

The effects of orange *Citrus reticulata* extracts towards vertigo and dizziness of EEGAFI Students

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Abstract: Dizziness and imbalance are common conditions affecting people of all ages in different walks of life, particularly the students. This study was performed to describe and determine the potential effect of orange peel on dizziness or vertigo towards the students in EEGAFI. The researchers will require a field to conduct a sort of semi- experiment but not performed in clinical sphere of producing the finished extract of *Citrus reticulata*. The researchers have chosen the students of ECT Excellencia Global Academy Foundation, Inc. (EEGAFI) in a targeted sample of the population. Since the location where this survey was held provided “hybrid blended learning,” the research team also used notes and questionnaires via Google Forms, and some respondents found it convenient to respond in their own homes, making it simple for them to assume responsibility as respondents in this research study. In total, 11 students from various strands of the EEGAFI in grades 11 and 12 who had previously experienced vertigo or dizziness participated in this study. There were 11 STEM a (bravery), 11 STEM B (perseverance), and 12 UNITY (Graph 1). The result of the study found out that *Citrus reticulata* had a statistically significant effect on the study participants’ dizziness and vertigo experiences. It is imperative to maintain the physical fitness of EEGAFI students. The results suggest that dizziness and vertigo have a real impact on a student’s ability to develop and improve their activities and academic performance. Students who experience the pain and distractions of dizziness will likely experience negative emotions, burdens, and tension that cause terrible results in class. Due to their inability to properly comprehend their ideas and original works, they will probably also get a lesser grade.

Keywords: Dizziness, Vertigo, *ORANGE Citrus reticulata* Extract, EEGAFI Students, Effects

INTRODUCTION

Dizziness/Vertigo is one of the most frequent chief complaints in neurological clinics, accounting for 5% in the outpatient (Kroenke, 1998). Researchers stated the proven facts of how lousy dizziness is in the community as it shows how many percent of individuals are affected. Vertigo/dizziness is a common problem encountered in clinical practice. (Natesh, 2022). Health is most crucial to students, as they all need securement to attain good health in exploring progress to physical, mental, and spiritual health. Students' good health is essential when it comes to a healthy lifestyle. The brain is the main fatality of the human body, what people receive and feel in their body and mind issues is what results in our health. Sensing the heat will notify our nerves and cause unusual reactions in the body.

Here in the Philippines, a tropical country with a relatively high temperature, high humidity, and a lot of rain. The weather in either climate of the Philippines affects the lifestyle of the society by sustaining the high temperature that gives uncomfortable and woozy situations also affecting Filipinos' health (Santos & Velasco, 2011). Some areas of the Philippines have a polluted environment and filthy surfaces that cause us to become infected with diseases and illnesses. Polluted places from land and water are also the main cause of air pollution that affects our health. Overly heated places create tension in our body nerves and mainly in our head that causes headaches and eye soreness making students lose focus of their vision and thinking rightly that creating motion sickness or dizziness.

While people are so keen to their health that to devoid from physical sickness they would seek food every single day in order to eat and survive. However, since time immemorial and even until this modern times, when people get sick they would find treatment and thus the most easy thing to do is to look for a prescribed medicine in a particular illness. *Citrus reticulata*¹ is one of the most cultivated fruit with great benefits for humans, most specifically "human-health" in the world. Most illnesses have marred with various symptoms and to name a few; the experience of dizziness and vertigo. The term "dizziness" refers either to an unpleasant disturbance of spatial orientation or to the erroneous perception of movement, which is more specifically called "vertigo." Vertigo involves a perceived movement either of one's own body, such as swaying or rotation, or of the environment, or both. Alongside headache,

