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Neurology India (ISSN 0028-3886) is Bi-monthly publication of Neurological Society of India. Neurology India, the show window of the progress of Neurological Sciences in India, has successfully completed 50 years of publication in the year 2002. 'Neurology India', along with the Neurological Society of India, has grown stronger with the passing of every year. The full articles of the journal are now available on internet with more than 20000 visitors in a month and the journal is indexed in MEDLINE and Index Medicus, Current Contents, Neuroscience Citation Index and EMBASE in addition to 10 other indexing avenues. This specialty journal reaches to about 2000 neurologists, neurosurgeons, neuro-psychiatrists, and others working in the fields of neurology.

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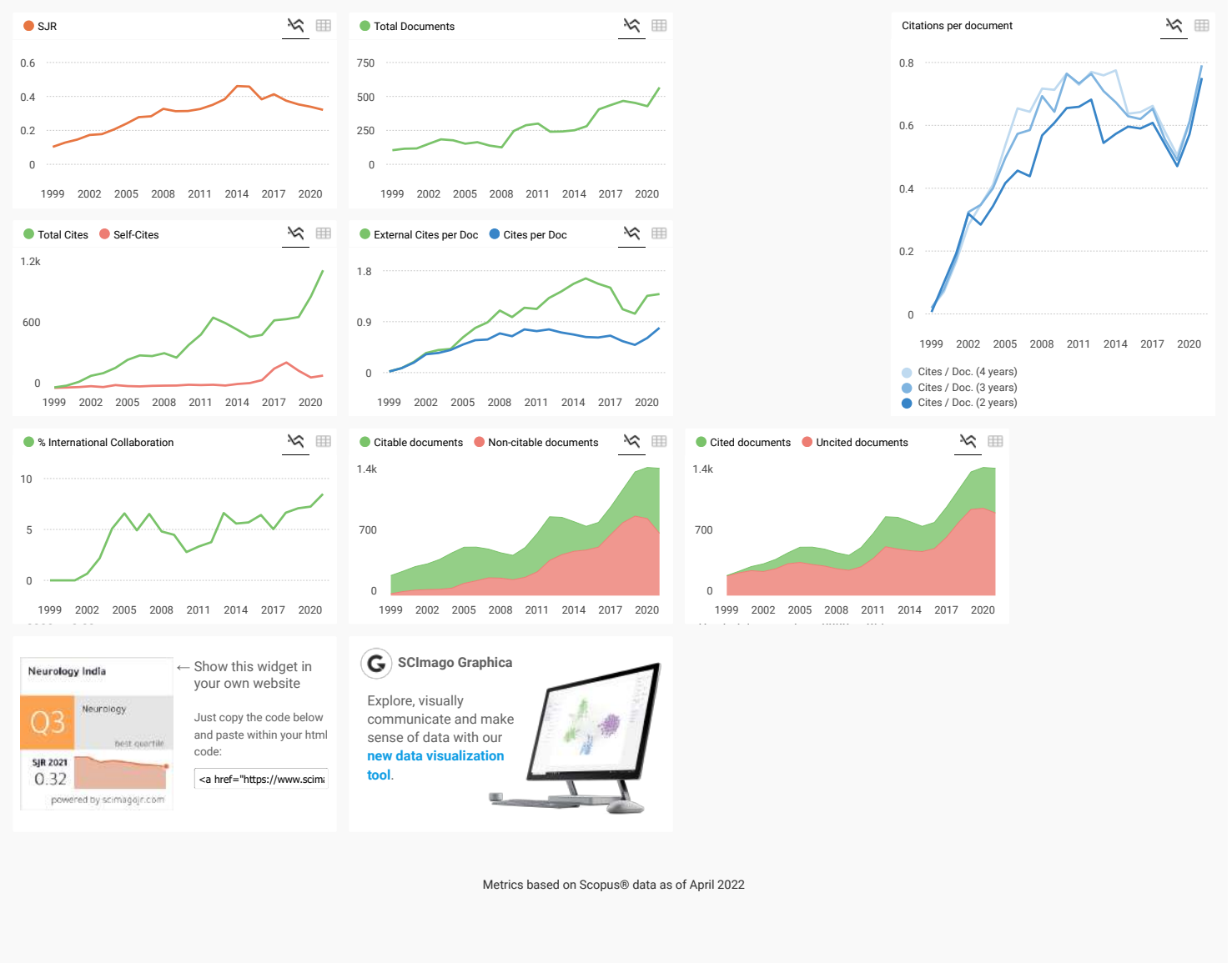
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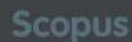
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Prof B Ramamurthi Centenary Commemorative Issue March April 2022 p. 473

 Anil Pande
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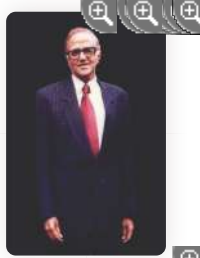
EDITORIAL

B. Ramamurthi: The Global Face of Indian Neurosurgery p. 475

 PN Tandon
DOI:10.4103/0028-3886.344640
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REVIEW ARTICLES

Prof. B. Ramamurthi – A Glimpse into his Contributions to Neuroscience p. 478



K Sridhar, K Santosh Mohan Rao
DOI:10.4103/0028-3886.344639

[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}

Understanding and Managing Autonomic Disorders in the Neurocritical Care Unit: A Comprehensive review

p. 485

Mathew Abraham, Siddharth Bhattacharjee, Ananth Ram, Boby Varkey Maramattom, Sandeep Padmanabhan, Adithya Soman

DOI:10.4103/0028-3886.344657

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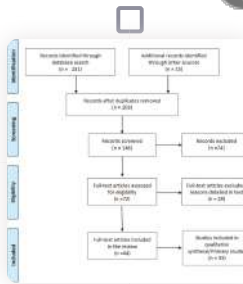
Complex Regional Pain Syndrome after Carpal Tunnel Surgery: A Systematic Review

p. 491

Luis Henrique A. Sousa, Caroline de O. Costa, Eduardo M Novak, Giana S Giostri

DOI:10.4103/0028-3886.344616

[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}



OPERATIVE NUANCES STEP BY STEP (VIDEO SECTION)



Hybrid Anterior Clinoidectomy in the Clipping of Paraclinoid Aneurysms: Technique, Utility and Case Illustration

p. 504

Kuntal Kanti Das, Arun Kumar Srivastava, Kamlesh Singh Bhaisora, Balachandar , Awadhesh Kumar Jaiswal, Sanjay Behari

DOI:10.4103/0028-3886.344615

[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}



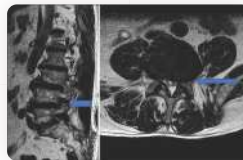
Unilateral Biportal Percutaneous Transforaminal Endoscopic Lumbar Foraminal Decompression and Discectomy: A Technical Note

p. 510

Edmond Jonathan Gandham, Nalli Ramanathan Uvaraj, Jin Hwa Eum

DOI:10.4103/0028-3886.344669

[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}



Transcallosal Suprachoroidal Approach for a Small Third Ventricular Colloid Cyst

p. 515

Hitesh I S. Rai, Shashwat Mishra, Roshan Sahu, Varidh Katiyar

DOI:10.4103/0028-3886.344613

[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}



Transopercular Approach to Resection of Dominant Hemisphere Diffuse Insular Glioma Using Multimodal Intraoperative Strategy with Awake Mapping

p. 520

Rajesh Krishna Pathiyil, Aliasgar V Moiyadi, Prakash Shetty, Vikas Singh, Parthiban Velayutham

