISTINA

Trend of electronic cigarette use among students in Indonesia
SUSI KRISTINA, KHRISMA APRILITA ROSYDAH, ABDILLAH AHSAN

Beliefs and acceptance of Human papillomavirus (HPV) vaccine among parents in urban community in Yogyakarta
SUSI KRISTINA, AMADEA SYLVA LIENANINGRUM, GALIH PUTRI WULANDARI

Trend of self-medication among children in Yogyakarta Urban Community
SUSI KRISTINA, MEITA ANNISA, DWI ENDARTI

Understanding Burden of Medicine Disposal: A Systematic Review
SUSI KRISTINA, GALIH PUTRI WULANDARI

Solubility Enhancement of Canagliflozin by Binary and Ternary Solid Dispersion Technique
SHRADHA TIWARI, SHAILESH J WADHER, SURENDRRA G. GATTANI
Values of a Mathematical Model for Predicting the Survival of Patients with Triple Negative Breast Cancer Depending on Androgen Receptors
NIGORA ATAKHANOVA, DILBAR M. ALMURADOVA, GOLIB A. KHAHIMOV, SHAKHNOZA T. USMONOVA, AKMAL SH. DURMANOV

Injectable microspheres of erlotinib hydrochloride for sustained drug release.
TEJESWINI V., RAJENDRA C. DOIAD, ADHIKRAOY. YADAV

Synthesis and Characterization of Rosin Ester Derivatives of Polyethylene Glycol 200
PRAMOD BURAKALE, DINESH SAKARKAR, SURESH SUDKE, MANISH BHISE

Optimization of Variables that Influence Puffing Quality of Hot Air Oven Puffed Quinoa
S. DEEPAK, T. SHARMILA, M. MAHESWARI, M.S. SHIVASWAMY

Role of NGO’s in Waste Management – A Holistic Approach by MAM Trust
APARNA JAYAKUMAR, GOKUL SURESH, U. SREEKUTTY, VARSHA S UNNITHAN, DAYANA DAS

Formulation of flurbiprofen as microsponge drug delivery system
ZAHRAA KADHIM, HASANAIN SHAKIR MAHMOOD, MAFYAMALAAYEDI, MOWAFAQ M. GHAREEB

Drying of High Protein Fish and its Nutritional Characteristics
K.S. VENKETEISH, V. SUDHAKAR, V. DHARANI

Comparisons of Various Image Preprocessing Approaches for Enhancing Medicinal Leaves
B.R. FUSHPA, R. ANUSHA, N. BRUNDAVI, L. DIVYA, M.P. ISHWARYA

Transcription Analysis of Primary Genes Causing Endometrial Cancer from Cell Line Analysis
B.J. NAIR, V. ROHITH

Analysis of Maximum Matching and Maximal Matching in Various Graphs
A. ANITHA, P. THARANIYA, S. SENTHIL, G. JAYALALITHA

An Enhanced Approach for Binarizing and Segmenting Degraded Ayurvedic Medical Prescription
B.J. NAIR, C. ANIL KRISHNAN, JOSHUA JOHNS, B.V. SADRIS JAIN, B. SARATH

An Integrated Economic Order Quantity Model Involving Inventory Level and Ware House Capacity Constraint
P. MUNIAPPAN, M. RAVITHAMMAL, M. HAJ MEERAL

Characterization of Graphs with Maximum Degree and Tree Dom Strong Domination Number
M. MEERAL, S. GAYATHRI DEVI, P. MUNIAPPAN

Fixed Point Theorems in Normed Linear Space of Triangular Fuzzy Numbers
G. VEERAMALAI, K. CHITIRAKALA

Comparison of Non-Contrast Tomography to Urinary Calculi with Endoscopy Uses as a Gold Standard
ALI ABDULAMEER, BASHAR ADNAN MUNSHID, HUSSEIN ALI AL-HAMDANI, OSAMA MOHAMMED ALDAGHIR

Removal of Nickel and Lead from Pharmaceutical Wastewater Using Agricultural Waste
SHREYAS SHENOY, SRINATH SHANBHAG, MADIVADA SUMANTH, NIKIL RAO, KLARA BORKOVCOVA, C.R GIRISH

Molecular Study of Fluoroquinolones Resistance Staphylococcus Aureus Isolated from Different Clinical Sources
SAFAA ATTA, Ehab D. SALMAN

Designing of Cellular Immunity Inducing Epitopes for Iraqi Infectious Bursal Virus Strains
AAISHA MAHMOOD, ZAHRA M. AL-KHAFAJI, ZAID YASEEN IBRAHIM

Immunohistochemical Expression of (Zo-1 & GFAP) Antibody in the Sulcus Medianus Organum of Rat
HAYDER AL. HAYDER J. KADHIM, HAIDER F. GHAZI
Diabetic Wound Healing Enhancement by Tadalafil
AHMED JARAD, AZAL H. JUMAA, MUSTAFA SALAH HASAN, MOHAMMED MOSLEH
SHWAISH, WALEEED HAMID FARHAN, ZAID YASEEN IbraHIAM, MAHER SABER OWAIN,
MOHAMMED ALI HUSSEIN

The Potential Influence of Fractional Substitute of Soybean Meal with Guar Meal Supplement
of Salinomycine and Mycofixe on Performance and GUT Ecosystem of Broiler
BUSHRA W., HADEEL MOHAMMED FAYYAD, KHULOOD HAMID DAKHEEL

Preparation and Evaluation of Simvastatin Nanosponges
SADHANA NOOTHI, NARENDER MALOTHU, UMASANKAR KULANDAIVELU, GSN
KOTESWARA RAO, RAJASEKHAR REDDY ALAVALA, VISHNU PULAVARTHY

Development, Optimization and Evaluation of Liquisol Compact Tablet of Aripiprazole by
using Factorial Design
BHUPENDRA PRAJAPATI, SHRUTI RAO, TULARAM BAROT

Knowledge, Attitude and Practice (KAP) of Cervical Cancer and HPV Vaccine Among
Pharmacy and Paramedical Female Students at a Private University (South India)
S. PRIYA, M. ASHOK KUMAR

Clinical efficacy and outcome of Oral and Intravenous Labetalol on preeclampsia pregnant
mother and distressed fetus
KOMAL RANI, CHANCHALA KUMARI, JASPREET KAUR, SIMMANJIT KAUR, PARMINDER NAIN

Cardiovascular System Involvement in Patients with Ankylosing Spondyloarthritis
BOBAMURATOV T.A., AKRAMOVA N.T, BOBAMURATOVA D.T., ALIYEVA K.K.,
SAIDRASULOVA G.B., MATKULIYEVA S.R