¹ Citri Reticulatae Pericarpium (CRP), a traditional Chinese medicine that has the concomitant function of both medicine and foodstuff, is the desiccated mature peel of *Citrus reticulata* Blanco or its cultivated varieties. -ereinto, *Citrus reticulata* "Chachi," the main cultivated variety of *Citrus reticulata* Blanco, is the primary source of genuine Chinese medicinal materials "Guang Chenpi" (Liu, et. al., 2021). Also, for further reading, see the details: Committee of National Pharmacopoeia, e Pharmacopoeiaof the People's Republic of China, China Medical Science andTechnology Press, Beijing, China, 2020. Intraspecific DNA Barcoding and Variation Analysis for Citri Reticulatae Pericarpium of *Citrus reticulata* "Chachi". Available from: https://www.researchgate.net/publication/356921108_Intraspecific_DNA_Barcoding_and_Variation_Analysis_for_Citri_Reticulatae_Pericarpium_of_Citrus_reticulata_Chachi [accessed Feb 01 2023].

dizziness and vertigo are among the more common symptoms with which patients present to physicians in general, not just to neurologists (Strupp, 2008).

In this study, researchers stated the causes of how vertigo and dizziness can severely affect people and are vital to EEGAFI students' health. Vertigo and Dizziness occur destruction to EEGAFI Students developing skills, school work, and progress. This study aims to find an alternative method by making use of Orange *Citrus reticulata* Extract essence introducing accessible treatments using the ingredients that can be found in the common kitchen, specifically the extract of Orange *Citrus reticulata*. This study aims to offer substantial benefits to EEGAFI students in dealing with their illnesses regarding vertigo and dizziness, enabling them to increase their productivity, and creativity and helping students to attain great focus in work and studies. Further, this study might help to provide solutions and information to students on how to alleviate and cure the complications regarding vertigo and dizziness.

STATEMENT OF THE PROBLEM

The aim of this research is to offer EEGAFI students guidance and information regarding how to cure vertigo and dizziness-related complications. By presenting knowledge on how to utilize orange *citrus reticulata* extract essence to promote excellent health, students enable to understand how to cope with dizziness. This study intends to introduce accessible treatments using substances that can be obtained in a typical kitchen, notably the extract of Orange *Citrus reticulata*. In order to establish an innovative technique, this study sought to answer the following questions:

1. What is the importance of *Citrus reticulata* that makes them effective as a vertigo and dizziness treatment?
2. What are the experiences of EEGAFI students about this phenomenon of vertigo and dizziness?
3. What substantial benefits and significant impacts of *Citrus reticulata* to EEGAFI students?

RESEARCH OBJECTIVES

- To determine the benefits of Orange *Citrus reticulata* Extract towards EEGAFI students' health.
- To determine the effectiveness of *Citrus* Fruits Extract in vertigo and dizziness treatment.
- To determine the substantial benefits and significant impacts of Orange *Citrus reticulata* Extract as a treatment for a person who encounters dizziness.

SIGNIFICANCE OF THE STUDY

The results of this study will be helpful in understanding the symptoms of vertigo and dizziness and how to treat them, as well as informing others who are actively engaged in the field of research beyond the walls of the school. This study is significant to the group of people who have had dizziness due to specific reasons for situations.

This could be a useful resource for individuals who desire to learn more about the idea of managing vertigo and dizziness as a contributing factor to the development of the good physical, mental, and spiritual health, as well as, most importantly, for achieving a successful healthy lifestyle. Additionally, the following would greatly benefit from the study's outcomes, conclusions, and implications:

Senior High School Students:

The study will assist Senior High School Students in understanding and coping with or curing vertigo and dizziness through the application of the ORANGE *Citrus reticulata* extract as treatment by undergoing tests and experiments that will evaluate their experience with the ORANGE *Citrus reticulata* as treatment and determine various ways of using the *Citrus reticulata* extract that will aid their vertigo and dizziness.

Parents:

This study enables parents to assess their effectiveness in treating their children's vertigo and dizziness and can advise and teach their children or other family members how to utilize ORANGE *Citrus reticulata* extract as a remedy for the condition.

Teachers:

The study will benefit teachers' overall health as well as their lifestyle because it makes significant improvements to teachers' everyday activities at work and in their tasks. Teachers will learn how to reduce stress and burdens associated with vertigo and dizziness, as well as how to manage these conditions. They will also learn how to gain the efficient amount of energy they require, focus more diligently and creatively while performing their duties as teachers, and they will be better equipped to support students who are experiencing similar conditions.

