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Research Article

**AN ARTICLE ON ANTIDEPRESSANTS ACTIVITY OF
VARIOUS HERBAL PLANTS**¹Utkarsh Jain*, ²Sandhya Sujane, ³Anant Patel¹Swami Vivekanand College of Pharmacy, Indore (M.P.), India.Utkarsh Jain, utkarshjain407@gmail.com, 7000990763²Swami Vivekanand College of Pharmacy, Indore (M.P.), India.

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Article Received: August 2021**Accepted:** August 2021**Published:** September 2021**Abstract:**

Depression may be a heterogeneous mood disorder that has been classified and treated in style of ways in which. though variety of artificial medicine are being used as normal treatment for clinically depressed patient, they have adverse effects that may compromise the therapeutic treatment. Thus, it is worthwhile to appear for medicament from plants with evidenced advantage and favorable profit to risk magnitude relation. variety of healthful plants and medicine derived from these plants have shown medicament properties by virtue of combined impact of their healthful constituents. The causes of depression are reduced brain levels of monoamines like monoamine neurotransmitter, dopamine and 5-hydroxytryptamine. Therefore, medicine restoring the reduced levels of these monoamines within the brain either by inhibiting MAO or by inhibiting re-uptake of those neurotransmitters can be fruitful within the treatment of depression. this review is targeted on the healthful plants and plants based mostly formulations having medicament activity in animal studies and in humans.

Keywords: Depression, Medicinal plants, Antidepressants, Herbal plant, Herbal medicine.

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1. INTRODUCTION:

1.1 Depression:

The Indian landmass is enriched by a spread of flora each aromatic and meditative plants. This is due to the wide diversity of weather conditions in India starting from deserts to swamplands. Numerous types of herbs are well recognized and listed by biologist from the high ranges of the chain tract up to the sea-shores of Kanyakumari.¹ In recent years, focus on plants analysis has inflated everywhere the planet and an outsized body of proof has been collected to indicate immense potential of meditative plants utilized in numerous traditional systems.

Depression may be a common sickness worldwide, with over 264 million individuals affected. Depression is totally different from usual mood fluctuations and impermanent emotional responses to challenges in daily life. Particularly once long and with moderate or severe intensity, depression could become a heavy health condition. It will cause the affected person to suffer greatly and performance poorly at work, in class and within the family. At its worst, depression will result in suicide. Near to 800 000 individuals die because of suicide per annum. Suicide is that the second leading reason for death in 15-29-year-olds.

Classification of depression is predicated on the mono and bipolar dichotomy, which separates those patients with depressive symptoms only from those who fluctuate between depression and mania or have only manic symptoms. The unipolar depression (in which mood swings are always within the same direction) is of two types reactive and endogenous. Bipolar depression, which usually appears in early adult life, is a smaller amount common and ends up in oscillating depression and mania over a period of few weeks.

Treatment of depressant includes the use of following category of drugs: -

- 1) Tricyclic antidepressants (TCAs)
- 2) Tetracyclic antidepressants
- 3) Selective serotonin re-uptake inhibitors (SSRIs)
- 4) Serotonin and norepinephrine re-uptake inhibitors (SNRIs)

- 5) Serotonin receptor modulators (SRMs)
- 6) Monoamine oxidase inhibitors (MAOIs)
- 7) Lithium Salts.

But these drugs are associated with certain side effects which are as follows: -

- Dizziness,
- headache,
- sweating,
- tremor,
- palpitation,
- dry mouth,
- constipation,
- blurred vision,
- difficulty passing urine,
- Orthostatic hypotension.
- Other less-common adverse effects include seizure, liver dysfunction, ECG changes and abnormal blood count, etc.

Along with these side effects the price of those medication is extremely high, and also it'll take nearly a decade to develop a replacement drug. On the opposite hand plant primarily based medication have long history of use and better patient tolerance moreover as public acceptance. they're simply out there at low price as compare with modern medication. conjointly phytoconstituents isolated from them could act as a lead compound for brand new prescription drugs. Medicinal plants have perpetually played a significant role as remedies within the treatment of human ailments. Large numbers of healthful plants are in use within the ancient Ayurvedic and Unani system of medicine in Bharat. the world Health Organization (WHO) has estimated that 80% of the earth's (6 billion) inhabitants depend upon ancient drugs for their primary health care wants and major a part of this medical aid involves the utilization of plant extracts or their active principles. In today's world, 30% of the pharmaceutical preparations are manufactured from plants. Various parts of the plants like roots, stems, bark, gum, leaves, fruits, seeds and flowers are used for medicinal functions. It is noted that the same plants are used in a number of different ways.