DOI:10.4103/0028-3886.344621

[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}

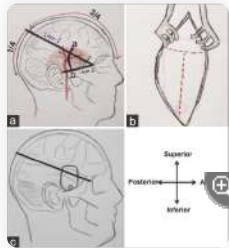


ORIGINAL ARTICLES



Mini Temporal Craniotomy Using Anatomical Surface Landmarks for Temporal Lobe Epilepsy: Technical Note and Clinical Outcomes

p. 524



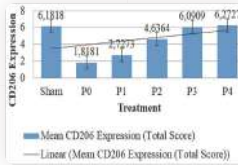
Ramesh Sharanappa Doddamani, Heri Subianto, Jitin Bajaj, Shabari Girishan, Raghu Samala, Mohit Agrawal, Bhargavi Ramanujam, Manjari Tripathi, Poodipedi Sarat Chandra

DOI:10.4103/0028-3886.344675

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The Effect of Green Tea with EGCG Active Compound in Enhancing the Expression of M2 Microglia Marker (CD206)

p. 530



Abdulloh Machin, Dinda Divamillenia, Nurmawati Fatimah, Imam Susilo, D Agus Purwanto, Imam Subadi, Paulus Sugianto, Muhammad Hamdan, O Galuh Pratiwi, Dyah Fauziah, Kenia Izzawa

DOI:10.4103/0028-3886.344631

[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}

Comparison of Craniotomy and Stereotactic Aspiration Plus Thrombolysis in Isolated Capsulo-Ganglionic Hematoma: A Retrospective Analyses

p. 535



Sanjeev Kumar, Satya Narayan Madhariya, Deepak Singh, Rakesh Agrawal, Debabrata Sahana, Ashutosh Mourya

DOI:10.4103/0028-3886.344635

[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}

Evaluation of MR-Tractography Findings in Hemifacial Spasm Patients Injected with Botulinum Neurotoxin

p. 543



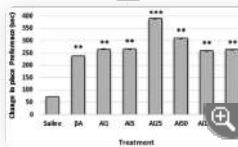
Hakan Cavus, Pervin İşeri, Onural Öztürk, Yonca Anık

DOI:10.4103/0028-3886.344602

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Protective Effect of L-Arginine in an Animal Model of Alzheimer's Disease Induced by Intra-Hippocampal Injection of Aβ1-35

p. 548



Manizheh Karami, Samira Geravand, Mahnaz Rahimpour

DOI:10.4103/0028-3886.344672

[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}

Impact of Hearing Loss on Cognitive Abilities in Subjects with Tinnitus

p. 554



Anuradha Sharma, Manju Mohanty, Naresh Panda, Sanjay Munjal

DOI:10.4103/0028-3886.344654

[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}

Revisiting Surgery in the Current Era of Gamma Knife for Cavernous Sinus Lesions

p. 563



Pravin Salunke, Madhivanan Karthigeyan, Rekhapalli Rajasekhar, Apinderpreet Singh, Lomesh Shankarrao Wankhede

DOI:10.4103/0028-3886.344638

[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}

Efficacy and Utilization Patterns of Anti-Epileptic Drugs in the Management of Neonatal Seizures: A Comparative Exploration

p. 574

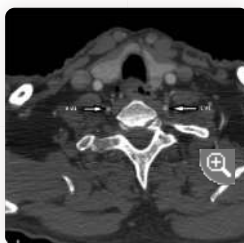
Rose B Thomas, Spandana Siri Muttavarapu, Prasanna K Shetty, Leslie E Lewis

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Reconsidering the Relationship Between Hand Preference and Cerebral Vascular Dominance: A Computed Tomography (CT) Angiography Study

p. 579



Nazlı Gamze Bulbul, Serkan Demir, Suat Özkan, Cesur Samancı, Murat Mert Atmaca, Didem Çelik, Ercan Köse, Funda Alparslan, Ayşenur Altiner, Selma Akkaya Arı, Ceyda Doğan, Cansu Gulcihan Yavuz, Zeynep Meltem Arslan, Okan Akşahin, Mehmet Fatih Özdağ

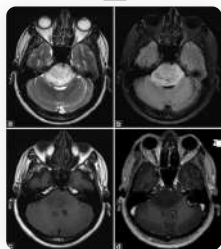
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Diffuse intrinsic pontine gliomas in adults: A retrospective study

p.
584



Sandeep Kandregula, Subhas Konar, Nishanth Sadashiva, Madhusudhan Nagesh, Sathya Rao Kalahasti, Uday Krishna, Jitender Saini, Dhaval Shukla, Vani Santosh

DOI:10.4103/0028-3886.344673

[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}



Evaluation of Neuropathic Pain Features in COVID-19 Patients

p.
591

Ozgul Ocak, Erkan Melih Sahin

DOI:10.4103/0028-3886.344625

[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}



Is Acute Ischemic Stroke Really Associated with Left Ventricular Systolic Dysfunction? A Case-Control Study

p.
596

Mirabela M Manea, Dorin Dragoş, Sorin Tuţă

DOI:10.4103/0028-3886.344651

[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}



Long-Term Outcomes of Paediatric-Onset Craniopharyngioma: A Retrospective Analysis from a Tertiary Care Centre in North India

p.
600

Gunna Sri Harsha, Preeti Dabadghao, Siddhnath Sudhanshu

DOI:10.4103/0028-3886.344661

[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}



Endovascular Thrombectomy Eligibility in the 0-24-Hour Time Window at a Large Academic Center in India

p.
606

Deepti Vibha, Shubham Misra, Shashvat M Desai, Kameshwar Prasad, Achal K Srivastava, Awadh K Pandit, Ashutosh P Jadhav

DOI:10.4103/0028-3886.344628

[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}



Setting up a Neurosurgical Skills Laboratory and Designing Simulation Courses to Augment Resident Training Program

p.
612



Sushanta K Sahoo, Sunil Kumar Gupta, Pravin Salunke, Sivashanmugam

Dhandapani, Ashish Aggarwal, Navneet Singla, Madhivanan Karthigeyan, Apinderpreet Singh, Manjul Tripathi, Chandrashekhar Gendle, Raghav Singla,

Rajesh Chhabra, Sandeep Mohindra, Manoj Kumar Tewari, Raja Sekhar

Rekhapalli, Praneeth Kokkula, Tulika Gupta

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Compliance with Long-Term Use of Orthoses Following Spinal Cord Injury

p.
618

Oya U Yemisci, Selin Ozen, Sacide N Saracgil Cosar, Sevgi I Afsar

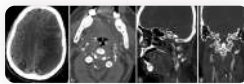
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Large Vessel Occlusions By Free Floating Thrombi in Strokes During the COVID-19 pandemic- A Single Center Observational Study

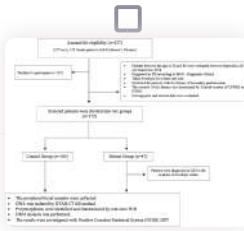
p.
623



Samhita Panda, Sarbesh Tiwari, Jaya Pamnani, Monalisa Vegda, Apoorv Patel, Sanjiv Sharma, Saksham Jain, Pratik Patel, Deepika Saroha, Pushpinder Khara, Naresh Midha, Mayank Garg, Vijaya Lakshmi Nag

DOI:10.4103/0028-3886.344655

[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}



The Influence of ADORA2A on Levodopa-Induced Dyskinesia

p.