Immune response in patients infected with helicobacter pylori in Al-Najaf City, Iraq.
DHEYAA HAMZAH, AHMED ABDULJABBAR JALOOb AJANABY

Immunological role of CD4 and CD154 in patients infected with S.typhi in Al-Najaf
Governorate, Iraq.
EMAN MOHAMMED, AHMED ABDULJABBAR JALOOB ALJANABY

An Accurate Automatic Epileptic Seizure Diagnosis With Logistic Regression Using Electro
encephalography Signals
PRITI BHAGAT, K.S. RAMESH, S.T. PATIL

Diagnosis of Osteoporosis using Barker Coded Thermal Wave Imaging
D. RAO, K. S. RAMESH, V. GOPI TILAK, V. S. GHALI

Extraction, Development, and Characterization of Tamarind Seed Oil Based Liposome
ADITYA SINGH, SHUBHRA MAHESHWARI

Measurement of patient satisfaction as a quality indicator of services of consultancy clinics in
Al- Yarmook Teaching Hospital, Baghdad.
HADI SUHAIL, SAMI MOHAMMED AHMED, YAHYA IBRAHIM YAHYA, YASMEEN ALI
HUSSAIN

Probiotic supplement for feeding Aberdeen-Angus bulls: influence on the growth rate and
quality of meat
FENCHENKO GRIGORYEVICH, KHAIRULLINA NAZIBA ISLAMOVA, KILMETOVA INNA
ROBERTOVA, SABITOV MUNIR TIMERGALIEVICH, RODIN IGOR ALEKSEEVICH, GORLOV
IVAN FIODOROVICH, MOSOLOV ALEXANDR ANATOLYEVICH

A Description of Ethno medicinal plant among the Koch tribe in North Bengal, West Bengal
RAHAMAT SHAIKH

The use of Ostrich eggshell membrane as a barrier for guided bone regeneration in rabbit’s
femoral condyle defects: Histological study
MUSTAFA MUHAMMED, OTHIMA N. OMER, BAKHTIAR MUHIALDIN AHMED

In vitro Antioxidant Activity of Hydroalcoholic Extract of Crataegus Oxycantha Leaves
ARUN KUMAR, VIPIN KUMAR GARG, DEVENDRA PATHAK

Survey Multidisciplinary Perspective for Long Term Success in Dental Implant in Children: A
Systematic Review and Meta-Analysis
PARSA MEHRINEJAD, EHSAN GRAVAND, KHASHAYAR DEISHIRI

Assess the Potential Interventional Radiology (IR) in Improving the Result of Women Undergoing Surgery: Systematic Review and Meta-Analysis
FARANAK RAFIEE, SAEEDREZA BEIKI

Role of Vitamin D3 in Male Fertility and Increase Quality of Seminal Fluid
FOUAD GETEA, Firas S. ALQURAISHI, Saif H. MOHAMMED

NOOR S, S. M. MAHDI

Development Methods for Determination of Bioactive Molecules by HPLC
KHALFA FADHEL

Photostabilization of Poly Styrene (Ps) Films with Different Complexes Derived from Various Schiff Bases
AMIR DAWOOD, MUSTAFA NAJIM ABD OUN

Synthesis and Identification of New Nitrogen Rich Polymers Based on Sulfa Drug Derivatives
HUSSEIN HASAN, NOOR TAER TALIB, Ehab K. OBAID, Ali JABBAR RADHI

Synthesis and Spectroscopic Studies of some new Metals Complexes With (3 R)-3-hydroxy-2-(3-(4-nitrobenzoyl) thiooureido) butanoic acid
TAGHREED ALWAN, Basima M. Sahrani, T. A. HIMDAN

Effect of Phenolic Compounds of Conocarpus on DNA Concentration and Biofilm Formation of Pathogenic Bacteria
NIBRAS ABDULLA, Basaad AbdZaid Al-Fatlawi, Aqeel A.Alsadawi

Functional and Radiological Outcome of Unstable Pelvic Fractures Managed by Internal Fixation
BENJAMIN VINODH.J, GOKUL RAJ, ARCHA ANNA

Environmental Monitoring During Transport of Finished Pharmaceuticals: A review
THOMAS P, SHAILESH T, HEMANTH KUMAR S

The Influence of Physicians Social Capital on Patients Satisfaction
MAJID TAHERI, MOHAMMAD TAVAKOL, SAEDEH SAMADI, Saeed AMINI, MAHMOUD ABBASI

Results of surgical treatment of patella fractures

State of protein exchange in students with various academic achievement
VAKHA ANZOROV, SVETLANA VASILYEVNA MORYAKINA

Change in student blood plasma composition when exposed to hypoxic factor of mountain climate
VAKHA ANZOROV, SVETLANA VASILYEVNA MORYAKINA

Omadacycline extravasation: a general overview
AISHWARYA MB, JERLIN ANUSHA, KHAYATI MOUDGIL

A review of metabolic syndrome parameters: Key players in aging pathogenesis
MOHAMMAD AFSHAR, SAMIRA ABBASZADEH-MASHKANI

Detailed pharmacognostical, phytochemical screening and DNA barcoding of leaves of Ficus semicordata Buch.-ham. ex Sm.(Bhumi Udumbra)- An extra pharmacopoeial drug of ayurveda
SHASHI GUPTA, R.N. ACHARYA, C. R. HARISHA, V. J. SHUKLA, SATISHA HEGDE

Assessing the efficiency of Honeybee venom as an antimicrobial pathogenic agent
ADNAN ABBAS, MUNTAHA A. AL-SAFAR, ZEYAD GATTEA AL-RIKABI, EMAN H. ABED

Effect of Ocimum sanctum (Tulsi) leaf extract on recovery of biochemical profiles in alloxan induced diabetic rats.
ARPANA KUMARI, B. S. JHA
Kinetic Spectrophotometric Determination of Emtricitabine and Tenofovir Disoproxil Fumarate in Bulk and Pharmaceutical Dosage Form
RAVI SANKAR KUNDERU

Pneumonia Detection using Chest X-Ray
RAGHAV RATHI, NISHANT BALAYAN, C.N.S. VINOOTH KUMAR

Optimization Studies on Extracellular Lipase Production from Penicillium citrinum.
LAKKAKULA LAKSHMI, M RAGHU RAM

Fourier Transform Infrared and Fluorescence Spectroscopic Analysis of H bonding variation in Human Benign and Cancerous Breast Tissues.
G. DEVI, T. THANGEESWARI, T. MAGESH

