The Second International Anxiety Congress
Shefa Neuroscience Research Center, Tehran, Iran, 1-3 October, 2014
The Neuroscience Journal of Shefaye Khatam
Volume 2, No.3, Suppl 1

Poster Presentation Review

The Effects of Traditional Medicine on Anxiety

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Published: *1 Oct 2014*

Abstract

One of the horizons that always directs human to discover unknowns is nature and its valuable substances. Although it is a new branch in medicine but it has a valuable place from ancient times. During continuous years, natural drugs especially herbal drugs had became the base and even in some cases the only way for treatment and their primary substances are still being used in pharmacological industries. Nowadays supplementary medicine has been mentioned very much and depression and anxiety are some of indications of herbal drug consumptions. Depression and anxiety are common but serious diseases and the majority of patients need medication. Although numerous compositions are used to treatment anxiety, many of the drugs lead to different undesirable side effects. Therefore, effective drugs with less toxicity will be needed. In this study we mentioned the effects of some of these herbal drugs through reliable databases and traditional medicine references, but still further studies will be needed.

Keywords: Traditional Medicine, Anxiety, Depression, Herbal Drugs.

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