Buse Cagla Ari, Fusun Mayda Domac, Gulay Ozgen Kenangil, Nergis Imamova, Aysegul Cinar Kuskucu

633

DOI:10.4103/0028-3886.344646

[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}



Stroke and the Bovine Aortic Arch: Incidental or Deliberate? A Comparative Study and our Experience

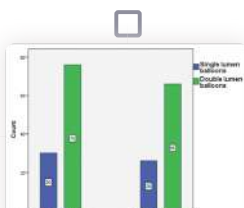
p.

Swapnil Samadhiya, Dilip Maheshwari, Vijay Sardana, Bharat Bhushan

638

DOI:10.4103/0028-3886.344630

[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}



Balloon-Assisted Coiling of Intracranial Aneurysms: Technical Details and Evaluation of Local Complications

p.

S Vignesh, Surya N Prasad, Vivek Singh, Rajendra V Phadke, Madan M Balaguruswamy, Alok Udiya, Gurucharan S Shetty, Vedita Dhull

643

DOI:10.4103/0028-3886.344626

[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}



Cerebral Venous Thrombosis in COVID-19

p.

Rajesh Benny, Rakeshsingh K Singh, Anil Venkitachalam, Rakesh S Lalla, Amit M Shah, Vyankatesh Bolegave, Ashutosh N Shetty, Keyur C Panchal, Jitendra

652

Choudhary, Anita Mathew, Manoj Hunnur, Kishore V Shetty

DOI:10.4103/0028-3886.344623

[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}



P300 Wave Latency and Amplitude in Healthy Young Adults: A Normative Data

p.

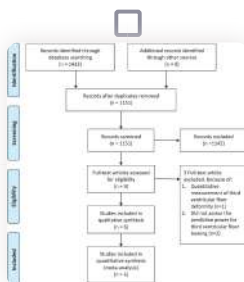
Jitender Sorout, Sudhanshu Kacker, Neha Saboo, Harsha Soni, Karampreet K Buttar, Satyanath Reddy

660

DOI:10.4103/0028-3886.344641

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E-REVIEW ARTICLES



Preoperative Third Ventricle Floor Bowing is Associated with Increased Surgical Success Rate in Patients Undergoing Endoscopic Third Ventriculostomy – A Systematic Review and Meta-analysis

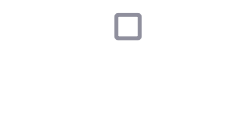
p.

Raymond Pranata, Emir Yonas, Rachel Vania, Cut Vanessa Rachmadian, Julius July

664

DOI:10.4103/0028-3886.344680

[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}



Brain Death Diagnosis in Primary Posterior Fossa Lesions

p.

Calixto Machado

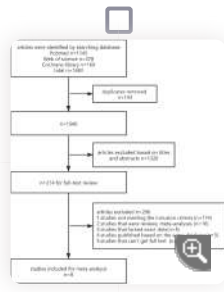
670

DOI:10.4103/0028-3886.344634

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E-META ANALYSIS





Association Between Stroke Characteristics and Post-Stroke Fatigue: A Meta-Analysis

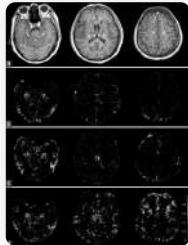
p.
676

Jun Shu, Yiqing Ren, Guidong Liu, Wenshi Wei

DOI:10.4103/0028-3886.344612

[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}

E-ORIGINAL ARTICLES



Preliminary Study on the Effect of Impaired Glucose Tolerance on Blood-Brain Barrier Permeability in Non-Neurosyphilis Patients

p.
682

Feng Wang, Xingyu Che, Qingwei Yang, Ru Wang, Jianqi Zeng, Yiqian Chen, Xinhui Su, Jiayin Miao

DOI:10.4103/0028-3886.344667

[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}



Beta Amyloid and Malondialdehyde Serum Levels' Analysis in Atrial Fibrillation Patients with Cognitive Impairment

p.
689

Yuliarni Syafrita, Darwin Amir, Restu Susanti, Hauda El Rasyid

DOI:10.4103/0028-3886.344660

[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}



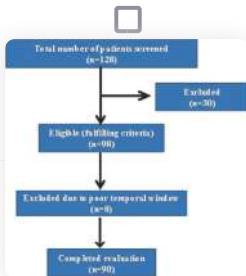
Clinical Study of High-Resolution C-Arm CT in Mechanical Recanalization and Stent Implantation for Chronic Cerebral Artery Occlusion

p.
694

Teng-Fei Li, Cheng-Cheng Shi, Ji Ma, Pei-Ji Fu, Ming Zhu, Jian-Zhuang Ren, Xin-Wei Han

DOI:10.4103/0028-3886.344607

[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}



Pattern and Severity of Leukoaraiosis and Microvascular Resistance- Inputs from a TCD Study from South Asia

p.
699

Dhing H Kumar, Saraf U Umesh, Maniagatt C Sinchu, Kumar Savith, Sankara P Sarma, Sukumaran Sajith

DOI:10.4103/0028-3886.344637

[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}



Clinical and Radiological Profile of 122 Cases of Idiopathic Intracranial Hypertension in a Tertiary Care Centre of India: An Observational Study

p.
704

Bhawna Sharma, Naveen Seervi, Vikas Sharma, Ashok Panagariya, Divya Goel

DOI:10.4103/0028-3886.344644

[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}



Therapeutic Plasma Exchange in Neuromyelitis Optica Spectrum Disorders—Experience from Tertiary Care Center in North India

p.
710

Rekha Hans, Satya Prakash, Ratti R Sharma, Naveen Sankhyan, Aastha Takkar, Manoj Goyal, Biman Saikia, Vivek Lal, Neelam Marwaha

DOI:10.4103/0028-3886.344678

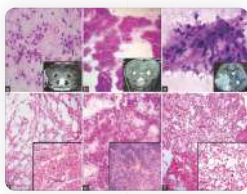
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Comparison of Frozen Section and Squash Cytology as Intra-Operative Diagnostic Tool in Pediatric CNS Tumors

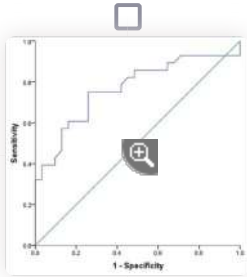
p.
714

Kavita Jain, Moumita Sengupta, Priyanka Maity, Uttara Chatterjee, Shubhamitra Chaudhuri, E Rajyalakshmi, Chhanda Datta, Subhashish Ghosh, Sandip Chatterjee



