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

A Review on the Effects of Certain Anti-Anxiety and Sedative Herbs

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Published: *1 Oct 2014*

Abstract

Anxiety is one of the most common symptoms of mental disorders, significantly affecting work function and interpersonal relationships. Its characteristics include a set of cognitive, physical, emotional and behavioral-symptoms. Some of these symptoms are: feeling empty heart, shortness of breath, palpitations, flushing, excessive sweating, numbness, dizziness and shaking hands. Given the high prevalence of these symptoms and their significant impacts on the function of individuals, it is necessary to take fundamental steps for tackling with the raised issues. Commonly used medication for anxiety disorders has its own side effects; therefore, many studies have been conducted to find effective drugs with fewer side effects. Currently, the use of medicinal plants is progressing due to relying on the beliefs of a certain region people, fewer side effects and being cost-effective. The aim of this study was to review anti-anxiety and sedative effectiveness of some medicinal plants used in traditional medicine of Iran. This study is of review article type. Psychology and medical journals were searched for anxiety keyword and the related papers published in the years between 2000 and 2014 were reviewed. The results of literature review revealed that extract of *Portulaca Oleracea* L, gum of *Pistacia Vera* L, *Nardostachys Jatamansi*, *Achillea Millefolium*, *Rosa Damascene*, extract of fenugreek, extract of *Cassia Fistula*, *Feniculum Vulgare* and *Silybum Marianum* have anti-anxiety effects. In addition, there were no significant differences in anxiolytic effects between *Citrus Aurantium* and diazepam and *Passiflora Caerulea* and oxazepam.

Keywords: Anxiety, Anti-Anxiety, Sedative Herbs.

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