Effect of Green Tea (Camellia sinensis) Ethanol Extract Administration on The Number of Spermatogenic Cells of Male Mice (Mus musculus) Exposed to 2,3,7,8-Tetrachlorodibenzo-p-Dioxin
SALSABILLA ABANI, WIDJATI WIDJATI, ERMA SAFITRI, MASLICH AH MAFRUCHATI, DJOKO LEGOWO, LILIK MASLACHAH

Online Pharmacy - A Review on Major Pros and Cons
DEEPAK KUMAR, SENTHIL V. ABHISHEK S KERALI, N JAWAHAR, SUSHITI KUMAR K

Synthesis, characterization, DNA-interactions, antioxidant, antimicrobial and anticancer studies of mixed-ligand titancene dichloride complexes
ARCHANA THAKUR, KIRAN NEHRA, SAROJ ARORA, RAJ KAUSHAL

“Role of Panchakarma therapy in the management of Pakshaghata” A Case Study.
CHIMANDA KAMAR, MAHESHPAR, MD IMTIJAZHOSSAIN, SANGEETA T, LALRAVI SAHU

Omadacycline Extravasation: A general overview
AISHWARYA MB, JERLIN ANUSHKA, KHAYATIMOUDGIL

A brief review on recent advancement of solid lipid nanoparticle
MANISHA MURALI, SUMALATDA DEVI BALAMURGAN, D. NAGASAMY VENKATESH

Myristica Fragrans seeds alleviate motor behavioural changes in rotenone model of parkinsons disease
MUTHUVEL KANAGASABAPATHY, PRABHU KALIYAPERUMAL, RAJASANKAR SRINIVASAGAM

Success of Nanotherapy in the Treatment of Cancer - An Overview
SMITA DEY, SAI AKILES R, ASHISH WADHWANI

In vitro Antioxidant Activities, Total Phenolics and Total Flavonoids of the Different Extracts of Capparis spinosa L. and Capparis decidua Edgew (Forsk.) from Jordan
MAHMoud AL-QUDAIH, FIDA E. ALLAHAM, SAFWAN M. OBEIDAT, HALA I. AL-JABER, JAMIL N. LAHHAM, SULTANT ABU ORABI

The renal protective effect of quercetin on some blood parameters and nephrotoxicity in male rat
HAIDAR ALSAEED, REEM ABDUL RAHEEM MIRAN ALSAAD

Varicella zoster virus based real time PCR identification using a novel nucleic acid extraction method: Samples from Iraq
ANWAR SAIHOOD, AREEJ SAIHOOD, AHMED RAHEEM RAYSHAN

Prevalence of Bacterial Species Associated With Infants Meningitis Patients in Iraq
SAMEER ALASH

Use of snail shell powder as a low cost Adsorbent for the Decolorization of AzureC dye
ALA A. ALOGAILI, MUNEER A. DA'AMY, EMANTALIB KAREEM

The Investigation of Antibacterial and Antibiofilm Activity of Some Aqueous Medical Plant Extracts from Iraq Against the Bacteria Isolated from Patients with Thermoplastic Retainer
KHULOOD AL-MAKHZOMI, WUROOD KHAI RALLAH AL-LEHABI

Effect of Aqueous Extract of Laurel Leaves Laurus nobilis L. on Some Physiological Criteria
Evolution of Antibacterial efficacy of Dianthus caryophyllus L. extracts against some hospitals pathogenic bacteria
SHIREEN KAMIL, HUSSEIN J. HUSSEIN, ALI H. AL-MARZOQI

Implementation of low cost Automated Wheelchair with Healthcare Monitoring System using IoT and ML
R. KAYALVIZHI, RACHIT SRIVASTAVA, SAHAJ JAISWAL

Prevalence of hepatitis virus B and C in patients in Al Najaf Governorate, Iraq
THUALFAKAR HASAN

Corrosion Inhibitory Influences of Synthetic Schiff Base On Aluminum in Hydrochloric Acid
HUTHAM YOUSIF, FATIMA ALLAWI ABDUL SEJJAD, EMAN HASSAN SAHAP

Active Compounds Characteristics and Test Leaf Extract Anticholesterol Itchy Leaf [Laportea decumana (Roxb.) Wedd.]
EVA SIMAREMARE, ELSYE GUNAWAN, ORDETA ALUA

Evaluation of Pharmacological Activities of Itchy Leaf Extracts (Laportea decumana (Roxb.) Wedd.)
EVA SIMAREMARE, ELSYE GUNAWAN, YULIANA RUTH YABANSABRA

Pharmacognostic study data of Indian medicinal plants
SARAVANA KUMAR, A. S. S.V. SATYANARAYANA

Evaluation of antioxidant activity and nutritional value of Desmodium velutinum (Willd.) D.C. leaves: A folklore plant of Orissa
JIGYASA PATHAK, ASWATHI MOHAN P, B.R. PATEL

The role of Albumin infusion before exchange transfusion in term neonates with hyperbilirubinemia
FARIS ALHARIS, AYMEN A. ALBAKAA, ALAA JUMAAH NASRAWI, ALI M. SHUAIB

Compared panoramic radiography and CBCT on the surgical technique of third molar removal: A systematic review and meta-analysis
NARIMAN NIKPARTO, REZA JALILIAN, SAEED HASANI MEHRABAN

Compared the effects of skeletal anchored maxillary protraction Vs dental anchored maxillary protraction in children with class iii malocclusion: A systematic review and meta-analysis
ALIREZA CHAMANI, PARISA DOROUDGAR, KHANMIRZA BADRI

Outcome measures (proms) of implant-supported, relative to tooth-supported fixed dental prostheses: A systematic review and meta-analysis
AISOODA AFSHARI, FATEMEH MOOSAZADE HASSAN KIADEH, MESHKAT NAEIMI DARESTANI, MEHRAB TAKHTDAR

Association of dietary inflammatory index with visceral adiposity index among obese female adolescents
SUHMA UTAMI, FILLAH FITHRA DIENY, ARYUCANDRA KUSUMASTUTI, A FAHMY ARIF TSANI

Bioactive components and antibacterial activity in Robusta coffee leaves (cofeca canephora)
GEMALA ANJANI, NURMASARI WIYASTUTI, ZULFATUL MASRUOH, RIZKAAYU DWI YULIANA, VITA GUSTI ALMIARA, A. FAHMY ARIF TSANI, CHOIRUN NISSA, MIQBAL PRAWIRA-ATMAJA

Production and characterization of polyhydroxybutyrate (PHB) from marine invertebrates
N. EZHILRAJ, S. CHIPPY RAJ, S. MARY JOSEPHINE PUNITHA