DOI:10.4103/0028-3886.344656

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Cerebrospinal Fluid Procalcitonin—A Potential Biomarker for Post-Craniotomy Bacterial Meningitis

p. 721

Ranjith K Moorthy, Victoria Job, Grace Rebekah, Vedantam Rajshekhar

DOI:10.4103/0028-3886.344643

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E-BRIEF REPORTS



Neurological Disorders in Literary Fiction: A Single Author Case Series

p. 726

Juan M Marquez-Romero

DOI:10.4103/0028-3886.344636

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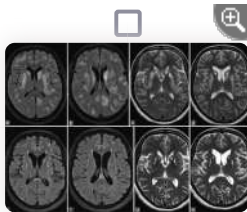
Genetic Polymorphisms in *DRD4* and Risk for Parkinson's Disease Among Eastern Indians

p. 729

Sadhukhan Dipanwita, Biswas Arindam, Biswas Atanu, Ray Kunal, Ray Jharna

DOI:10.4103/0028-3886.344670

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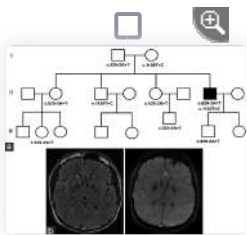
Biotin-Responsive Basal Ganglia Disease: Treatable Metabolic Disorder with *SLC19A3* Mutation Presenting as Rapidly Progressive Dementia

p. 733

Abel Thomas Oommen, K Polavarapu, R Christopher, M Netravathi

DOI:10.4103/0028-3886.344659

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Novel Compound Heterozygous Mutation in *PANK2* in a Patient with an Atypical Form of Pantothenate Kinase Associated Neurodegeneration and His Family

p. 737

Jing Yuan, Canling Zhanga, Shan Qiao, Aihua Wang, Shanchao Zhang

DOI:10.4103/0028-3886.344682

[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}



Schizencephaly and the Neurodevelopmental Model of Psychosis

p. 740

Rahul Patwal, Naveen Manohar Pai, Sundarnag Ganjekar, Faheem Arshad, Suvarna Alladi, Manoj Kumar Sharma, Geetha Desai, Santosh K Chaturvedi

DOI:10.4103/0028-3886.344662

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Adult-Onset Subacute Sclerosing Panencephalitis: Exploring A Potential Cure

p. 744

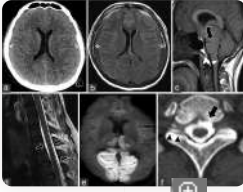
Samhita Panda

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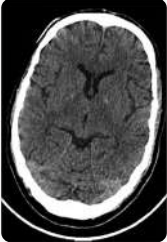
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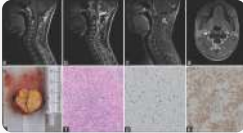
- Trans-Oesophageal Migration of Pulled-Out Locking Screw (Zero-Profile Implant System) and its Retrieval Using Suction Catheter: A Technical Note** p. 749
- 
- Rajesh K Meena, Shashwat Mishra, Pankaj K Singh, Suresh Kanasani, Bhagyarajan Jena, Sarat P Chandra, Shashank S Kale
DOI:10.4103/0028-3886.344619
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E-CASE REPORTS

- Cerebral Infarction and Remote Cerebellar Hemorrhage in Patients with Intracranial Hypotension** p. 753
- 
- Sae-Min Kwon, Du Hwan Kim, Young Je Kim, Eun-Seok Son
DOI:10.4103/0028-3886.344629
[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}

- Spinal Cord Stimulation Improved Freezing of Gait and Hypokinetic Dysarthria of a Patient with Dopamine-Resistant Multiple System Atrophy-Parkinsonian Type** p. 757
- 
- Huijun Gong, Yi Liu, Xiaosong Zhu, Xingjian Gong
DOI:10.4103/0028-3886.344653
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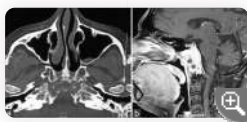
- Unusual Magnetic Resonance Imaging Features of Scrub Typhus Encephalitis** p. 760
- 
- Shailendra S Naik, Mayurnath R Bedadala, Manik Sharma, Himanshu Sethi
DOI:10.4103/0028-3886.344648
[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}

- Localized Giant Cell Tumor of the Tendon Sheath of the Upper Cervical Spine: A Case Report** p. 764
- 
- Yu Hu, Min Chen, Seidu A Richard, Siqing Huang
DOI:10.4103/0028-3886.344600
[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}

- Corticospinal Tract Involvement in MRI of Neuromyeloidosis: Report of Three Cases with a Review of Clinicoradiological Features** p. 767
- 
- Joe Vimal Raj, Krishnan Nagarajan, Kasinathan Ananthanarayanan, Rathinam P Swaminathan, Chanaveerappa Bammigatti
DOI:10.4103/0028-3886.344622
[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}

- Germline Biallelic Mismatch Repair Deficiency in Childhood Glioblastoma and Implications for Clinical Management** p. 772
- 
- Avijeet K Mishra, Rimpa B Achari, Lateef Zameer, Gopal Achari, Anisha Gehani, Paromita Roy, Sumedha Sudhaman, Vanessa Bianchi, Melissa Edwards, Saugata Sen, Reghu K Sukumaran, Arpita Bhattacharyya, Uri Tabori, Anirban Das
DOI:10.4103/0028-3886.344608
[ABSTRACT] [HTML Full text] [PDF] [Mobile Full text] [EPub] [Sword Plugin for Repository]^{Beta}

- Clival Tuberculosis: A Case Report** p. 775
- Anish S Gandhi, Trimurti D Nadkarni, Srikant Balasubramaniam
DOI:10.4103/0028-3886.344665



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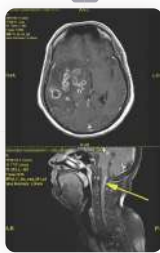


CNS Melioidosis: A Diagnostic Challenge

p.
778

A Shobhana, Ashis Datta, Santosh Trivedi

DOI:10.4103/0028-3886.344620



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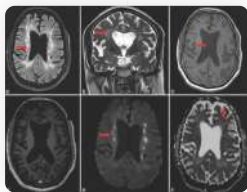


A Rare Genetic Cause of Young Onset Rapidly Progressive Dementia- First Report from India

p.
781

Ashok Vardhan Reddy Tallapalli, Saraswati Nashi, Sneha D Kamath, PR Srijithesh, Girish B Kulkarni, Suvarna Alladi

DOI:10.4103/0028-3886.344666



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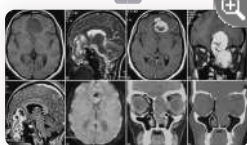


Nasoethmoidal Schwannoma as a Mimic of Esthesioneuroblastoma: A Case Report and Literature Review

p.
784

Amit Narang, Varun Aggarwal, Rahul Jain, Chandni Maheshwari, Athira Ramesh, Gurbax Singh

DOI:10.4103/0028-3886.344679



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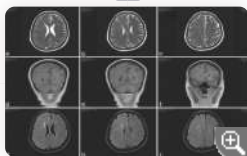


Adult Hemimegalencephaly with Migraine as the First Symptom

p.
788

Qian Liu, Wenjuan Zhao, Guanen Zhou

DOI:10.4103/0028-3886.344681



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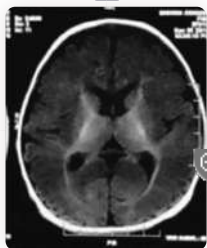


Dengue Encephalitis and Dengue Hepatitis in an Infant

p.
790

Geetika Srivastava, Nanda S Chhavi

DOI:10.4103/0028-3886.344599



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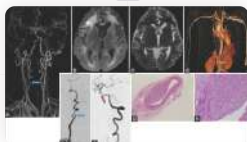


