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## **Nootropics drugs and Human cognition: A review**

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### **Abstract:**

Nootropics are class of cognitive enhancing supplement that improve concentration and boost memory. Nootropics are often used to increase attention spans, help individuals focus and as studying aids. Nootropics referred to as “smart drugs “as they are associated with increased intelligence, motivation, and mental energy. Nootropics are broadly any type of neuro enhancing drug with very low prevalence of side effects. medical research of memory deficits and age-related memory loss has resulted in new explanations and treatment techniques to improve memory, including diet, exercise, stress management, psychopharmacology, oxygen therapy, mental exercise, cognitive therapy, and pharmaceutical medications. Neuroimaging as well as cognitive neuroscience have provided neurobiological evidence supporting holistic ways in which one can improve memory.

**Keywords:** psycno-pharmacology, oxygen therapy, cognitive therapy, cognitive neuroscience, neuroimage.

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