Master calm

Prepared by :

Mohamed Ahmed Mohamed Bakhet

Mohamed Ashraf Bekry

Mohamed Rabea

٧/٩/٢٠٣٤

Master calm: It is a syrup produced by Napha /Uni Pharma Company and is used to treat intestinal colic and gas in infants and children .

❖ Active constituents :

1) **Dill herbs**
2) **Caraway fruit**
3) **Cardamom seeds**
4) **Peppermint leaves**
5) **German chamomile flower**

❖ Dosage :

5 ml spoon 3 times daily.

❖ Uses :

- **It is used to treat :**

1) intestinal colic and gas in infants and children.
2) Gastrointestinal disorders.
3) Intestinal cramps.

❖ Side effects :

- **Side effects of this medication include:**

1) vertigo.
2) nausea.
3) drowsiness.

❖ Contraindications for using Master Calm :

It is prohibited to use the medicine without consulting a specialist doctor in Hypersensitivity to any of the ingredients.

❖ basic plants used in the manufacture of Master Calm

1) Cardamom seeds :

❖ **Origin : The dried ripe or nearly rip seeds of Elettaria Cardamomum Family Zingiberaceae**

❖ **Active constituents :**

- 2-5% volatile oil secreted from oil cells in the testa.
- Fixed oil and starch granules.

⇒ **Cardamon oil :**

The oil consists of high percentage of :-

a) Terpinyl acetate.
b) Cineole in addition to small quantities of monoterpene alcohols and esters.

❖ **Uses & activity :**

- carminative properties (to relieve flatulence)
- digestive and stomachic properties (an increased appetite or assisting digestion)
- It may act as a desiccant (to dehydrate)
- have anti-emetic action (stops vomiting)
- It may benefit for heart-health.
- have anti-asthmatic properties.
- It may have anti-bronchitis activity.
- It may have anti-halitosis activity (may decrease bad breath).

2) **Peppermint leaves :**

❖ **Origin : It is a dried leaves of Mentha piperita . Family : lamiaceae**

❖ **Active constituents :**

- The studied EO has been previously subjected to the GC-MS analysis. Twenty-seven constituents, representing 99.51% of the total EO of *M. piperita* L., were identified. Its major constituents were :

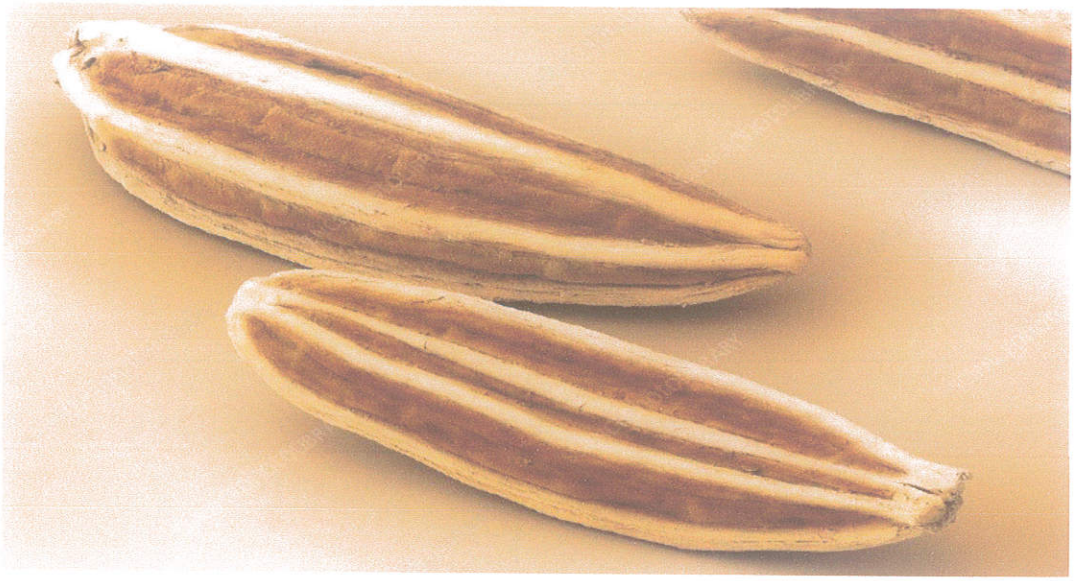
1) menthol (46.32%)
2) menthofuran (13.18%)
3) menthyl acetate (12.10%)
4) menthone (7.42%)
5) 1.8-cineole (6.06%)