The Future Researchers:

Those who desire to learn more about the beneficial effects of treating vertigo and dizziness in students as for senior high school students can do the same by reading this article. This study will serve as a reference point for a further investigation into the effects of ORANGE *Citrus reticulata* as an alternative treatment for vertigo and dizziness.

SCOPE AND LIMITATIONS

The main focus of this research is to share knowledge to EEGAFI students upon finding about the *Citrus reticulata* benefits and the importance of ORANGE *Citrus reticulata* extract knowing the great effects towards EEGAFI students' health by its nutrients and vitamins that they can get from ORANGE *Citrus reticulata* as prevention of vertigo and dizziness and also used as treatment but not done in any clinical findings because the researchers were amenable that there is a lack of laboratory on site for a thorough and extensive experiment in this research study.

Furthermore, this research focuses on surveying some applied EEGAFI students who have dizzy and vertigo symptoms in order to describe and analyse information about their experiences or reactions when they utilized the ORANGE *Citrus reticulata* to treat or alleviate their vertigo and dizziness. We will attempt to ask some of the EEGAFI students how orange could indeed benefit and support them, especially with their vertigo and dizziness.

This study will also exclusively look at the advantages of the orange *citrus reticulata* for EEGAFI students in terms of avoiding and treating their vertigo and dizziness. It won't discuss how to plant or cultivate oranges; instead, it'll just tackle about the advantages or benefits over the subject matter. This study will not cover any other issues or applications of this substance; instead, it will concentrate solely on vertigo and dizziness. Thus, this study has several limitations because the researchers did not include patients with focal neurological findings and that the relatively small number of the respondents at a single institution and the retrospective nature of the study may limit its generalization to other institutions and hospitals. Our study results also only take into account the experience of the students in a particular school and so it is just very limited number of respondents.

REVIEW OF RELATED LITERATURE

Alternative medicine is very common today, and the U.S. food and drug administration has recognized orange peel essential oil as a safe medicine (Citrus Sinensis ID, 2015).

Vertigo can range from a small nuisance to an illustration of an excessive underlying circumstance. Contrary to famous perception, dizziness isn't the simplest symptom related to this sickness. A number of the signs of vertigo that usually accompany dizziness are blurry vision or issue focusing, troubles hearing, particularly in a single ear ringing ears, hassle maintaining balance, feeling fatigued or worn-out all the time, and double imaginative and prescient (Chan, 2009). Dizziness is one of the most common chief complaints in neurological clinics and stated the proven facts of how bad dizziness is in the community, as well as the percentage of people who are affected. Vertigo/dizziness is a common clinical problem (Natesh, 2022). Students' health is of the utmost importance, as they all require security in order to progress to physical, mental, and spiritual health. When it comes to living a healthy lifestyle, students' health is crucial. What people receive and feel in their body and mind issues is what results in our health.

Vertigo is a symptom of a vestibule disorder or other medical diseases. One thing that plays a part in vertigo is nutrient deficiency. If your body lacks certain nutrients, you may have a weak immune system, making you more vulnerable to ear infections and vestibule conditions.

ORANGE *Citrus reticulata* is rich in Vitamin C, and oranges have other nutrients that keep your body healthy. The fiber in oranges can keep blood sugar levels in check and reduce high cholesterol to prevent cardiovascular disease. Oranges contain approximately 55 milligrams of calcium or 6% of your daily requirement. In addition to the Meniere's Society, consuming vitamin C can reduce vertigo and dizziness as ORANGE *Citrus reticulata* obtains (Hammond, 2019).

In Hammond's article fruits that are rich in Vitamins C such as the Orange *Citrus reticulata* fruit help to cure dizziness, therefore, Vitamin C assesses students' health to help their body in consuming more vitamins and to prevent Vertigo and Dizziness (Hammond et. al., 2006)). Having low blood sugar levels a person may experience vertigo as the body need a balanced sugar to maintain physical health and prevent diabetes. Orange fruits is very helpful to our body by a reason of orange fruits is rich in vitamins and so many nutrients and help you to prevent Vertigo and dizziness.