Extensive Fibromuscular Dysplasia in a Young Girl Treated with Bilateral STA-MCA Bypass

p.
792

Boby Varkey Maramattom, Joe Thomas, Dilip Panicker, CV Gopalakrishnan

DOI:10.4103/0028-3886.344601



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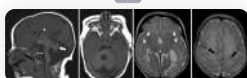


The "Z"-Shaped Brainstem—A Tale of Two Distinct Gene Mutations

p.
794

Chinky Chatur, Ankit Balani, Kshitij Mankad

DOI:10.4103/0028-3886.344603



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Is Tuberculosis or PDA the Truth of the 11-Year-Old-Boy Headache? A Case Report

p.
796

Yang Liu, Yang Wen, Yu Zhu, Chaomin Wan, Yibin Wang

DOI:10.4103/0028-3886.344605



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Angioedema after the Administration of tPA for Ischemic Stroke in Patients Taking Angiotensin Converting Enzyme Inhibitors

p.
799

Cihan Bedel, Erdinc Balci, Mustafa Korkut

DOI:10.4103/0028-3886.344668

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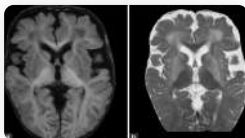
Glutaric Aciduria Type 1: An Atypical Presentation

p.
801

Ashish K Simalti, Jyotindra N Goswami

DOI:10.4103/0028-3886.344642

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De novo acute Status Dystonicus Following Intentional Flunarizine Overdosage

p.
803

K Parameswaran, Boby Varkey Maramattom

DOI:10.4103/0028-3886.344645

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The Brain and Heart of a Neuroscience Organization/Body /Society/Association

p.
804

Mohinish Bhatjiwale

DOI:10.4103/0028-3886.344610

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Opercular Syndrome: A Rare Presentation of Schilder's Variant of Multiple Sclerosis

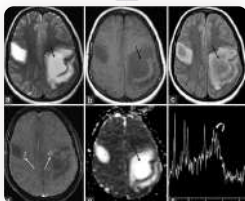
p.
806

Anand Kumar, Abhishek Pathak, Deepika Joshi, Rameshwar Nath Chaurasia,

Ashish Verma, Vijaya Nath Mishra, Varun Kumar Singh

DOI:10.4103/0028-3886.344611

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Online Free Courses and Guidelines to Learn the Art of Peer Review

p.
808

Himel Mondal, Shaikat Mondal

DOI:10.4103/0028-3886.344676

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An Unusual Patient with Acute Multiple Cranial Palsy, Tongue Fasciculations, and Proximal Weakness

p.
810

Ravindra K Garg, Sorabh Gupta, Imran Rizvi, Hardeep S Malhotra, Neeraj Kumar, Ravi Uniyal

DOI:10.4103/0028-3886.344674

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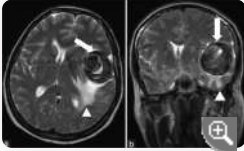
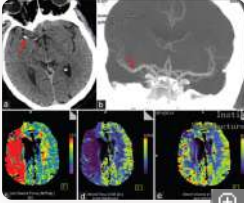
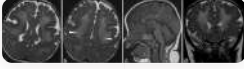
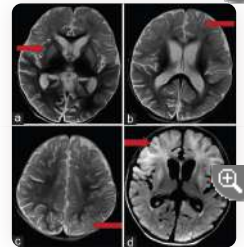
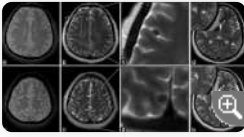
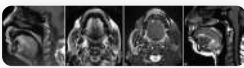
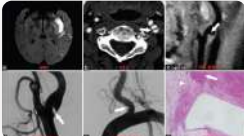
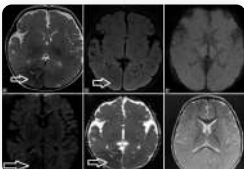
Use of poststroke medications and COVID-19-associated mortality

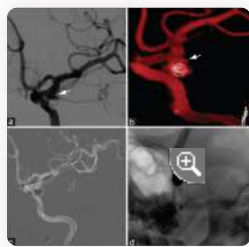
p.
812

Moon Ho Park, Dae-Sung Kyoung

DOI:10.4103/0028-3886.344614

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-  **Endovascular Treatment of a Giant Intracranial Aneurysm: Long-Term Imaging Follow-Up and Potential Risks** p. 814
Izzet Okcesiz, Halil Dönmez, Nevzat Herdem, Halil Ulutabanca
DOI:10.4103/0028-3886.344624
[\[HTML Full text\]](#) [\[PDF\]](#) [\[Mobile Full text\]](#) [\[EPub\]](#) [\[Sword Plugin for Repository\]](#)^{Beta}
-
-  **Beware of Brain Pearl—Virtually Missed a Large Vessel Occlusion Guided by CT Perfusion** p. 816
Anshu Mahajan, Gaurav Goel, Vinit Banga, Apratim Chatterjee
DOI:10.4103/0028-3886.344606
[\[HTML Full text\]](#) [\[PDF\]](#) [\[Mobile Full text\]](#) [\[EPub\]](#) [\[Sword Plugin for Repository\]](#)^{Beta}
-
-  **Neuroimaging in CEDNIK Syndrome: A Rare Neuro-Ichthyosis** p. 818
S Vinayagamani, Sabarish Sekar, Bejoy Thomas, Chandrasekharan Kesavadas
DOI:10.4103/0028-3886.344649
[\[HTML Full text\]](#) [\[PDF\]](#) [\[Mobile Full text\]](#) [\[EPub\]](#) [\[Sword Plugin for Repository\]](#)^{Beta}
-
-  **Neuroimaging in 3-methyl-crotonylglycinuria** p. 820
Poornima Nambiar, S Vinayagamani, Soumya Sundaram
DOI:10.4103/0028-3886.344652
[\[HTML Full text\]](#) [\[PDF\]](#) [\[Mobile Full text\]](#) [\[EPub\]](#) [\[Sword Plugin for Repository\]](#)^{Beta}
-
-  **Cerebral Cavernous Malformations Confined in the Cerebral Sulci** p. 822
Satoshi Tsutsumi, Ikuko Ogino, Akihide Kondo, Hisato Ishii
DOI:10.4103/0028-3886.344604
[\[HTML Full text\]](#) [\[PDF\]](#) [\[Mobile Full text\]](#) [\[EPub\]](#) [\[Sword Plugin for Repository\]](#)^{Beta}
-
-  **Bright Tongue Sign in Amyotrophic Lateral Sclerosis** p. 824
Suvinay Saxena, Sarbesh Tiwari, Pushpinder Singh Khara, Naresh K Midha
DOI:10.4103/0028-3886.344609
[\[HTML Full text\]](#) [\[PDF\]](#) [\[Mobile Full text\]](#) [\[EPub\]](#) [\[Sword Plugin for Repository\]](#)^{Beta}
-
-  **Carotid Web Coexisting with Vertebral Web in a Middle-Aged Woman** p. 826
Zigao Wang, Yiting Mao, Hongchen Zhao, Yifeng Ling, Xin Cheng, Wenjie Cao
DOI:10.4103/0028-3886.344632
[\[HTML Full text\]](#) [\[PDF\]](#) [\[Mobile Full text\]](#) [\[EPub\]](#) [\[Sword Plugin for Repository\]](#)^{Beta}
-
-  **MRI in Non-Ketotic Hyperglycemia in an Infant** p. 828
Mahesh Kamate, Narendranadha Reddy, Virupaxi Hattiholi
DOI:10.4103/0028-3886.344650
[\[HTML Full text\]](#) [\[PDF\]](#) [\[Mobile Full text\]](#) [\[EPub\]](#) [\[Sword Plugin for Repository\]](#)^{Beta}
-
- “Pseudo” Subarachnoid Hemorrhage on FDCT in Endovascular Procedures: A New Dilemma** p. 830
Chirag Jain, Manish Chugh
DOI:10.4103/0028-3886.344598