❖ **Uses & activity :**

Peppermint is used for :

1) irritable bowel syndrome (IBS)
2) indigestion
3) bed sores
4) tension headache,
5) Anxiety
6) insomnia
7) memory

3) **Caraway fruit :**



❖ **Origin : ripe fruit of carum carvi.**

❖ **Active constituents :**

- **the major compounds occurring in caraway are:**

1) carvacrol
2) Carvone
3) α-pinene
4) Limonene
5) γ-terpinene
6) Linalool
7) Carvenone
8) and p-cymene
9) Carveol

❖ **Uses & activity :**

- **Caraway is used for:**

1) digestive problems including heartburn
2) bloating, gas
3) loss of appetite
4) and mild spasms of the stomach and intestines
5) Caraway oil is also used to help people cough up phlegm
6) improve control of urination
7) kill bacteria in the body
8) relieve constipation

4) **German chamomile flower :**

❖ **Origin : Dried flower-heads of Matricaria Chamomilla , Family:Compositae**

❖ **Active constituents :**

1) **Volatile oil (0.4-1.2.) :**

sesquiterpenes : bisablol (up to 50%) , chamazulene (1-15%), bisablol oxide A and B, bisabolone oxide A and proazulene (matricarin & matricin).

2) **Biter priciples : santhemic acid and anthemedine.**
3) **Flavonoids**
4) **Coumarin**
5) **Anthemic acid and amino acids**

❖ **Uses & activity :**

- **treat many conditions, including:**
  1) Chest colds
  2) Sore throats
  3) Abscesses
  4) Gum inflammation (gingivitis)
  5) Anxiety
  6) Insomnia
  7) Psoriasis
  8) Acne
  9) Eczema
  10) Minor first-degree burns
  11) Inflammatory bowel disease (ulcerative colitis)
  12) Stomach ulcers
  13) Children's conditions such as chickenpox, diaper rash, and colic

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Aqua cid syrup

Prepared by

1.Salma Essamelden

2.Sara Essamelden

3.Sara Mohamed

4.Sara Said

Active constituents of Aqua Cid syrup

The active ingredients of Aqua Cid syrup are caraway oil, ginger, mint oil, and sodium bicarbonate

Medical uses of Aqua Cid syrup

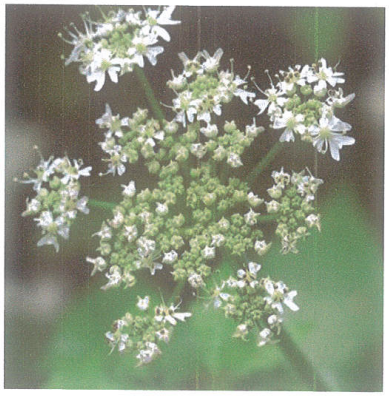
Aqua Cid syrup is used for various conditions like heartburn, bloating, gas, loss of appetite, mild stomach spasms, motion sickness, morning sickness, and upset stomach

Side effects and contraindications of Aqua Cid syrup

The side effects of Aqua Cid syrup include belching, nausea, skin rashes, skin itching, heartburn, diarrhea, stomach discomfort, allergic reactions, irritation, swelling of feet or lower legs, unusual tiredness or weakness, muscle pain or twitching, frequent urge to urinate, rapid breathing, unpleasant taste, mood or mental changes, loss of appetite, nervousness or restlessness, nausea or vomiting, and headache

The contraindications for Aqua Cid syrup include hypersensitivity to the drug, breastfeeding, and pregnancy

Caraway



Origin of Caraway

Caraway, the dried ripe fruit of Carum carvi, family Umbelliferae.

