**Table 2** Clinical studies on plants used for treatment of NVP mentioned in ITM

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Scientific name** | **Medicinal part** | **number of patients**, | **Type of study** | **Treatment**  **duration** | **Results** |
| *Citrus limon*(10) | Lemon essentials oil | 100 | A Double-Blinded, Randomized Controlled clinical trial | 5 days | nausea and vomiting intensity |
| *Elletaria*  *Cardamomum(12)* | Cardamom  powder | *120* | randomised, double-blind  clinical trial study | 4 days | severity of nausea(NVP) |
| *Mentha piperita* L(11) | Mint oil | 67 | Block-randomized method | 18 days | severity of nausea(NVP) |
| *Cydonia Oblonga* Mill(24) | Syrup of Cydonia oblonga (quince) fruit | 60 | RCT, not blinded | 1 week |  |