Citrus reticulata, an orange, is a fruit that is high in vitamin C and is used to treat dizziness in Hammond's article. As a result, vitamin C makes students' health in order to boost their bodies by ingesting more vitamins and preventing vertigo and dizziness. Due to the body's need for balanced sugar levels to preserve physical health and prevent diabetes, a person with low blood sugar levels may experience vertigo. Orange fruits are highly beneficial to our bodies since they are full of vitamins and other nutrients and can help you avoid vertigo and other symptoms of dizziness.

Oranges are a nutritional powerhouse, packed with vitamins and minerals which are also high in potassium, a mineral that regulates heartbeat and muscle function. Orange fruits can also help relieve the awful sensations that come with vertigo and dizziness. According to the Meniere's Society, consuming vitamin C such as oranges can reduce vertigo and dizziness.

RESEARCH METHODOLOGY

Materials and Methods

4.1 Materials

- Citrus Fruits Skin (Orange and Lemon) - the main ingredients for Citrus Fruits Extract essence medicinal product.

- Chopping Board - utilize as a surface for slicing and peeling

- Knife - for slicing or chopping the peels into small pieces

- Mortar and Pestle - for pounding Citrus Fruits Skin

- Fine-mesh Strainer - to separate the small particles of the peels and the fruit liquids of the extract

- Big Measuring Cup - used to store and measure the amount or volume of extract.

- Mini Funnel - it serves for filling the Roller Bottle.

- 5ml and 10ml Clear Glass Roller Bottle Roll - used to preserve and present the finished Citrus Fruits Extract essence product.



4.2 Citrus Fruits Skin/Peels

Citrus reticulata (Tangerine), a type of Citrus fruit, was used in this Research Experiment. Its peels were cut into small pieces and crushed and smashed in mortar to squeeze out its Extract or essence by also setting off its scent effect or aromatic compounds.

Mineral Composition of the *Citrus reticulata* peel in (mg/g).

Polyphenols	13.19 mg/g
Flavonoids	4.07 mg/g
Vitamin C	13.20 mg/g
Carotenoids	0.032 mg/g
Proteins	0.40%
Reducing sugars	7.21%
Lipids	1.5%

Table 1 shows the *C. reticulata* peel exhibited remarkable antioxidant activity using DPPH and phosphomolybdate methods as well as the extract possessing antimicrobial effect against pathogenic bacteria. (Dahmani, et al., 2020)

4.3 Collection and Processing of Citrus Fruits Peel

"Tangerine" *Citrus reticulata* were conveniently obtained from household waste. Procedures:

Preparation of Citrus Fruits Extract

1. *Citrus reticulata* (Tangerine) peels should be collected and cut into small pieces.
2. Smashing the C. fruit peel using mortar and pestle until we get the extract of citrus.
3. Utilizing the fine mesh strainer/clean cloth to get the fine extract from a smashed Citrus Fruits peel at full strength in squeezing.
4. Then transfer all the fine extract into a Big Measuring Cup.
5. Utilizing the mini Funnel to transfer the finished fine extract to a small glass container.
6. Finally, the Fine extract of *Citrus reticulata* Tangerine peels was put into storage in small glass containers.



Figure. 9. Peeling out the skin. Figure 10. Cutting into small pieces. Figure 11. Smashing it to get the *Citrus* Fruits peel Extract.

4.4 Design and Methodology

The aim of this study was to describe the experiences and to determine how beneficial *Citrus reticulata* peel extract is and its efficacy for EEGAFI students in vertigo and dizziness treatment.

The researchers will need a field to perform a simple sort of experiment of producing the finished extract of *Citrus reticulata*. EEGAFI students served as the respondents to approach in requesting a review of the efficacy of *Citrus reticulata* peel extract in its alternative treatment, fragrance, and texture.