1.2 Some plants with Antidepressant activity

Common name	Botanical Name	Part Used	Uses	Ref.
Mulethi	<i>Glycyrrhiza uralensis</i>	Root	<ul style="list-style-type: none"> ➤ As Antiulcer ➤ As Antithrombotic ➤ As Anti-inflammatory ➤ As antimicrobial agent 	[13]
Piper	<i>Piper laetispicum</i>	Stem And Root	<ul style="list-style-type: none"> ➤ As Anti-inflammatory ➤ As immunomodulatory ➤ As Antitumor 	[14]
Turmeric	<i>Curcumalonga</i>	Rhizome	<ul style="list-style-type: none"> ➤ As Antiseptic ➤ To treat Alzheimer's Disease ➤ To treat cancer ➤ As Arthritis 	[15]
Guduchi	<i>Tinospora cardifolia</i>	Whole Part	<ul style="list-style-type: none"> ➤ As Antioxidant ➤ Ant diabetic ➤ Anti Neoplastic 	[16]
Amla	<i>Emblica Officinalis</i>	Fruit	<ul style="list-style-type: none"> ➤ As Antimicrobial ➤ As Antioxidant 	[17]
Saffron	<i>Crocus sativus</i>	Stigma	<ul style="list-style-type: none"> ➤ Antitussive ➤ Antispasmodic ➤ Carminative ➤ Stomachi 	[18]
Tulsi	<i>Oscimum sanctum</i>	Aerial Part	<ul style="list-style-type: none"> ➤ As Antioxidant ➤ To treat cancer 	[19]
Ashwagandha	<i>Withania somnifera</i>	Aerial Part	<ul style="list-style-type: none"> ➤ Antistress ➤ Immunomodulator 	[20]
Garlic	<i>Allium sativum</i>	Rhizome	<ul style="list-style-type: none"> ➤ Antihypertensive ➤ Heart disease. ➤ High blood pressure. ➤ High cholesterol. ➤ Obesity. 	[21]
Brahmi	<i>Bacoba monnieri</i>	Aerial Part	<ul style="list-style-type: none"> ➤ Memoru enhancer ➤ Anticonvulsive ➤ Antiinflammatory 	[22]

CONCLUSION:

India is enriched with wide variety of herbal plants with medicinal activity and these can be converted in pharmaceutical preparation that can be used in various diseases. Antidepressant activity of various herbal plants during Depression and stress have recorded some valuable effects as well as they minimize risk of depression. Depression is a chronic disease which in the result of unwanted changes in daily lifestyle. This cause difficulties in living. The collection of herbal plants showing the antidepressant activity were tabulated from the various journals and were reported above as we can conclude that herbal plants are very rich source of substance which are responsible of increasing the antidepressant activity.

2.1 Hypothesis of my work:

India is the origin country of so many useful herbs and one of them is '*Coriandrum sativum*' the seed part of these herbs used as Antidepressant activity in FST and TST model, so there will be some chances of giving same activity on leaves part because of the chemical constituents present in leaves (Linalool and β -pinene) which shows antidepressant activity.

- Objective and plan of work of my work for identify antidepressant activity of leaves of '*Coriandrum sativum*'. :
- The work comprises of the following steps:-
- Literature Review.
- Procurement of the leaves '*Coriandrum sativum*'.
- Leaves shade dried and powdered.
- Preparation of extract of the plant part.
- Phytochemical tests.
- Screening of the aqueous extract for the Antidepressant activity.
- Check the Antidepressant activity of leaves '*Coriandrum sativum*'

Due to use of so many synthetic drugs there are so many side effects of it and due to these herbs are very useful for giving such action without of any side effect and these the uniqueness or novelty of my work.

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