



## A Novel Therapy for the Treatment of Depression

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**ABSTRACT:** Depression is a mood disorder characterized by persistently low mood and a feeling of sadness and loss of interest. In all over the world 300 million peoples are suffered with depression to the world health organization. 16.2 million adults in the united states. Although conventional antidepressant therapy can help relieve symptoms of depression and prevent relapse of the illness, complementary therapies are required due to disadvantage of the current therapy such as adverse effects. Thus, it is worthwhile to look for antidepressant from plants with proven advantage and favorable benefit to risk ratio. A number of medicinal plants and medicine derived from these plants have shown antidepressant properties by virtue of combined effect of their medicinal constituents. Most of the medicinal plants exerted antidepressant effects through synaptic regulation of serotonin, noradrenaline, dopamine and by decreasing inflammatory mediators. The medicinal plants that are used for the treatment of depression are *Crocus sativus*, *Ginkgo biloba*, *Melissa officinalis* and *Valeriana officinalis*. The herbal drugs should be invented further for their numerable applications and benefits. © 2019 iGlobal Research and Publishing Foundation. All rights reserved.

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