The active ingredients of caraway

The active ingredients of caraway include carvone and limonene, with D-carvone making up 50–65% and (þ)-limonene up to 45% of the essential oil components

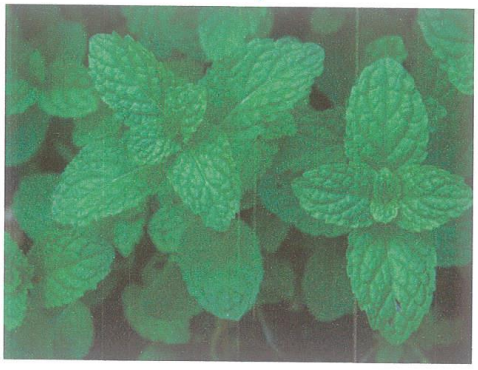
Medical Uses of Caraway oil in aqua cid syrup:

The medical uses of caraway oil in Aqua Cid syrup include its role in inhibiting gas formation in the gastrointestinal tract, providing antioxidant benefits due to gingerols, shogaol, and parasols, exhibiting anti-inflammatory activity, and neutralizing stomach acid. Caraway oil also helps in treating various ailments and possesses good anti-inflammatory properties.

Non-Medical Uses of Caraway:

Non-medical uses of Caraway include culinary purposes, manufacturing (such as in medications, toothpaste, soap, cosmetics, and fragrances), potential weight loss aid, and aromatherapy.

Menthe plants



Origin of Mentha plants

Mentha plants is a dried overground part on Menth piperita family Labiatae.

Active ingredients of Mentha plants.

The chemical composition of Mentha species is characterized by a variety of compounds, with essential oils being a key component. Some of the major active ingredients found in Mentha plants include: menthol, menthone, and menthyl acetate.

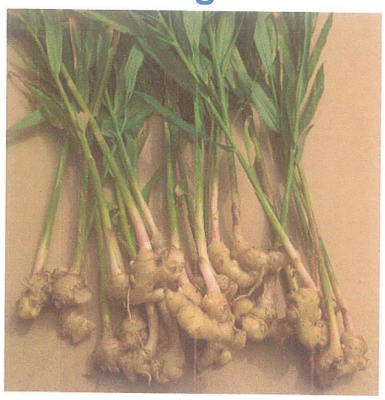
The medical uses of mentha in Aqua Cid syrup

The medical uses of mentha in Aqua Cid syrup include its potential as an expectorant and a folk remedy for conditions like sinusitis, tuberculosis, and the common cold. Mentha species, particularly their essential oils, have been traditionally used to reduce microbial load, indicating strong bactericidal, virucidal, and fungicidal activity.

Non-medical uses of Mentha include:

Non-medical uses of Mentha include culinary purposes and aromatherapy.

Ginger



Origin of Ginger plants

Ginger is a dried scraped or unscraped rhizome of zingiber officinale, family Zingiberaceae

Active ingredients of Ginger plants.

The major active ingredients in ginger plants include: Gingerols, Shogaols, Zingerone, Paradol, Gingerenone, Galanal, Gingerdiols, Gingerdiones

The medical uses of Ginger in Aqua Cid syrup

The medical uses of ginger in Aqua Cid syrup include alleviating heartburn, reducing bloating and gas, stimulating appetite, relieving mild stomach spasms, reducing symptoms of motion sickness and morning sickness, soothing an upset stomach, and alleviating diarrhea

Non-medical uses of Ginger include:

Non-medical uses of ginger include culinary purposes, cosmetic applications, aromatherapy, traditional practices, flavoring beverages, and preservation.