Thyroid Abnormalities Associated with Complete Blood Count Parameter
JONGKY PRAJITNO, SOEBAGHO ADI SOELISTIO, HERMAWAN SUSANTO, AGUNG PRANOTO

Serum Bicarbonate Level And Nutritional Status In Non-Diabetic And Non-Dialysis Stage 5
Chronic Kidney Disease Patients
EKY RIYADI, NUNUK MARDIANA, WIDODO

Eosinophil Level with Severity of Sepsis Based on Sequential Organ Failure Assessment Score
IKE WIDURI, USMAN HAFID, MUHAMMAD VITANATA, ARFIJANTO

Diabetes Mellitus and Hypoalbuminemia Associated to Hemodialysis Catheter-Related Blood Stream Infection
BUKI DARMA, WIDODO, ADITIAWANADANA

Fecal Calprotectin Associated with Spondyloarthropathy Disease Activity
ASTU JATI, UMMI MAIMUNAH, YULIASIH, ISWAN ABBAS NUGI

Serum Interleukin-2 Level Associated with Treg/Th17 Ratio in Active Systemic Lupus Erythematosus
RIARITA SUBAMAYANTI, YULIASIH, LITA DIAH RAHMAWATI

Serum Interleukin-17 Associated with Disease Activity in Psoriatic Arthritis Patient
AHMAD ZAMAHSYARI, LITA DIAH RAHMAWATI, JOEwONO SOEROsOb

Serum calcidiol level associated with axial spondyloarthropathy disease activity
HERU WIBOWO, AWALIA, JOEwONO SOEROso

Thyroid Dysfunction Associated with Lipid Profile Changes (Thyroid Dysfunction in Lipid Profile Changes)
JONGKY PRAJTINO, SOEBAGIO ADI SOELISTIO, HERMAWAN SUSANTO, AGUNG PRANOTO

Correlation of C-Reactive Protein and Reticulocyte Hemoglobin Equivalent in Chronic Kidney Disease with Iron Deficiency Anemia
ELIEZA PRAMUGARIA, WIDODO, ARTARIA TJEMPAKASARI, AMI ASHARIATI

Serum Interleukin-23 Associated with Disease Activity in Psoriatic Arthritis Patient
AFIF ROMDLONI, LITA DIAH RAHMAWATI, JOEwONO SOEROsOb

Corruption schemes while purchasing medicinal products at the expense of state funds in Ukraine
LARYSA ARKUSHA, VIKTOR ZAGORODNIY, NATALIIA FEDCHUN

Application of biopreparations based on strains of nodule bacteria in the productivity of alfalfa in central Yakutia
M.T. YAKOVLEVA

Multi-stage fuel injection as a method to reduce toxic emissions of uprated medium-speed diesel engine
V.A. RYZHOV

Effect of meloxicam and its metal [Zn(II), Cu(II), Co(II), Ni(II)] complexes on viability and/or proliferation of human non-small cell lung cancer cells
LORA DYAKOVA, DANIELA CRISTINA CULITA, TANYA ZHIVKOVA, MILENA GEORGIEVA, ROSSEN SPASOV, GEORGE MILOSHEV, REI KALFIN, GABRIELA MARINESCU, LUMINITA PATRON, RADOSTINA ALEXANDROVA

Stomach-specific planning and analysis of sustained release floating in-situ gelling method for the distribution of anti-ulcer medication.
VIJAYSING SABLE, MAHESH K. GUPTA, NEETESH K. JAIN, GURDEEP SINGH

Evaluation of antioxidant activity and nutritional value of Desmodium velutinum(Willd.) D.C. leaves: A folklore plant of Orissa
JIGYASA PATHAK, ASWATHI MOHAN P, B.R. PATEL

Oxalate oxidase: An Antilithiatic Enzyme from Staphylococcus pasteurii and its Degradation Studies
NANDAKUMAR ARUMUGAM, SHIVA KUMAR VEERAKUMAR, SHRUTHI SARAVANAN, YAMINI VASUDEVAN, PRABHARKAR JERIK SATHYA RAJ

Assessment of risk factors and complications of liver diseases in a tertiary care hospital
I. NEELAM, VANIROOP, K.GRACE DOROTHY, M.S. HARIAK, CH. RAMYA SRI

Quantification of STAT3 in mastectomized tissues of Iraqi women with breast cancer
ALAA OBAID, MOHAMMED JABER MHAWISH, MUSA NIMA MEZHER
Detection of Heat Shock Protein 70 gene in Gardia lamblia in Thi-Qar province.
SAJA YASIR, FADIL ABBAS MANSHUD AL-ABADY, HAIDER MOHAMMED FAYYAD ALYASIRI

Valproate-Induced Malformation In Epilepsy: Data Mining of Canadian Adverse Reaction Monitoring Program Safety Reports
HARDIK BHATT, TUSHAR DESAI

Green Nanotechnology Approaches for Synthesis of Nanoparticles and Their Characterization Techniques: A Review
VIJAY MAURYA, VINAY KUMAR, VISHNU PRASAD YADAV

Features of anaesthesia for various concomitant diseases on the example of Concomitant arterial hypertension
BULATOVA ANATOLIEVNA, ALTEMIROVA KHADISHAT KHAMIDOYNA

Design, Development and Evaluation of Oral Sustained Release In-Situ Floating Gel as A Carrier for Stomach Specific Delivery of Anti Ulcer Drug.
VIJAYSINH SABLE, MAHES K. GUPTA, NEETESH K. JAIN, GURDEEP SINGH

Acute oral toxicity evaluation of antihyperlipidemic polyherbal preparation comprising of aqueous extracts in female sprague dawley rats as per OECD 425 TG.
SONIA PATEL, BHAVIN VYAS

Effect of polyherbal preparation on high fat diet induced hyperlipidemia in female sprague dawley rats.
SONIA PATEL, BHAVIN VYAS

Enhancing pathologic staging diagnosis of lung cancer Using datamining techniques
M. KARPAGAM, E. BRUMANCIA, KARUNYA RATHAN, K. GEETHA, C. RAJAN

Assessment of knowledge, attitude, practice and medication adherence among asthmatics at pre and post counseling
ASHNA ABY, AISWARYA MANGALATH SIVAKUMAR, KRISHNAVENI KANDASAMY, SHANMUGASUNDARAM RAJAGOPAL, SAMBATHKUMAR RAMANATHAN

The Effect of Chemical Contamination (Fe and Hg) in Drinking Water to Stunting on Children’s (1-5 Years)
NURUL AMALIYAH, INDAH BUDIASTUTIK, REZZA DEWINTHA

