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A Review – Herbs used as Antidepressant

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Abstract: According to American Psychiatric Association, Depression is disorder which is common and serious medical illness that negatively affects how you feel, how you act, the way you think. It can lead to different physical and mental problems due to this person enable to function well. Antidepressant drug therapy is associated with symptoms such as delayed in action, adverse effect, drug-drug interaction, drug - food interaction, heart dysfunction, heart toxicity and many more. India has a legacy of natural herbal medicine and from ancient era till today all herbal plants shows their action without any side effect. In Ayurveda many more herbal treatments are available on depression and without any adverse effect on other organs patient relief from depression within less period of time. This review covers the antidepressant effect of different medicinal plant and their phytochemical ingredients. This review also discusses the reason behind why all these herbal plants used as an antidepressant drugs and also which part of plant shows action.

Keywords: Antidepressant, Herbal plants, Antidepressant agents, Curcumin, Fenugreek.

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51

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