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Research about

Sekem renal herb

Made by

Seham Mohamad

Soha Hanafy

Sama Ali

Samah Mohamad

Sekem renal herb

- **Active ingredient :-**

  Ammi visnaga fruits, Cymbopogon leaves, Ambrosia leaves, Achillea leaves, Chicory leaves, Peppermint leaves, Licorice root

- **Uses:-**

  Preventing the formation of stones and deposits in the kidneys.Prevention of urinary tract infections.
  Sekem renal herbsmixture of herbs to help you relieve from renal colic. SEKEM Renal Herbs acts as anti-spasmodic due to effect of khellin. SEKEM Renal Herbs also

expel crystals and sandy stones with its muscle relaxant effect

• Dosage :-

drink 2-3 times a day.

• Side effects:-

- indications: renal colic. sandy and renal stones. nephrolithiasis. prophylactic against urinary tract infection. tea preparation put a filter-bag of sekem renal tea in 150 ml of boiling water. allow to steep for 3-5 minutes. drink 2-3 times a day. The following is a list of possible side-effects that may occur from all constituting ingredients of Sekem Renal Herbs herbs. This is not a comprehensive list. These side-effects are possible, but do not always occur. Some of the side-effects may be rare but serious. Consult your doctor if you observe any of the following side-effects, especially if they do not go away.: Nausea
  - Dizziness
  - Constipation
  - Lack of appetite
  - Headache
  - Itching
  - Insomnia

• Aspartate transaminase and alanine transaminase, alkaline phosphatase elevation

• Feeling tired

• Missed menstrual periods

• Fluid retention

• Sexual problems in men

• Allergic reactions

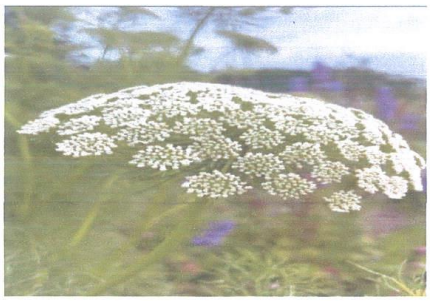
• Heartburn

• Skin rashes

• Irritation

• Sekem Renal Herbs herbs may also cause side-effects not listed here.

Plants in Sekem renal herb:-



- **Ammi visnaga**
- **Origin:-**

The dried ripe fruits of Ammi visnaga Linn., family Umbelliferae.

- **active constituents & uses**

The active constituent of ammi visnaga is Furanochromones of which khellin is the major constituent while visnagin and khellol glucoside are minor compounds.

Uses:

1- Khellin relaxes the smooth muscles of the ureters and ease the passage of the renal calculi.
2- A coronoray vasodilator and relieves the attacks of angina pectoris.
3- Relieves the brochial asthma attacks. Allied drugs: Ammi majus fruits.

- **Cymbopogon**

- **Origin:-**

Cymbopogon schoenanthus
Family:Poaceae

- **active constituents & uses**

Cymbopogon citratus (lemongrass) EO is a potent antimicrobial and antioxidant natural bioproduct widely used in food preservation as an alternative to synthetic compounds (Boukhatem et al . , 2014 ; Ekpenyong and Akpan , 2015) . Oxygenated monoterpenoids are the major constituents of lemongrass EO : c . 70- 85 % geranial (citral) , neral , geraniol , nerol , citronellol , 1,8 - cineole (eucalyptol) , a - terpineol , linalool , geranyl acetate (Bharti et al . , 2013 .

- **Ambrosia**
- **Origin:-**

Ambrosia artemisiifolia
Family:Asteraceae

- **active constituents & uses**

The composition of essential oil from aerial parts of Ambrosia artemisiifolia L. from Bor (Serbia) was analyzed. The essential oil was obtained by hydrodistillation and analyzed by gas chromatography (GC-FID, GC-MS). In total, 45 compounds were detected (98.49% of the total). The essential oil was dominated by monoterpene (45%) and sesquiterpene (38.51%) hydrocarbons. The principal constituents were germacrene D (25.3%), limonene (21.6%), and α-pinene (15.7%)

allergen extract indicated as immunotherapy for the treatment of short ragweed pollen-induced allergic rhinitis, with or without conjunctivitis, confirmed by positive skin test or in vitro testing for pollen-specific IgE antibodies for short ragweed pollen.It is approved for use in persons five through 65 years of age.