Automatic traffic clearance system for emergency vehicles using RFID and LIFI
SAMARTH M, D.SHIWA KUMAR, P.SHRUTI, P. DINESH KUMAR REDDY, G.SANDYA, K. PADMAVANI

The use of the "sariksa" model for the ability to fulfill the personal hygiene of mentally retarded children in special schools (SLB) in Indonesia
ASEP SETIAWAN, HARIS SOFYANA, K KUSMIYATI, SOFIA FEBRUANTI

Purification and Characterization of Rabies Anti-Idiotype Antibodies Isolated from Chicken Egg Yolks
SAYUYUNI, KHOMAINI HASAN, EKA NONENG NAWANGSIH, IIS INAYATI RAKHMAT

Effect of Concentration of Plasma Homocysteine
DR. JADHAV

Relation of Stromal Collagen with Mast Cells in Different Grades of OSCC
BELGAUMI U.I, VIBHUTE N, KADASHETTI V, SUSHMA BOMMANAVAR, KAMATE W, TEWARY S, PAWASHE K

C – Reactive Protein Analysis of Cardiovascular Diseases Related to Stable and Unstable Angina Groups
DR. DEVKER

Method development and validation of selective antihypertensive drugs in their combined tablet dosage form by using reverse phase high performance liquid chromatography
BODAVULA SIVA, DR. AMITKUMAR JANARDAN RAVAL

Utilization pattern of drugs in stroke patients in a tertiary care hospital
AFIFA FATIMA, MOHAMMED FARHAN AHMED, SAFA AMREEN SALAM AWAD, SIDRAH
Effect of the growth time on the content of inulin, polyphenol, flavonoids, total sugar, and minerals, and antioxidant activity of Vietnamese Dangshen roots Codonopsis janica

NGUYENTHANG, VU NGOC BOI, DANGXUAN CUONG, TRINH THI DIEP, NGUYENTRIMINH, LE NHI BICH

Optimization of parameters for extracting biologically active substances medicago sativa l.

NATALIAPOTINA, ANASTASIA I. DMITRIEVA, ALEXANDERYU. PROSEKOV, IRINAS. MELENTIEVA

Relevance of the use of plant extracts in the creation of functional products that have a geroprotective effect

ANNAVESNINA, ALEXANDERYU. PROSEKOV, ANASTASIA I. DMITRIEVA, LYUDMILAK. ASYAKINA, NATALIASK. VELICHKOVICH

Assessment of the content of heavy metals in medicinal plants of genus trifolium from the growing area on the example of the siberian federal district

NATALIAPRODANOVA, ElenaIVANOVA ZATSARINNAYA, ZHANNARAKELOVNA

Critical analysis of the public procurement medicines system

TATIANAFONDARENKO, OLGAALEKSANDROVNA ZHNDARONTO, TATIANAPAVLOVNA MAKSIMOVA, NATALIYA ALEKSEEVNA PRODANOVA, DMITRI OLEGOVICH BOKOV

The effectiveness of the pharmaceutical area companies in the conditions of modern challenges

TATIANABONDARENKO, OLGAALEKSANDROVNA ZHNDARONTO, TATIANAPAVLOVNA BONDARENKO, NADJITYEVA, NATALIYA ALEKSEEVNA PRODANOVA, DMITRI OLEGOVICH BOKOV

A preclinical study on targeting glucose homeostasis using therapeutic intervention of ZnO nanoparticles

DR. RAUT, DR. BISWADEEP DAS, DR. TANIA PAUL, DR. GAURI KULKARNI

The morphological characteristic of the mucous membrane at polypous rhinosinusitis

D.DẢLIMOVA, S.E. AMONOVA

Creating land use / land cover map using methods gis and remote sensing (on the example the chimbay district of the karakalpakstan republic)

KUATBAYBEKANOV, ESHKABULSAFAROV, SHAVKATPRENOV, SUNATILLAAVRAMOV, BAKHRIDIN YUSUPOV

An anthropogenic landscapes of central zarafshan

ELMURODUULMURODOV

About the activities of workers of cotton cleaning plants in the emirate of bukhara at the end of xix and beginning of xx centuries

F.S. AMONOVA

Philosophical and methodological aspects of the interaction of natural environment and man

BERDIMURATOVA A.K, MUKHAMMADIYAROVA A.J

Sorption of Zn (II) and Cr (III) Ions into Ion Exchangers Obtained on the Basis of Local Raw Materials

ISMOILOHIMOYAT, KHASANOVSZHODLIK, MUKHAMEDJEMUKHTARIAN, BERCHANOVDAVRONBEK, YARMANOVSHERIMMAT, YODGOROVBAXHTYOR

The influence of gestational age and neurological status of premature infants on hemostasis

YAKUTKHON MADIJDOVA, ZIYODAAKHIMÉDOVA, AZIZAJURABEKOVA, NARGIZA ABDULLAEVA, ZULFIYA YAKUBOVA

Comparative evaluation of the effectiveness of screening techniques M-CHAT-R and CARS
YAKUTKHON MADJIDOVA, GULCHEHKRA SADIKOVA, NARGISA ERGASHEVA, NODIRA KHUSENOVA, NODIRA ABDUMALYANOVA

Neuromuscular activation using the “exarta” suspended system in rehabilitation of patients after a stroke. YAKUTKHON YAKUTKHON MADJIDOVA, MAKHMUDJON BAKHRAMOV, OLGA KIM, OYBEK BUSTONOVO, TULKINTADIJIEV

Neurovegetative regulation of heart rhythm and physical development of children under intelligent loads. FATIMA MUKHAMEDJANOVA, NIGORA ALIYEVA

Functional state of the heart and kidney in patients with chronic heart failure and atrial fibrillation KARIMDJANOVA GUZAL, DAMINOVBOTIR

Expression of tissue-specific genes in mice with hepatocarcinogenesis NIZOM ERMATOV, GULMIRA KASSYMOVA, GULMIRA KASSYMOVA, KHOSIYAT TAJIYEVA, MUKHARRAMA KHASANOVA, MAVJUDA ALIMUKHAMDOVA, SEVARAZAIMOVA

Features of diagnosis and clinic of post-traumatic epilepsy against the background of concomitant somatic diseases ARSLANBEK KASHIMOVA, NARGIZA ABDULLAEVA, AZIZA DJURABEKOVA, DILNOZASHOMURODOVA

Diagnostic value of ceruloplasmin in nephrotic syndrome in children ILKHAMDZHAN2, LOLA RAKHMANOVA, ALOYKHON SULEIMANOVA, ANVAR TURSOYBOYEV, DILOROMATAYEVA, RANO KADIROVA

