Review on Herbal Plants Showing Antidepressant Activity

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ABSTRACT
Depression is a life threatening and common mental disorder. Depressive disorder is a prevalent psychiatric disorder which affects most of the world population. Depression refers to a state of low mood, loss of interest, reduced energy and poor concentration. The reason for the disease include stimulation of MAO-A inhibition of Noradrenaline and 5HT. Depletion of neurotransmitters, dopamine and serotonin level. There are many chemical and synthetic drugs available to treat this disease cause many adverse effects and may lead to recovery in only 50% of patients. At same time medicinal plants or their extract gives extreme optimal pharmacological effect in treatment of depression. A review indicated that most herbal medicinal plants showing antidepressant activity.

I. INTRODUCTION
Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, decreased energy, feeling of guilt or low self worth, disturb sleep or appetite and poor concentration. It is characterized by deep long lasting feeling of sadness. Depression has been a social problem throughout history. Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest also called major depressive disorder. Patients with major depression have symptoms that reflect changes in brain monoamine neurotransmitters specifically nor-epinephrine, serotonin, dopamine. WHO estimated that by the year 2020 depression will result in second greatest increase in morbidity after cardiovascular disease. This disorder not only affects the patients but also their friends and families, social withdrawal, lack of motivation, sexual dysfunction, nightmares, depressed mood, sleep disorders, some drugs such as corticosteroids, acne treatment drugs such as isotretinoin and antiviral drugs may increase risk of depression. Women are about twice as likely as men to become depressed, tiredness, reduced appetite, weight loss, anxiety, anxiety, angry outbursts, slowed thinking, feeling of hopelessness, lost someone loved person are symptoms of depression.
Clinical depression are also called major depression, persistent depressive disorder also called Dysthymia and bipolar depression also called manic depression are most common types of depression. Recently internal stressors such as variations in serum levels of cholesterol, triglycerides and coagulation factors have been reported to be involved in development of depression. There are many synthetic drugs like stimulants, serotonin inhibitors and monoamine oxidase inhibitors to treat depression. These drugs work some weeks to some months after use. But these drugs treated in only few people and recurrence risk persists. Besides that they can cause several side effects such as dry mouth, sleepiness, constipation and impotence. Currently researchers are finding out the more specific drugs with higher safety and lower cost. Researchers were attracted by the medicinal plants and their extract have long been used to treat different types of depression disorders and have no side effects. The aim of this article to review the findings of the studies on an antidepressant effects showing herbal plants and their extract.

Medicinal Herbal Plants

Passiflora Foetida
Passiflora Foetida (passifloraceae) popularly known as stinking passion flower is an herbaceous climber that has been widely used in treatment of different CNS disorders. Chemical constituents in P. foetida include hydrocyanic acid, groups of flavonoids and Harman alkaloids, some reports have pointed out Harman alkaloids as bioactive constituents of p. incarnata Linn it is species of passiflora that have been extensively studied chemically and biologically it has better antidepressant activity.

Hypericum species
H. perforatum L. and H. maculatum c widely used for treatment of mild to moderate forms of depression. Alcoholic extract of this plants have same efficiency as conventional drugs but less side-effects.

Amaranthus spinosus
Amaranthus Spinosus (Amaranthaceae) also commonly known as spiny amaranth, spiny pigweed, prickly amaranth. Methanolic extract of whole plant gives significant antidepressant activity.

Lavandula officinalis
Lavandula angustifolia formerly L. officinalis is a flowering plant belonging to family lamiaceae. It is commonly known as Lavender, true Lavender or English lavender. Hydroalcoholic and aqueous extract of flower gives the antidepressant activity. Daily bathing with L. angustifolia essential oil caused improvement of mood and decrease in symptoms of depression.

Rhizoma Alisma orientalis
Alisma orientalis commonly known as Asian water plantain, extract of rhizomes of Alisma orientalis gives effects in treating certain depression associated symptoms such as weight loss, anorexia, insomnia, chronic stress causes sleep disorders by affecting neurotransmitters such as dopamine, serotonin and norepinephrine that effects on sleep wake cycle. Rhizome extract increase in monoamine neurotransmitters in brain of elderly mice it is demonstrated in study of antidepressant activity.

Table: A brief description of herbal plants showing antidepressant activity

<table>
<thead>
<tr>
<th>Plant Name</th>
<th>Common name</th>
<th>Family</th>
<th>Part used</th>
<th>Extract used</th>
</tr>
</thead>
<tbody>
<tr>
<td>Passiflora Foetida</td>
<td>Stinking passion flower, Running pop</td>
<td>Passifloraceae</td>
<td>Flower</td>
<td>Methanol</td>
</tr>
<tr>
<td>Hypericum species</td>
<td>Goatweed</td>
<td>Hypericaceae</td>
<td>Aerial part</td>
<td>Alcohol</td>
</tr>
<tr>
<td>Amaranthus spinosus</td>
<td>Prickly amaranth</td>
<td>Amaranthaceae</td>
<td>Whole plant</td>
<td>Methanol</td>
</tr>
<tr>
<td>Lavandula officinalis</td>
<td>Lavender</td>
<td>Lamiaceae</td>
<td>Flower</td>
<td>Hydroalcoholic, aqueous</td>
</tr>
<tr>
<td>Ginkgo biloba</td>
<td>Ginkgo</td>
<td>Ginkgoaceae</td>
<td>Leaves</td>
<td>Aqueous</td>
</tr>
<tr>
<td>Solanum nigrum</td>
<td>Blackberry, Nightshade</td>
<td>Solanaceae</td>
<td>Leaves, fruit</td>
<td>Hydroethanolic</td>
</tr>
</tbody>
</table>
To overcome this,natural medicinal treatment were used for treatment of depression which will have very less to no side effects. This review has provided information on the basis of available literature and suggested that medicinal plants have potential antidepressant activity. The aim of this review to find out the herbal plants which gives activity in antidepressant.

REFERENCES

[19]. Yi LT, Xu Q Li YC ,Yang L ,Kong LD Antidepressant like synergism of extracts from magnoliabark and ginger rhizome.
alone and in combination in mice. 