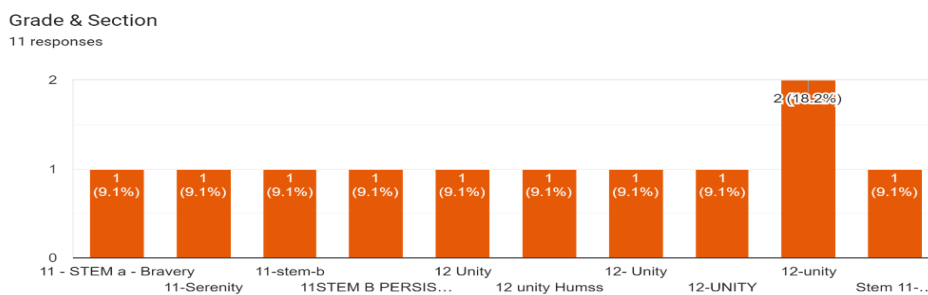
Furthermore, in complying with the data survey of the observations, the researchers have carefully yet thoroughly enable to ask the respondents concerning their experiences, feelings and reaction of the effects of *Citrus* Extract towards the EEGAFI students. To examine the EEGAFI students' perceptions of the orange *Citrus reticulata*'s effectiveness in reducing vertigo and dizziness, the researchers employed non-experimental research which made use descriptive analysis in order to explain the benefits of *Citrus* Extract towards the EEGAFI student. In this study, the researchers applied the simple random technique method which is a sampling technique in which each member of a population has an equal chance of being chosen, through the use of an unbiased selection method and each individual in the sample is given a number and then the sample is chosen by a random method (Sharma, 2017).

The researchers selected a simple random sample of 11 students out of 349 students of EEGAFI School. The sample procedure was that the researchers were going to write each name of these 349 students in a small sheet of paper, fold and put it a box. Shuffle the box was performed and picked up one name of the student at a time. The researchers repeated the process until the desired number of sample is completed. The data has been finally collected from 11 students of EEGAFI who have suffered from dizziness/vertigo. The respondents of this research study were having with a history of dizziness and recurrent vertigo and they who agreed with the sense of a voluntary participation to the interview procedures that utilized google form as the main tool instrument in collecting the data. In addition, the group of researchers used notes, questionnaires thru google form since the venue where this study held offers “hybrid blended learning” and some respondents have felt convenience to answer in their respective homes and so these made them easy to take responsibility as respondents on this research study.

RESULTS AND DISCUSSION

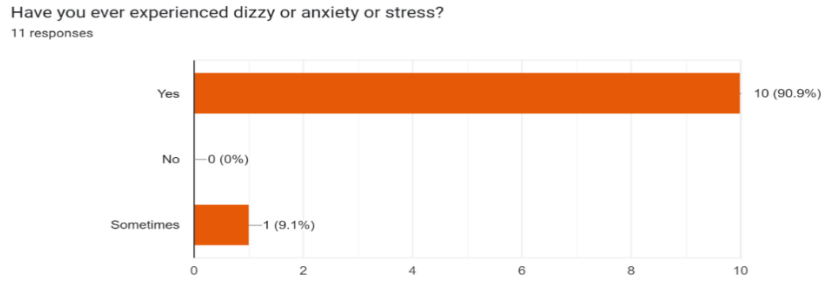
The total number of participants for this study was 11 students coming from with different strands namely the Grade 11 and Grade 12 of EEGAFI who have experiences dizziness/vertigo. There were 11- STEM a (Bravery), 11- STEM B (Persistence), and 12- UNITY (Humss) (Graph no. 1). In this study, the researchers found a statistically significant impact of *Citrus reticulata* towards the students’ experience of dizziness and vertigo. Without any doubt at all, with the participants’ consent and employing an ethical consideration in this research, they wilfully responded on this study.