Hygienic regulations and regulations for the safe use of cotton defoliant Eco defect TULKINSISKANDAROV, LILIYAROMANOVA, GULNOZASKANDAROVA

Morphological features of the elements of the knee joint on the background of the hypofunction of the thyroid gland BAHRINISO ESHONKULOVA, UTKIRMIRSHARAPOV, HAMIDULLARASULOV, QAMBARALISHERALIEV

The choice of the optimal method for the extraction of congenital cataract, combined with high myopia DINARA KARIMOVA, LOLABABADJANOVA, SADBAKHROM BUZRUROV

Elderly Efforts in Improving Social Well-being: Qualitative Study in Surabaya PIPITWILIYANARTI, HAMIDAH, HARI BASUKI NOTOBROTO

The spread pattern of pulmonary tuberculosis incidence in Yogyakarta City, Indonesia LILISURYANI, BRILLIANCESARUKMAJAITI, INAYATTI

Self-Help Strategies to Reduce Emotional Distress among Indonesian Doctoral Students who Studied Abroad: A Phenomenology Study CHLARAPRABAWATI

Diagnostics of cerebrocardiac syndrome in the acute period of subarachnoidal hemorrhage in neurologic reanimation V.G. IGNAITYEV, T.R. POSKACHINA, T.S. DYAGILEVA, D.N. SEMENOV

Physical-Chemical and Amino Acid Composition of Horsemeat YERMEKABILMAZHNOV, DMITRIKULIKOV, EVGENYROITANOVA, VALENTINA YAKUNINA, MARINAMIRGOROSSKAYA, VLADIMIRERMOLAEV, MARSKHARYULLIN, BIBIGULABILMAZHNOVA

Evaluation of the effective orthognathic surgery on pre-existing temporomandibular disorders (tmds) in patients with malocclusion: systematic review meta-analysis DR. AHMADI

Implant failure and marginal bone loss of tilted implants in comparison with straight implants supporting fixed dental prostheses: a systematic review and meta-analysis DR. AHMADI

Benefits and Risks of Prescribing Long-Term Use of Anticholinergic Agents in Schizophrenic
Elderly Efforts in Improving Social Well-being: Qualitative Study in Surabaya

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Abstract

The aging process would cause problems related to health, economic, and social aspects. The elderly's social well-being was a condition of elderly satisfaction with social aspects. Elderly social well-being in urban areas is still a problem that needs to be improved in order to increase their quality of life.

The research objective was to provide an overview of the efforts of the elderly in improving the social well-being and problems faced by in order to improve social well-being. The qualitative approach was performed to descriptive phenomena, and in-depth interviews was applied to collect the data. Participants in this study were 11 elderly, in the Rungkut District, Surabaya. Thematic was applied for data analysis.

The results obtained 6 themes which included (1) conducting social activities in the community (2) following the elderly community to exchange ideas (3) developing social life (4) the physical condition of the elderly who is disturbed or
limited (5) the availability of an unsupportive environment (6) a positive elderly relationship with family, peers, and an environment that supports the elderly to work.

Efforts to improve the social well-being of the elderly could be increased personally or in groups. This was inseparable from the individual, family and well-being policies of the government.

Key term: social, well-being, elderly, health, qualitative research
Introduction

The problem of the social well-being of the elderly in this decade is a form of change that occurs as a result of rapid population growth and population trends with an aging process. In the second half of the twentieth century, the world economy faced an active aging population (Frolova & Malanina, 2016). These conditions affect the socio-economic system of countries throughout the world, including such as the labor market, labor market, income, and consumer markets, as well as social funds, national policies, social relations, and others.

The proportion of the elderly in the structural age of society continues to increase by more than 25% of the world population will be included in the category of elderly in 2050 according to the (Global AgeWatch Insight, 2018). At the Asian level the number of elderly population (60 years and over) Indonesia is ranked fourth, namely in 2010 the number of elderly population 8.8% is estimated to be 24.5% in 2050 while other countries such as Korea 42.6% , China 35.2%, and Vietnam 27.7% (Robert, 2014). The elderly population or in 2020 is estimated to reach 28.8 million people or 11.34 percent of the total population in Indonesia (Kemenkes, 2015).

Surabaya is a city that has the largest number of elderly people in East Java. This city is one of the areas inaugurated to be an elderly-friendly city. Government policies have been designed to create an environment that creates prosperity for the elderly. In the initial phase, there are 5 Community Health Centers in Surabaya, East Java that will implement a polite or elderly-friendly program based on the profile of the Surabaya city builder in 2018. Every effort is made to complement these interests, but there are still some problems that need improvement to meet the elderly-friendly city program.

Good quality condition of life will be found if a person has excellent health, both physical, mental, spiritual and social (Lifshitz, Nimrod, & Bachner, 2019). A healthy body condition will be able to carry out activities better and optimally. Elderly who are always close to various problems require attention, the elderly who have difficulty in their activities, in the future will have an impact on their quality of life (Hyde, Maher, & Elavsky, 2013). The current phenomenon is still found in the elderly who have difficulties in social activities, difficulty in accessing health services, also found in the elderly it is difficult to interact with the community because they have physical complaints, even though they are in an urban environment. Limited land for activities for the elderly, results in the elderly having low self-integrity, social welfare related to the physical health of the elderly (Wiliyanarti, Notobroto, & Asri, 2017) Urban environment that has been seen as complete in fulfilling social welfare but also saves problems, environmental expectations which is conducive to a friendly and pro-aging policy.

Not only the health aspects of the elderly population are needed, but also social welfare becomes a very important component to create elderly people throughold age, succeed in having a satisfying and meaningful life. Social welfare in the elderly is a sense of satisfaction of the elderly with social aspects, the
achievement of social welfare is often found obstacles, both personal, family, community and community constraints (Ivankina & Ivanova, 2016).

Social withdrawers were the most prone to reducing life satisfaction and health related quality of life and increased loneliness and experienced participation restrictions (Id, Peterson, & Reina, 2019). Elderly people who have high levels of social welfare can be identified about the role of social activities. Social changes experienced by individuals can be a source of stress for the elderly must have a positive attitude so that they can survive and undergo the aging process (Ryff, 2014)

**Research Method**

This design was chosen by the researcher because the researcher wanted to get a picture of the participants' experiences related to efforts to improve social well-being. Participants were selected purposively with inclusion criteria, namely elderly (aged 60 years or more), living in the Rungkut sub-district in the city of Surabaya. The Rungkut subdistrict area is a pilot area in East Java in the elderly Santun Community Health Center program. Rungkut area has an area of 21.8 KM with an elderly population of 11,880 inhabitants.