- **Chicory**

- **Origin:-**

Common chicory (Cichorium intybus) is a somewhat woody, perennial herbaceous plant of the family Asteraceae,

- **active constituents & uses**

Chicory root contains some phytochemicals such as inulin (starch-like polysaccharide), coumarins, flavonoids, sesquiterpene lactones (lactucin and lactucopicrin), tannins, alkaloids, vitamins, minerals, and volatile oils [9]. The secondary metabolites (flavonoids, tannins, and coumarins) found in chicory have been reported to demonstrate some biological activities such as antioxidant, anticancer, anti-inflammatory, antiparasitic, antihepatotoxic, which impact positive health effect on humans and livestock . Inulin which accounts for up to 68% of the total compounds present in fresh chicory roots . As a prebiotic, inulin is low in calorie and dietary fiber, making it a good replacement for sugar and an ideal component for diabetic nutrition .

- **Liquorice**

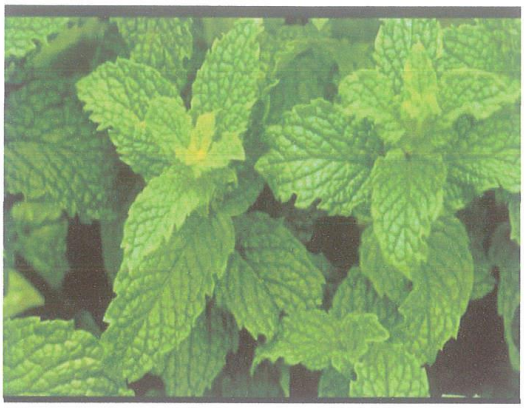
- **Origin:-**

Dried unpeeled or peeled roots and stolons of Glycyrrhiza glabra (Family Leguminosae)

- **active constituents & uses**

1- Glycyrrhizin . 2- Flavonoids (Liquiritin and isoliquiritin) . ➡3- Bitter principles (Glycyramarin) (bitter) ,. ➡4- lecithin , inositol , Asparagine and choline . (liver support) ➡5 - Vitamins B (B1 , B2 , B3 , B5 , B6) , E and biotin (nutritive value) ➡6- Sugars (5-15 %) , starch , proteins , fat and gum (nutritive value)

- **Peppermint leaves**



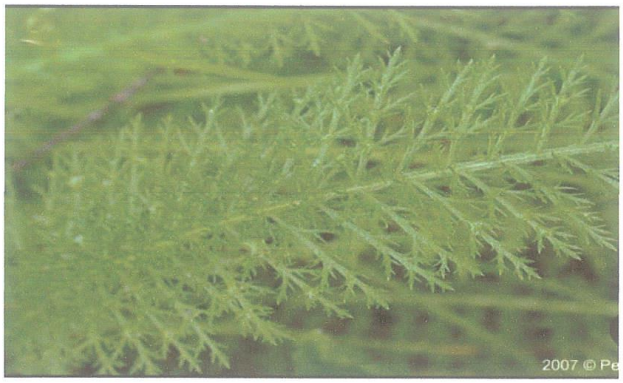
- **Origin:-**

Consists of the dried leaf and flowring tops of Mentha piperita Family labiatae

- **active constituents & uses**

Constituents : The plant contains volatile oil , which composed of menthyl acetate free menthol , menthofuran , menthone , limonene and pinene

- **Achillea**



- **Origin:-**
- achillea millefolium
  Family : Asteroideae

- **active constituents & uses**

  Various effects of these plants may be due to the presence of a broad range of secondary active metabolites such as flavonoids, phenolic acids, coumarins,terpenoids (monoterpenes, sesquiterpenes, diterpenes, triterpenes) and sterols which have been frequently reported from Achillea species.