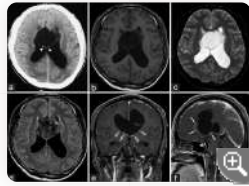


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Epidermoid Cyst of the Cavum Septum Pellucidum: A Case Report and Literature Review

p.
832



Yu Hu, Huixin Tan, Siqing Huang

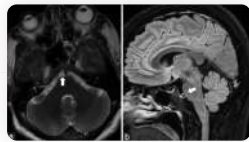
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Ecchordosis Physaliphora – Classical MRI Image

p.
834



Venkatraman Indiran

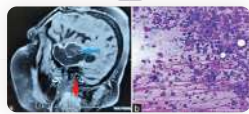
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Cervical Lymph Node Metastasis in Glioblastoma Multiformae

p.
836



Jaskaran Singh, Jasleen Kaur

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Visibly enlarged feeder nerve in Hansen disease

p.
837



Vijayasankar Palaniappan, Kaliaperumal Karthikeyan

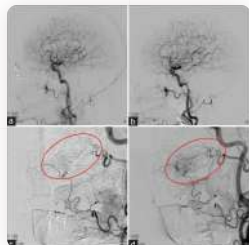
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Cerebral Angiography of Eosinophilic Granulomatosis with Polyangiitis

p.
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The Effect of Green Tea with EGCG Active Compound in Enhancing the Expression of M2 Microglia Marker (CD206)

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Abstract:

Background: Stroke is a neurological deficit due to vascular disorders. Microglia are the first line of defense against brain injury. Anti-inflammatory cytokines activate M2 microglia, which upregulate CD206. EGCG is abundant in green tea, which has an anti-inflammatory effect.

Objective: To know the effect of green tea with its active compound EGCG on CD206 expression.

Settings and Design: True experimental trial design.

Material and Methods: *Rattus Norvegicus* were divided into six groups: a negative control group (Sham), a positive control group (P0), MCAO mice given 10 mg/kg BW EGCG (P1), 20 mg/kg BW EGCG (P2), 30 mg/kg BW EGCG (P3), and 30 mg/kg BW standardized green tea extract (P4). CD206 expression was measured using immunohistochemistry and scored according to the Allred scoring guidelines.

Statistical Analysis Used: Descriptive test, Levine test, Kolmogorov–Smirnov test, Independent sample *t* test, Pearson correlation test

Results: We discovered that there is a significant difference in CD206 expression between the Sham and P0 groups ($P < 0.05$). In addition, there are significant differences in expression between the sham group and the other two groups (P1 and P2) ($P < 0.05$). Furthermore, when we compared the P0 group with each treatment group, we found that CD206 expression between P0–P2, P0–P3, P0–P4 are significantly different. There is a significant correlation between green tea with its active compound EGCG and CD206 expression enhancement. The correlation is positive.

Conclusions: Green tea with EGCG active compound increases CD206 expression as an M2 marker in the *Rattus norvegicus* with MCAO model.

Key Words:

CD206, EGCG, M2, MCAO, standardized green tea extract

Key Messages:

This study provides a new understanding of the green tea (*Camellia sinensis*) mechanism of action for stroke therapy. This research can be continued further via clinical trials in humans to determine the effect of *Camellia sinensis* on cerebral infarction.

Stroke is the second leading cause of death and the third leading cause of disability worldwide in adults.^[1] Ischemic stroke is the most common type of stroke, accounting for approximately 87% of all stroke cases.^[2] The incidence of stroke increases sharply, with 5–12 per 1,000 population.^[3] The prevalence of stroke increases twofold in low- and middle-income

countries.^[4] Stroke also has a sizeable economic impact, because of stroke burden.^[5]

The first-line defense against brain injury is microglia. During an acute stroke, microglia and peripheral macrophages rapidly go to the

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injury site to initiate the release of effector molecules and recruit other immune cells.^[6] Microglia also have the capability to change their morphology. Activated microglia release various cytokines and contribute to increased cell damage, or in later cases, these are also involved in cell repair. During an ischemic stroke, microglia polarizes into the M1 or M2 phenotypes depending on their signaling pattern.^[7] Activation of microglia into M1 phenotypes occurs after infection or injury. M1 phenotypes are characterized by the presence of pro-inflammatory cytokines and high levels of free radicals. Contrary to M1 phenotypes, M2 phenotypes are activated by anti-inflammatory cytokines such as interleukin-4 (IL-4) and IL-13. These are also activated by T-helper 2 (Th2), which further upregulate scavenger receptors on M2 cell surfaces such as the mannose receptor (MRC1/CD206), and M2 phenotypes secrete anti-inflammatory cytokines such as resolution molecules.^[8,9]

The cluster of differentiation 206 (CD206; mannose receptor) is part of the C lectin type. It is a transmembrane glycoprotein and acts as a pattern recognition receptor (PRR).^[10,11] CD206 is expressed in response to increased macrophage levels, particularly M2 macrophages, and M2 microglia are also activated in this case. CD206 is considered a reliable marker for M2 activation in mice and humans because it is expressed mainly in M2 phenotypes. CD206 in M2 increases significantly, when M2 is given IL-4, IL-13, IL-10, or glucocorticoids, while CD206 decreases if there are interferon-gamma (IFN γ) and lipopolysaccharide (LPS).^[12,13] M2 microglia can inhibit inflammation, increase tissue repair and healing, and play a role in neurogenesis and functional repair.^[7,14] Recent studies have shown that M2 microglia assist neurogenesis in a post-stroke model; thus, so it is suitable for functional recovery.^[15]

Thrombolysis using iv-rTPA is the only drug approved by the Food and Drug Administration (FDA), but its efficacy and safety are limited because the time limit for giving iv-rTPA is narrow; thus, only a few acute stroke patients can receive it.^[16] Green tea, with its abundant bioactive polyphenols, including epigallocatechin-3-gallate (EGCG), is the second most common drink in the world, and its consumption is associated with health benefits.^[17,18] EGCG has been shown to prevent pro-inflammatory mediator production and strongly inhibits leukocyte elastase. EGCG also inhibits the activation of inflammation inducers such as matrix metalloproteinase-2 (MMP-2) and MMP-9. Therefore EGCG acts as an anti-inflammatory agent. It also affects phenotype transition from M1 to M2.^[8,19,20] Moreover, EGCG can inhibit IFN γ -inducing expression and LPS regulation while increasing IL-10 and IL-13.^[14,21-23] Therefore, EGCG should boost CD206 stimulator and decrease CD206 inhibitor. According to this information, it is important to know the effect of green tea with its active compound EGCG on increasing CD206 expression as an M2 marker.