Data collection was carried out by semi-structured interviews using interview aids namely interview guidelines, field notes, and recorders in the form of voice recorders. Researchers obtain elderly data from the health center and then go to the elderly and provide informed consent to the elderly after explaining of the research first. At the time of the interview conducted for 45-60 minutes during 2 meetings.

Data analysis was performed using the Thematic Method. Data analysis was carried out in conjunction with the data collection process. Data saturation was obtained in the eleventh participant. Data analysis using the thematic method was done by re-reading the transcript of the interview results and quoting meaningful statements (Burhan Bungin, 2006). Describe the meaning that is significant statements, describe the meaning that is significant statements. Organizing collections of meanings that are formulated into groups of themes. Write a complete description. Meet participants to validate the description of the results of the analysis. Combine the validation results data into the description of the results of the analysis.

**Data Validity**

Validates verbatim transcripts to participants was done by the researcher. Triangulated data collection methods, namely interviews and observations, and finally, validation returned to the participants were performed by the researcher.
Results
Background characteristic of the study participants.

Table 1 The Characteristic of Participants

<table>
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<td>P1</td>
<td>M</td>
<td>74</td>
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<tr>
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<td>P2</td>
<td>F</td>
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<td>M</td>
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<td>Entrepreneur</td>
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<td>P11</td>
<td>M</td>
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Table 1 shows the results of research on the characteristics of participants. The majority of participants aged between 62 and 74 years were 5 men and 6 women. Most participants were retired and did not have a job. After conducting in-depth interviews with the participants, the results of the analysis of themes were obtained in obtaining 6 themes. This research resulted in 6 themes that were elaborated according to the research objectives.

The themes identified in this study were 6 themes that answered specific objectives related to the experience of the elderly to improve social well-being.

Efforts to maintain social well-being are illustrated by the theme below.

1. Elderly activities in the community either routine or as a time filler becomes one of the efforts of the elderly to improve their social well-being. This is consistent with what was stated by the participants below.

Participant 2 said "By participating in activities in the village as an elderly cadre, I can improve my welfare. Carrying out activities at home and being active in activities outside the home I have never left."
2. Gather with the elderly community to exchange ideas

Elderly association is a form that can be a place for the elderly to do activities and exchange ideas. In accordance with the participant's expression below, "When gathering with other friends of my age, my mind is more open, I can take advantage and experience examples from them so that I can run my life to become more relaxed. In my opinion, this activity is very important" (P4).

3. Developing social life

Several interviews about efforts to improve the welfare of the elderly can be grown with a spirit of mutual help. Providing this assistance does not have to be in the form of material but also in the form of attention or thought according to the ability of the elderly. It can be seen the expression of the elderly below.

'I feel prosperous when I can give something to others. I can help financially at this foundation even though it is not routine and the desire to give to others makes me satisfied with my life "(P 10)

**Problems faced by the elderly to achieve social well-being.**

The problem of the elderly is illustrated in the theme of the physical condition of the elderly who is disturbed or limited, the availability of an environment that does not support,

1. Limited physical condition

Decreased body function in the elderly is a physiological condition of the body as a result of the aging process. Body conditions that can be known from the health status of the elderly, will affect daily activities. In the elderly, daily activities can improve well-being.

‘As I get older, sometimes my body aches and becomes weak, at that time I felt that I could not do anything for others and could not gather at the elderly health program." (P5)

2. Environmental limitations in facilities and atmosphere

The availability of environmental facilities and infrastructure in limited elderly activities will affect the achievement of elderly well-being.

‘I enjoy living in this neighborhood, which is harmonious and peaceful. In my opinion, what can make the elderly prosperous is a comfortable environment and they can feel free to interact with their neighbors. "(P9)

**Environmental conditions that enhance social well-being.**

Environmental conditions are illustrated by the theme, positive elderly relationships with family, peers, and a supportive environment to continue to provide opportunities for the elderly to work.
1. A supportive environment for work and meaning

Environmental conditions that are friendly to the elderly, equipped with facilities and infrastructure that support the welfare of the elderly are the hopes of the elderly so that they can continue to enjoy life well, as stated by the elderly below;

"The environment that I hope for is an environment that can keep me involved in activities even though I am old, although only as a companion in the activity "(P8))

2. Elderly relations with family, peers and community

environment and family presence, the atmosphere created when gathering together increases the well-being of the elderly. In accordance with this phrase under the elderly.

"In my opinion, when my grandchildren and my children coming on the weekend, I become more excited, I feel happy and prosperous." (P1)

Discussion

Elderly age ranges from 64-74, in this case classified as elderly at the age of 60-69 years are young elderly, 70-79 years old are middle aged, and 80-89 years old Participants are elderly including young elderly and some middle aged elderly. The results of the study found that older people who expressed satisfaction and were always grateful for retirement even though monthly income declined but were still able to expense their own lives, even helping children and grandchildren to fulfill their expense.

This is in line with Giovanni's study (2017) that there is a relationship between income and health in late life is well established, but the link between subjective financial wellbeing (SFW) and self-rate health (SRH) has been relatively ignored, especially among the elderly in Europe. Well-being in the elderly is not only seen in terms of income but how the elderly can adapt to the conditions of the income decline (Papalia, Olds, & Feldman, 2009)

The ability of the elderly in financial management will be an effort to improve welfare (Fave et al., 2018) The government should be able to provide breakthroughs related to businesses or activities that can be used by the elderly in increasing income. So far, the policy on elderly care clinic as a form of business that can be developed to help increase income in the elderly (Kemenkes, 2015).

The efforts of the elderly in improving social well-being

The efforts of the elderly in improving social well-being can be illustrated by the theme of social activities undertaken by the elderly in the community. The elderly conveyed that in one week they routinely participated in activities such as religious activities, sports or training activities in elderly service centers such as the elderly Health care program in the community setting. The elderly also conduct social
activities including contributing to social foundations, as well as to disadvantaged families.

The activities they have done for a long time make the elderly feel meaningful that they are part of the community. This is supported by (Burton, Mitchell, & Stride, 2011) that the elderly who feel confident that they are part of their community are the elderly who have social actualization. The thing that is felt by the elderly both the attitude of the elderly related to the acceptance of the elderly, the purpose of life of the elderly, the ability of the elderly in the environment, the personality of the elderly regarding the independence of the elderly in determining the best conditions without being influenced by others (Ryff, 2014). Based on research (Fave et al., 2018) that elderly who do moderate level of exercise activity are reported to have a higher level of emotional well-being, it can be stated that elderly well-being can be improved by doing physical activity properly.

