



Effect of Medicinal Plants on anxiety, A review article

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Abstract:

Background and Purpose: High and long-lasting anxiety often associated with physiological responses such as increased metabolism, decreased immunity and increased cardiovascular work as well as the important relationship between anxiety and mortality are then suggests the importance of this disorder as a matter of public health and wellbeing.

Methods: In this study, articles via electronic search by entering keywords to databases Iranmedex and SID, googlescholar, Sciencedirect, pubmed of the period covered by the bank until 2015, respectively. The articles in the period 1995 to 2012 to investigate the effects of herbs on anxiety, respectively, were reviewed.

Methods and Materials: In this study, articles via electronic search by entering keywords to databases Iranmedex and SID, googlescholar, Sciencedirect, pubmed of the period covered by the bank until 2015, respectively. The articles in the period 1995 to 2015 to investigate the effects of herbs on anxiety, respectively, were reviewed.

Results: The literature review showed that in traditional medicine, anxiolytic and sedative properties are the plants that have been mentioned. Studies on valerian, lavender, marianum, cassia, roses, gum, pistachio, lime, Hypericum, fennel, chamomile, spinach and sour orange These plants have shown that anxiolytic effects are, however, given that on all plants are enough studies have been done cannot be accurately compared the effectiveness of our anxiety

Conclusion: Considering the high prevalence of anxiety is the result of modern life style sedative and anxiolytic properties or plant after studies required if you have enough influence can be a viable alternative to drugs

Keywords: Medicine plants, anxiety.

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