Graph no.1



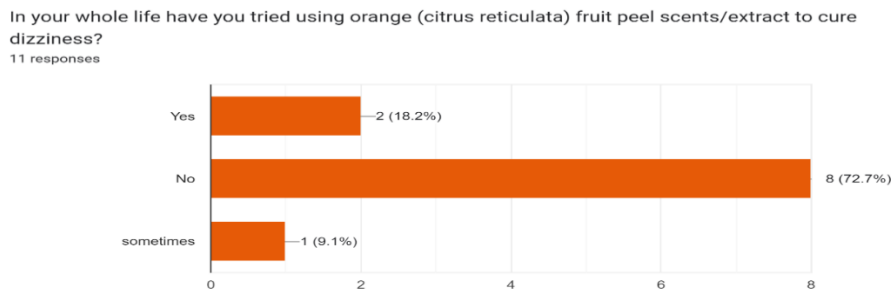
In graph no. 2 shows the reported number of frequent experience of the students who have suffered from episode of dizziness or vertigo. 10 (90.95%) of the students responded that they have experienced of being dizzy in their day to day life. While 0 (0%) of the students responded “No” and 1 (9.1%) of students responded “sometimes” they have experienced of being dizzy. Nevertheless, this data shows the existence of dizziness/ vertigo is penetrated on the experience of the students.

Graph no. 2



As seen in Graph 3 below, the data shows that the 8 (72.7%) of the students responded “no” that means in the whole life the students, though not that very high number of the respondents opined that they have experienced of applying orange (*citrus reticulata*) fruit peel scents/extract to treat dizziness but at least it is revealed through the graph 3 below. In fact, one of the respondents when asked this question; “In your whole life have you tried using orange (*citrus reticulata*) fruit peel scents/extract to cure dizziness?” and she opined that “yes this is what I used to have most specially when I watched TV at home and even when I travelled to a far destination because I have felt dizzy on those times.”

Graph no.3



The entire rating scale of the respondents who ardently desire to use orange is showcased in table no. 2 below. And the overall calculation of the survey, which the researchers gathered in the Likert scale ratings with weighted mean values, reveals that 20.83 respondents’ responses agree utilize Oranges *Citrus reticulata* extract as alternative treatment against vertigo and dizziness. While 6.36 respondents disagreed, it must have been since they’ve never used an Orange *Citrus reticulata* Extract and were unaware of the advantages citrus fruits possess. In addition, 2.46 participants indicated that they would want to employ Orange *Citrus reticulata* Extract as a treatment for vertigo and dizziness, which represents the overall students that desire to utilize an orange as a treatments again for dizziness condition.

Legend:

WM = Weighted Mean

DE = Descriptive Equivalent

3 2.33 - 3.00 AGREE

2 1.65 - 2.32 DISAGREE

1 1.00 - 1.64 OTHERS

Table 2

The benefits and experiences of orange *Citrus reticulata* extract toward VERTIGO and dizziness of eegafi students N=11

QUESTIONS	Q#	RATING SCALE			OVER ALL	
		AGREE (3)	DISAGREE (2)	OTHER (1)	WM	DE
Have you ever experienced dizzy or anxiety or stress?	Q1	10 (30)	0 (0)	1 (1)	2.82	AGREE
When you are in school and you make your school works and you are in cramming situations, did you get feeling dizzy?	Q2	8 (24)	3 (6)	0 (0)	2.73	AGREE
In your whole life have you tried using orange (<i>Citrus reticulata</i>) fruit peel scents/extract to cure dizziness?	Q3	2 (6)	8 (16)	1 (1)	2.09	DISAGREE
Have you ever tried using Orange (<i>Citrus reticulata</i>) fruit peel scents/extract to cure when you feeling dizzy?	Q4	3 (9)	8 (16)	0 (0)	2.27	DISAGREE
In your opinion, is orange (<i>Citrus reticulata</i>) fruits peels scents/extract can cure dizziness?	Q5	9 (27)	1 (2)	1 (1)	2.64	AGREE
What you've experienced when you use orange (<i>Citrus reticulata</i>) fruit peel scents/extract when you want to cure dizziness? Is it effective for you?	Q6	4 (12)	3 (6)	4 (4)	2.00	DISAGREE
If you feeling dizzy and you want to cure it, do you want to use orange fruit peel scents/extract as treatment?	Q7	8 (24)	2 (4)	1 (1)	2.64	AGREE
OVERALL WEIGHTED MEAN RATING					2.46	AGREE