Another theme that illustrates the business of the elderly is the elderly can gather with fellow elderly friends who are the community and then do the activity of exchanging experiences. Elderly conveyed joining in the health community for example PROLANIS (elderly community organization) creates a sense of recognition by the elderly. Elderly feel needed by society. A community that has positive goals, supported by community members who synergize and generate positive views will increase the sense of closeness within the group (Erpandi, 2015). The research results also obtained data on participants carrying out social activities is a major need. For the elderly, their lives want to be spent with activities that have high human values.

Social networking is beneficial for the elderly, that good social relations can improve the well-being of the elderly. Existing social support in the community as part of social networks (Robert M. Huff, Michael V. Kline, 2014).

In addition, social well-being is examined in two views. The first view of social well-being according to Law No. 11 of 2009, namely the condition of fulfilling the needs of the ministerial, spiritual, and social citizens so that they can live more properly and be able to develop themselves, so they can carry out their social functions. In line with expert opinion which states social wellbeing is an individual achievement to face social duties and roles in social structures and communities (Keyes, Waterman, & Heaney, 1980). Based on the above theory that the elderly are said to be socially prosperous if able carrying out his duties and social roles.

(Social well-being) (Problems faced by the elderly in fulfilling Social well-being)

Elderly in achieving social well-being has obstacles or problems. Almost all participants said that physical condition was the main thing that disturbed the well-being of the elderly. This physical condition is a measure of the ability of the elderly to carry out daily activities. perceived elderly complaints that are conveyed that complaints are mild to the physical condition if the body feels uncomfortable but does not interfere with activities, and severe complaints if the body feels uncomfortable and greatly interferes with daily activities.
Elderly’s ability to remember an object, certain circumstances are also a component of physical well-being. The aging process can reduce cognitive abilities and memory (Carolin N; Harada; Marissa C. Natelson Love, 2014). Elderly feels unwell if there is a function disorder remembering. The statement above is in accordance with the opinion of (Hyde et al., 2013) which states that physical activity undertaken by the elderly is closely related to the level of well-being of the elderly. Elderly people can generally do activities without assistance, although this is different for each age while the elderly have a physical decline.

The ability of physical activity is a skill possessed by the elderly in carrying out tasks that are carried out continuously and has a personal role, in the family and community. The physical condition of the elderly found in the phenomenon of society there are some who are vulnerable to disease. Looks at complaints submitted by the elderly not only on 1 complaint but more than one complaint. In addition, environmental conditions that do not provide support for the development and activities of the elderly are the main obstacles. The elderly conveyed social activities depending on the environment of the elderly. In line with the results of Indonesia’s national survey of the elderly, the physical picture of the elderly half of the elderly (52.12) experienced health complaints in the last month, consisting of 50.22% of men and 53.74% of women (Kemenkes, 2015).

Concern of parents about their well-being is closely related to their health condition. The social aspect is significant with one's attitude towards one's own health. The older the declining public health in that it becomes more difficult to maintain health and subsequently take overall health care. An increasing number of cost-based medical services and reduction in free medical care are forcing people to change their attitudes towards aspects of health by taking responsibility and caring for their own health. According to Russian republic research, the number of people who submit complaints to physician about illness is 32% in 2012 to 25% in 2014, and 32% of parents who treat themselves (Ivankina & Ivanova, 2016).

Another problem encountered by the elderly in improving social well-being is when the elderly is placed in an environment that does not have facilities for socialization and positive activities. Among others is the availability of elderly health care program, the availability of elderly parks, reading parks. This is in line with research by (Othman & Fadzil, 2020) which states that the well-being of the elderly can be achieved supported by social facilities, one of which is the environmental conditions, the existence of the elderly center. in this case, the needs of the elderly are inseparable from the role of health services and government policies. Community services provide a positive influence in achieving the welfare of the elderly (Ryff, 2014).

Environmental conditions that enhance social well-being in the elderly

Increased elderly well-being is related to the social environment of
individuals. Some respondents said that there are social groups, elderly interactions with families and communities, as well as problems faced by the elderly in families. Supporting research from the findings above are according to (Elo & Isola, 2011) states that the physical condition of the environment supports elderly well-being including a form of environment in an area that allows elderly to carry out activities safely.

Social environments that support elderly well-being include social environments that allow older people to receive help, allow them to stay in touch with their family and friends as support for well-being and an environment that offers happiness while living in the area (Papalia et al., 2009). Another study stated that parents who lived three generations or with their grandchildren had better psychological well-being than those who lived in a generation of households. Besides being able to improve the well-being of the elderly by getting financial support, it can also increase emotional ties with children. The existence of the family helps the elderly in adapting to social change. This was also conveyed by other researchers stating that well-being according to the elderly is a positive relationship with others, especially families in their environment. Having a family in old life gives emotional support. Although the elderly are expected to be independent in overcoming various social changes, but the role of the family in fulfilling daily activities greatly affects the well-being of the elderly. The environment around the elderly supports the improvement of elderly well-being. One of the activities and platforms for the elderly to interact with one another is the presence of the elderly health care program in the community setting. This positive activity has the potential to create elderly well-being (Ivankina & Ivanova, 2016). The other research states that older people who perform care in the elderly center also need a comfortable spatial, broad view of their environment. The existence of plants on the environment also affects the physical, psychological and social needs of the elderly (Othman & Fadzil, 2020).

Government policy as an effort to overcome social problems related to well-being is regulated in Law Number 36 Year 2009, the government is obliged to maintain the well-being of the elderly in order to continue to live healthy and productive socially and economically. To make efforts to provide facilities and facilities to support the health of the elderly in the city. Health services for the elderly must be given early, namely in the elderly age (45-59 years).

Health development carried out in the elderly is by taking into account the risk factors that must be avoided to prevent various diseases that may occur. Then it is also necessary to pay attention to protective factors that are carried out to improve the health and well-being of the elderly (Wiliyantari et al., 2017)

Efforts that have been made in Indonesia to improve health services for the elderly include geriatric services in hospitals, health services in health centers, the establishment of home care for elderly people with special needs, and the existence of Integrated Service Posts (Posyandu) Elderly or Integrated Development Post
Based on this, it is necessary to study the experience of the elderly in achieving social well-being improvement (Kemenkes, 2015).

Summary

Efforts of the elderly in improving social well-being can be done through social activities in the community, gathering with the elderly community as a place for the exchange of experiences. The physical condition of the elderly is disrupted or limited, conditions that experience interference will affect the elderly unable to interact socially thereby reducing their well-being. The availability of an environment that is less supportive can cause the social welfare of the elderly not being met. The elderly need a supportive environment for work, freedom of activity so that the elderly feel meaningful in their social life.

References


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