Subjects and Methods

Animal

We used a 4-month-old healthy Wistar male mice (*Rattus norvegicus*) weighing 175–225 g (from Gadjah Mada University breeding center, Indonesia) after getting proper acclimatization

in the animal house conditions (12-h lighting cycle) for 1 week with free access to water and standard rodent chow. We performed all experimental procedures according to the ethical standards approved by the Institutional Animal Ethics Committee guidelines for animal care and use, Universitas Airlangga, Indonesia. We divided the animals randomly into six groups. The first group is the negative control group (Sham), the healthy mice. The second group is a positive control group (P0) and included mice that were given water. The third group was treated with 10-mg/kg BW EGCG (P1). The fourth group (P2) was treated with 20-mg/kg BW EGCG. The fifth group was treated with 30-mg/kg BW EGCG (P3). The sixth group (P4) was treated with 30-mg/kg BW standardized green tea extract.

Middle cerebral artery occlusion model

We performed middle cerebral artery occlusion (MCAO) on animals before giving the treatment. First, we anesthetized *Rattus norvegicus* with 80-mg/kg BW ketamine and 10-mg/kg BW xylazine intraperitoneally. Then, we made an incision in the right neck until the common carotid artery was exposed. After finding the internal carotid artery, the artery was clamped using a small bulldog brace for 180 min. We looked at mouse consciousness and whether or not a stroke model emerged.^[24] We performed this model because the technique is easier and the ischemic model in *Rattus norvegicus* can be achieved.

Intervention

We gave the treatment to the mice with EGCG (Xi'an Rongsheng Biotechnology CO., LTD, Keji 3rd Road, Xi'an, China) or green tea extract (PT. Dharma Putra Airlangga, Tegalsari, Surabaya, Indonesia) diluted in aquades with a concentration of 1 mg/ml for seven consecutive days once daily every morning before having a meal. All groups received equivalent volumes using rat sonde. Then, we sacrificed mice after anesthetizing them with 0.1 mg/100 gr BW propofol. Subsequently, we performed an incision on the coronal section of infarcted hemispheric brain tissue from each mouse with a thickness of 1.5 cm before and behind the bregma for immunohistochemical examination. The tissue was preserved in a paraffin block.^[24]

Immunohistochemistry

The paraffin block was placed on a slide, dipped in xylene, and then in ethanol 100%, 95%, and 70% for rehydration. Then, we used 3% peroxide solution to eliminate peroxidase activity. Next, we diluted anti-CD206 mAb (Lsbio ABIN1861753). The slide was then given conjugate enzyme antibodies and dissolved in TBS with 1% BSA before being incubated at room temperature. Chromogen was given for 10 min and rinsed. We provided counterstain if needed. After the slides were dried, we read the expression using a light microscope with 400 \times magnification.

We assessed IHC in a semiquantitative manner based on D.C. Allred, MD guideline scoring. The assessment of proportion score was as follows: 0 = no positive cells, 1 = 0%–1% positive cells, 2 = 1%–10%, 3 = 10%–33%, 4 = between 33%–66%, and 5 = 66%–100% positive cells. There is an assessment of the intensity score based on the average staining intensity, with 0 = negative, 1 = weak, 2 = moderate, and 3 = strong. Allred's score is the total score obtained when the proportion score is added up by the intensity score, with a value that can be 0 or between 2 and 8. Scores of 0 and 2 are interpreted as negative.^[25]

Statistical analysis

All the data were analyzed using a descriptive test and then tested for homogeneity using the Levine test, and for normality using the Kolmogorov–Smirnov test. The differences in CD206 expression between the two groups were assessed using an independent sample *t* test. Then, we used the Pearson correlation test to examine the correlation between two variables, which are green tea with its active compound EGCG and CD206 expression enhancement.

Results

Independent sample *t* tests were used to differentiate CD206 expression between every two groups shown in Table 1. We discovered that there is a significant difference in CD206 expression between the Sham and P0, with $P < 0.05$. There are also significant differences between the sham group and the other two groups (P1 and P2) with $P < 0.05$. Furthermore, when we compared the P0 group to each treatment group, we found that CD206 expression between P0–P2, P0–P3, P0–P4 are significantly different.

In addition, we discovered that both EGCG and standardized green tea extract can increase CD206 expression, but standardized green tea extract outperforms EGCG, as shown in Figures 1 and 2a–c. The following section of the analysis, as shown in Table 2, was concerned with determining the correlation between two variables using the Pearson correlation test. As a result, there is a significant correlation between green tea with its active compound EGCG and CD206 expression enhancement. The correlation is positive.

Discussion

Ischemic stroke occurs when the supply of oxygen to the brain is blocked, often caused by a blood clot.^[26] The middle cerebral artery (MCA) is the most frequent area (approximately 80%) to experience occlusion; thus, this artery has been used as a stroke model in experimental animals.^[27] In normal brain conditions, microglia are considered as “resting microglia,” but recent findings have shown that microglia are the brain’s most sensitive sensors. These continuously scan and monitor the parenchyma environment. Once the presence of a brain lesion or dysfunction is detected, the microglial cells are “activated,” displaying inflammatory and phagocytic

features.^[28] When an ischemic stroke occurs, through different signals, microglia can be polarized into the M1 phenotype or M2 phenotype.^[7]

The effect of green tea with EGCG active compounds on CD206 M2 marker expression

In some studies, tea has been ranked second as the most consumed beverage after water.^[29] Among the many tea types, green tea has the largest number of polyphenols and the least amount of caffeine.^[30] Green tea contains abundant EGCG. EGCG can cross the blood–brain barrier and reach the brain parenchyma, which has attracted many researchers.^[31,32]

Based on independent sample *t* test, we found that sham and P0 significantly differ in CD206 expression. This was also observed for Sham–P1 and Sham–P2. Meanwhile, the analysis results for Sham–P3 and Sham–P4 did not show significant differences in CD206 expression. Microglia is always “active” even though there is no pathological condition. In normal and healthy conditions, microglia do not distinguish precisely the way between inflammatory and anti-inflammatory phenotypes. In contrast, the microglia shift slightly toward the anti-inflammatory phenotype, which is beneficial for brain homeostasis. Even without stimulation, microglia are an essential source of neuro-supportive cytokines such as insulin-like growth factor 1 (IGF-1) and brain-derived neurotrophic factor (BDNF). In other words, M2 also acts as an anti-inflammatory in normal brain conditions.^[33] There is a significant difference in CD206 expression between sham and P0. In this study, the sham group consisted of healthy mice, which did not experience a brain infarct, dissimilar to the P0 group. Therefore, the amount of CD206 in sham is higher than in P0. Meanwhile, when CD206 expression was compared between Sham and P3, it showed that the expression is not significantly different. It also happened when CD206 expression of sham compared with P4. In other words, the CD206 level of Sham, P3, and P4 are all high. We compared the P0 group (MCAO mice were given water) with the treatment groups. CD206 expression differs significantly between P0 and P2 (MCAO mice were given EGCG 20 mg/kg BW), P0 and P3 (MCAO mice were given EGCG 30 mg/kg BW), and P0 and P4 (MCAO mice were given standardized green tea extract 30 mg/kg BW). This result shows that the addition of

Table 1: Comparison of median, mean CD206 expression, and significance of the independent *t* test*