Resources :-

- Nourish by web MD
- RXLIST
- Britannica
- NIH (national library of medicine)
- Altibbi

Capsaicin cream

Reem Abdelrahem

Rovan Ashraf

❖ Table of contents:

➢ *Active constituents of the drug*

Capsaicin cream, derived from chili peppers, primarily contains capsaicin as its active constituent. Capsaicin is a naturally occurring compound found in the fruit of plants in the Capsicum genus, including chili peppers. It is responsible for the spicy or hot sensation experienced when consuming foods containing chili peppers.

In capsaicin cream, capsaicin serves as the main active ingredient responsible for its analgesic properties. When applied topically, capsaicin interacts with sensory neurons, specifically targeting the transient receptor potential vanilloid 1 (TRPV1) receptors.

➢ *Uses*

Here are some common uses of capsaicin cream:

1. Topical Pain Relief: Capsaicin cream is commonly used to alleviate pain associated with arthritis, neuropathy, fibromyalgia, and other chronic pain conditions. It works by desensitizing nerve receptors, thereby reducing the sensation of pain.

2. Muscle Pain Relief: Athletes and individuals experiencing muscle soreness or tension often use capsaicin cream to alleviate discomfort. It can be particularly effective for sore

muscles resulting from intense physical activity or overexertion.

3. Joint Pain Relief: Capsaicin cream can provide relief for joint pain associated with conditions such as osteoarthritis and rheumatoid arthritis.

4. Psoriasis and Eczema: Capsaicin cream may be used as a topical treatment for skin conditions like psoriasis and eczema. Its anti-inflammatory properties can help reduce itching, redness, and scaling associated with these conditions.

5. Cluster Headaches: Some individuals find relief from cluster headaches by applying capsaicin cream to the nasal passages. The cream may help desensitize nerve endings in the nasal passages, reducing the frequency and intensity of headaches.

6. Pain Management in Cancer Patients: Capsaicin cream may be used as part of a comprehensive pain management plan for cancer patients experiencing neuropathic pain or pain associated with treatments like chemotherapy.

7. Weight Loss Aid: Some research suggests that capsaicin, when applied topically or consumed orally, may help increase metabolism and promote weight loss by boosting fat oxidation and reducing appetite.

➢ *Dosage used*

The dosage of capsaicin cream can vary depending on factors such as the concentration of capsaicin in the cream, the specific condition being treated, and individual sensitivity. It's essential to follow the instructions provided by the manufacturer or your healthcare provider. However, here are some general guidelines:

1. Starting Dose: Typically, when using capsaicin cream for the first time or if you haven't used it in a while, it's recommended to start with a small amount. Apply a thin layer of cream to the affected area and gently massage it in. Avoid applying it to broken or irritated skin.

2. Frequency of Application: Capsaicin cream is usually applied to the affected area three to four times daily, depending on the severity of the pain and the specific instructions provided. It's important not to apply the cream more frequently than recommended, as overuse can lead to increased irritation and discomfort.

3. Gradual Increase: Over time, you may gradually increase the frequency of application or the amount of cream used, as tolerated and as directed by your healthcare provider.

Some individuals may experience improved pain relief with continued use of capsaicin cream over several days or weeks.

4. Wash Hands After Application: After applying capsaicin cream, wash your hands thoroughly to avoid accidentally getting the cream in your eyes or on other sensitive areas of the body.

5. Avoid Excessive Heat: It's essential to avoid exposure to excessive heat or sunlight immediately after applying capsaicin cream, as this can increase the sensation of burning or irritation.

Always remember to read the product label and follow the instructions provided. If you experience severe or prolonged irritation, discontinue use and seek medical advice.

- ***Side effects and directions***

Side Effects:

1) Burning or Stinging Sensation: One of the most common side effects of capsaicin cream is a temporary burning or stinging sensation at the site of application. This sensation usually diminishes over time as the body becomes accustomed to the cream.