Dizziness and vertigo are common symptoms that may occur to student's day-by-day. The attack of this phenomenon can cause an impact to any social activity may it be in school, in homes or in any place and alike. In the above table no. 2, the respondents revealed the experience of application and benefits of Orange *Citrus reticulata* towards the vertigo and dizziness of EEGAFI students. It is manifested in the table the overall weighted mean rating of 2.46 which significantly would mean "agree". This means that the students were able to experience and gain some benefits of Orange *Citrus reticulata* to treat dizziness. The utilization of Orange Citrus extract peel scents makes the students feel comfortable in their endeavours. These results are similar to those obtained in the previous researchers of a study on healthy individuals. Hongratanaworakit et al. (2005) concluded that the use of orange peel essential oil in aromatherapy was effective in reducing stress and mild depression as shown in table 2 on this research study. Although the researchers concluded that further clinical research

was needed to determine the meaningfulness of recommended treatment (Faturi et al., 2010). A clinical trial of the effect of orange *citrus reticulata* essential oil in the treatment of premenstrual syndrome in 80 Iranian students concluded that orange peel essence had the highest effect among premenstrual syndrome symptoms on its emotional symptoms through its effects to stimulate the central nervous system and enhance the mood (Ozgoli et al., 2011).

Further studies should assess the effect of different doses of orange peel essential oil in different populations and institutions with stress and anxiety. Such studies should include longer monitoring periods to obtain more clinical accurate results. Conducting this research to cure dizziness in students of EEGAFI and to help them deal with the symptoms of dizziness/vertigo and give solutions to this problem eventually would encourage the students school work's easier and make them focus and able to attain great energy in doing their works. It is because citrus extract facts don't have not only one but plenty of benefits; aside from containing vitamins and nutrients but its substance could also help to calm your mind, lessen your stress, act as your anti-depressant because of the scents of the citrus extract. Similarly in the survey of Calo et. al. (2015) the increased demand for citrus essential oils (CEO's) is due to their functional properties as they are widely used as naturally fruity perfumes, flavouring agents, pharmaceuticals, and cosmetic products.

CONCLUSION

Dizziness and vertigo in EEGAFI senior high school students appear to be the common problem. In the face of this phenomenon, students dare to find ways to reduce if not completely resolved relevance of this feeling and experience of dizziness/vertigo. The significance of taking proper care of EEGAFI students' fitness can't be overstated. According to the findings, the effect of vertigo and dizziness should truly reduce the student's development and improvement of their activities and schoolwork. Students who go through the ache and distractions of dizziness will probably be afflicted by undesirable feelings, burdens, stressing and reason awful consequences in elegance will also probably get a decrease grade as they can't absolutely consciousness on their thoughts and creations their creativity.

In the course of the core being of EEGAFI students' lives, it does make some unusual changes that could turn their lives upside down as they could not able to enjoy and explore their schooling and become attentive. It is through the help of oranges (*Citrus reticulata*) with their curative effects can help in lowering vertigo or dizziness, as stated through the studies in addition to the statistics that we acquired from EEGAFI senior high school students. Therefore, this study was innovative in assessing students who suffered from dizziness, as we came up with the idea of preserving the ORANGE *Citrus reticulata* as a treatment or solution to their case.

RECOMMENDATION

To keep away from dizziness and vertigo, take correct care of one's body and eat nutritious foods in an effort to nourish one's body with greater nutrients, permitting EEGAFI senior high school students' immune systems to turn out to be stronger. EEGAFI senior high school students need to keep away from dizziness as it may intervene with their studies and probably prevent them from collaborating in different school activities; instead, they need to devour fruits excessive in vitamin C, as with oranges and necessitate to maintain the physical fitness of EEGAFI students. Their body will now no longer sense susceptible and dizzy as a facet impact of the advantages of orange end result, which improve their immune system. Mostly dizzy persons found that their body is needed a plenty of vitamin C in order to sustain and, of course, to no longer sense the feeling of dizziness/vertigo. Simply put, an imperative need to certainly eat orange can lead the students to assist their minds' awareness on their studies. However, further studies are needed on a more general population of students in order to decide on its use as an appropriate medication to use in clinical situations.

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