Groups (Aim: CD206 expression)	Median (Minimum-Maximum)	Mean±SEM†	P‡	P§
Sham	6 (5-8)	6,18±0,352	-	0.000
P0	3 (0-3)	1,82±1,250	0.000	-
P1	2.5 (0-5)	2,73±1,618	0,000	0.156
P2	4 (3-6)	4,64±0,924	0,003	0,000
P3	5 (5-8)	6,09±1,221	0,860	0,000
P4	6 (5-8)	6,27±1,104	0,853	0,000

*The comparison between Sham or P0 to the treatment groups. †SEM: Standard Error of Mean. ‡The significance of the independent *t* test in comparison to a sham. §The significance of the independent *t* test in comparison to a P0

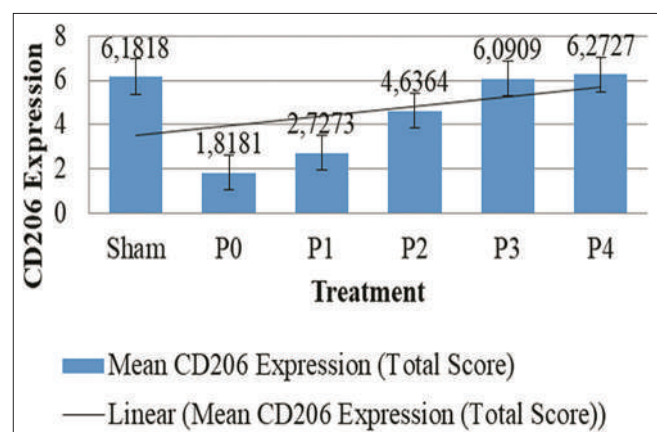


Figure 1: Comparison of the mean CD206 expression (total score) between the P0, P1, P2, P3, P4, and Sham groups

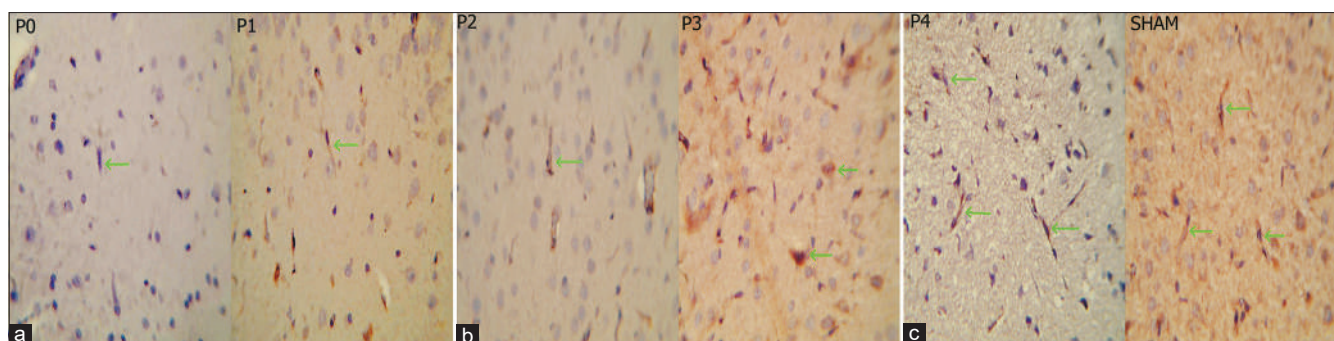


Figure 2: (a) The CD206 expression on M2 microglia of the P0 and P1 groups mice was examined with immunohistochemistry at 400× magnification. Microglia are flat and have long, branched angular projections. The nucleus of microglia is oval or flat. The expression of CD206 is marked by a dark-brownish color on microglia, which is pointed out by the arrow. (b) The CD206 expression on M2 microglia of the P2 × P3 groups mice at 400× magnification. The arrow indicates CD206 expression on microglia, which is marked by a dark-brownish color. (c) The CD206 expression on M2 microglia of the P4 and Sham groups mice at 400 × magnification. A dark-brownish color on microglia indicates CD206 expression, as pointed by the arrow.

Camellia sinensis can increase CD206 expression compared with giving water only.

Our results show that CD206 is abundant in ischemic brains treated with 30-mg/kg BW EGCG and 30-mg/kg BW standardized green tea extract. EGCG can inhibit nitrite oxide, which causes oxidative stress.^[8,19] EGCG has also shown its ability to prevent pro-inflammatory mediators' production and strongly inhibit leukocyte elastase; thus, the activation of inflammation inducers (MMP-2 and MMP-9) cannot be mediated. This process inhibits M1 polarization and increases polarization changes in M2 phenotypes.^[8,19,20] CD206 acts as a marker of M2 microglia; thus, its expression enhancement signifies increased polarization of M2.^[34] EGCG enables increased CD206 expression by enhancing IL-10 and IL-13. EGCG also inhibits IFN γ -induced expression and LPS regulation.^[14,21-23] IL-4, IL-13, and IL-10 are stimulators of CD206 expression, while IFN γ and LPS are its inhibitors.^[12,13] M2 is capable of assisting in tissue repair, remodeling, and wound healing.^[8] It is synergistic with the anti-inflammatory effect of M2 for repairing the post-stroke brain. M2 can inhibit inflammation as well as participate in neurogenesis and functional repair.^[7,14]

Green tea has four leading polyphenol derivatives (known as catechins) due to their structure, namely epigallocatechin-3-gallate (EGCG), epicatechin gallate (ECG), epigallocatechin (EG), and epicatechin (EC).^[24,35] Interestingly, EGCG is very abundant in brewed green tea, with 60%–65% of 240–320-mg catechins.^[18,29,36] According to the comparison of CD206 expression mean total score, we found a significant enhancement of marker expression. However, standardized green tea extract (P4) has a better effect on it than EGCG itself. It may have occurred because standardized green tea extract's compounds work synergistically rather than EGCG individually, which has a better effect and potential for improving cognition post-MCAO.

After we performed the Pearson correlation test, we got the result that there is a significant correlation between green tea with its active compound EGCG and CD206 expression enhancement with positive correlation characteristics. The positive correlation shows that increasing the dose of EGCG or standardized green tea extract enhances the expression of CD206. CD206 itself has a role in resolving inflammation by clearing inflammatory molecules from the blood, as evidenced by the lack of CD206 improving

Table 2: Correlation between the treatment and CD206 expression

	<i>R</i> [*]	<i>P</i> [†]
Camelia Sinensis vs [‡] CD206	0.349	0.004

**R*: The Pearson's correlation coefficient. †The significance of the Pearson correlation test. ‡Vs: Versus

inflammatory protein serum levels.^[37] In addition, our study's results are in line with research conducted by Zhang *et al.*^[14] Therefore, data analysis results show that green tea with EGCG active compound increases CD206 expression as an M2 marker in the *Rattus norvegicus* with MCAO model. Our research has the advantage that biased factors affecting the research results can be controlled because it is a true experimental design. Moreover, this study can be applied to humans because both stroke and MCAO pathology occur in the brain. Our study's limitation is the semi-quantitative characteristic of the immunohistochemistry method, and that experimental animals do not accurately have the same biological mechanisms as humans.

Conclusion

Green tea with EGCG active compound increases CD206 expression as an M2 marker in the *Rattus norvegicus* with MCAO model.

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Conflicts of interest

There are no conflicts of interest.

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