2) Redness and Irritation: Some individuals may experience redness, itching, or irritation at the application site. This is usually mild and temporary but can be more pronounced in individuals with sensitive skin.

3) Increased Sensitivity: Prolonged or excessive use of capsaicin cream may lead to increased sensitivity in the treated area, making it more susceptible to irritation or discomfort.

4) Skin Reactions: In rare cases, capsaicin cream may cause allergic reactions or skin rashes. If you experience severe skin reactions, such as blistering or swelling, discontinue use and consult a healthcare professional.

5) Eye Irritation: Accidental contact with capsaicin cream near the eyes can cause irritation, burning, or tearing. Avoid touching your eyes after applying the cream and wash your hands thoroughly.

6) Respiratory Irritation: Inhaling capsaicin cream vapors or accidentally transferring it to the nose or mouth can cause respiratory irritation, coughing, or throat discomfort. Take precautions to avoid inhaling the cream during application.

Directions for Use:

Adults and children 18 years of age and older:

- apply a thin film of cream to affected area and gently rub in until fully absorbed
- unless treating hands, wash hands thoroughly with soap and water immediately after application
- for best results, apply 3 to 4 times daily.

Children under 18 years: ask a doctor

- Store at room temperature 15° - 30°C (59°F – 86°F).

Avoid Heat and Sunlight

➢ *Origin of the plant*

Capsaicin is a natural compound found in chili peppers, which are the fruits of plants belonging to the Capsicum genus. Chili peppers are native to the Americas, with their cultivation dating back thousands of years. They have been an integral part of the cuisines of various cultures across the world.

Capsicum annuum L.

Syns.: Capsicum indicum var. vulgatum Dierb.

Capsicum frutescens L.

Syns.: Capsicum annuum var. frutescens (L.) Alef.,

Family: Solanaceae.

- Arabic name: Al shatta الشطة
- English name: Capsicum, Cayenne, Chilli Pepper, Hot Pepper, Paprika, Red Pepper and Tabasco Pepper.

➢ *Other uses and active ingredients in the plant*

The Capsicum genus, which includes various chili peppers, is known for containing a range of active compounds that contribute to their flavor, aroma, and potential health benefits. Some of the key active ingredients found in the Capsicum genus include:

1) Capsaicinoids: Capsaicinoids are a group of compounds responsible for the pungency or spiciness of chili peppers. The most well-known capsaicinoid is capsaicin, but other related compounds such as *dihydrocapsaicin, nordihydrocapsaicin*, *homocapsaicin*, and *homodihydrocapsaicin* are also present in varying amounts.

2) Vitamins: Chili peppers, including those from the Capsicum genus, are rich in various vitamins, particularly vitamin C and vitamin A. Vitamin C serves as an antioxidant and supports immune function, while vitamin A is important for vision, skin health, and immune function.

3) Carotenoids: Carotenoids are pigments responsible for the vibrant colors of chili peppers. *Capsanthin*, *capsorubin*, *beta-carotene*, *lutein*, and zeaxanthin are among the carotenoids found in the Capsicum genus. These compounds have antioxidant properties

and are beneficial for eye health, skin health, and overall well-being.

4) Flavonoids: Flavonoids are another group of phytochemicals found in chili peppers that contribute to their health benefits. These compounds have antioxidant and anti-inflammatory properties and may help reduce the risk of chronic diseases.

5) Volatile Oils: Chili peppers contain volatile oils that contribute to their aroma and flavor. These oils are composed of various compounds, including terpenes and terpenoids, which contribute to the characteristic scent and taste of chili peppers.

These active ingredients make chili peppers from the Capsicum genus not only a popular culinary ingredient but also a potential source of various health benefits. However, individual responses to chili peppers may vary, and some people may experience adverse reactions, particularly to the spiciness of capsaicinoids. It's important to consume chili peppers in moderation and to be aware of any personal sensitivities or health conditions.

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