

Method: In this review study, seven valid references among pharmaceutical books of PM from the 11th to 19th centuries were selected and were searched with key words equivalent nephro-protective. To find new studies, the scientific name of medicinal herbs which were repeated equal or more than two times were searched using data bases including PubMed, and Google scholar with keywords of nephroprotective, renal disorder, renal failure and kidney. Also, probable effective mechanisms were explored with key words including stress oxidative, antioxidant, inflammation, anti-inflammatory and angiotensin-converting-enzyme inhibitor.

Results and conclusion: In the search references, 210 medicinal herbs were found with kidney strengthening, nephroprotective and atrophy prevention effects. Results of modern investigations present some evidence for these plants efficacy in improvement of some kidney disorders. The possible functional mechanisms of these plants includes anti-inflammatory effect, anti-oxidative effect and lowering effect on blood pressure and glucose as well as improvement of glomerular filtration, prevention of tissue damage and enhancing the reconstructive power of cells. The list of medicinal herbs in this study can be used as a base of future studies on production of new medicines for prevention or treatment of renal failure and for the enhancement of renal performance.

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Are women interested in Acupressure to increase spontaneous onset of labour?

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Many women wish to avoid interventions in childbirth; a desire that may contribute towards the popularity of complementary and alternative medicine/therapies (CAM). Women who are post-dates may benefit from acupressure techniques that stimulate spontaneous labour.

Aim: To determine the willingness of women experiencing a post-date pregnancy to participate in a randomised controlled trial (RCT) of acupressure and compliance with the study protocol.

Method: Following ethical approval, a feasibility RCT was conducted in two public hospitals in New South Wales, Australia (ANZCTR:12613000145707). Eligible healthy primigravid women experiencing a singleton cephalic pregnancy at 40 weeks+/- 2days gestation were provided with study information and invited to participate. Consenting women were randomised into standard care or standard care and acupressure intervention. The intervention group received instructions on the self-administration of Spleen6, Large Intestine4, and Gall Bladder21 for use until labour began. Feasibility included recruitment rate and acupressure protocol compliance via participant surveys.

Results: From the 67 women eligible, 11 women (16.4%) declined as they were already using or wanted to use acupressure and 12 were uninterested or gave no reason, thus 44 women (65.6%) agreed to participate and were randomised. In the intervention group there was a high compliance with the acupressure protocol (83%) and the use of the three acupoints (94%).

Conclusions: Most women found it acceptable to be randomised to receive the intervention and were interested in use of acupressure for the initiation of labour. Further study is warranted

on midwives' recommendations on CAM/self-help strategies for women experiencing a post-date pregnancy.

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Protective effect of scolopendra extract in trimethyltin-induced hippocampal neurodegeneration in mice

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Background: Trimethyltin (TMT) is an organotin compound with potent neurotoxic effects that is characterized by neuronal destruction in selective regions, including the hippocampus. In this study, we evaluated the protective effect of scolopendra water extract (SW) on primary cultured hippocampal neurons and on a mice model.

Methods: We evaluated the therapeutic effect of SW on cultured hippocampal neurons (12 days in vitro) with TMT treatment (5 mM) and the effects of SW in hippocampal degeneration of adult C57BL/6 mice with TMT treatment (2.6 mg/kg, i.p.). In primary cultured hippocampal neurons, SW treatment (0–10 mM; 1 h before TMT application) significantly reduced TMT-induced cytotoxicity in a dose-dependent manner, as determined by lactate dehydrogenase and 3-[4,5-dimethylthiazol-2-yl]-2,5-diphenyltetrazolium bromide assays.

Results and conclusion: SW (5 mg/kg, p.o.; 1 week before TMT injection) significantly attenuated TMT-induced hippocampal cell degeneration and seizures in mice. Additionally, changes in glia (GFAP) and microglia activation (Iba-1) staining were observed in TMT-treated mouse hippocampus with or without SW. Furthermore, TMT-treated hippocampus increased the number of Fluoro Jade B-1 (FJB-1)-positive degenerating neurons. SW treatment attenuated the increase in FJB-1 positive cells induced by TMT treatment. Therefore, SW inhibited the detrimental effects of TMT on hippocampal neurons both in vivo and in vitro, suggesting the possibility of pharmacotherapy by SW in hippocampal cell degeneration and dysfunction.

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The most natural of natural therapies: A review of the health benefits derived from Shinrin-Yoku (Forest Bathing)

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Background: Shinrin-Yoku (Forest Bathing), first developed as a public health initiative in Japan in 1982, is the practice of immersing oneself in the atmosphere of an abundant natural forest environment. Evidence from over 20 years of research has consistently demonstrated physiological and psychological benefits for

