Advances in medicinal plants with effects on anxiety behavior associated to mental and health conditions

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Background: Many mental health conditions including psychiatric disorders and neurodegenerative conditions are poorly responsive for actual medications or have low patient adherence to treatment due to the side effects or costs associated with these treatments. Objective: The main goal of this review is to provide clinical providers and patients with actualized information about the efficacy of selected herbal medicines for anxiety disorders derived from mental and/or health conditions, and their associated side effects. Methods: In this review, actual scientific advances about the use of medicinal plants for anxiety disorders are presented. Results: In recent years, the herbal therapies have reemerged as a source of efficacious natural treatments, at a lower cost and most of the time reduced side effects than currently prescribed pharmaceutical drugs. The herbs described mainly correspond to plants of traditional medicine from the American continent and near islands and Asia. Conclusion: Current evidence confirms the therapeutic effects of traditional medicine. Further clinical investigation is required to confirm these findings. The current understanding of the molecular mechanisms involved in psychiatric disorders, as well as the new advances in brain imaging permit a rapid and serious evaluation of anxiolytic compounds. © 2017 Bentham Science Publishers.

Neurodegeneration

alprazolam

amitriptyline

anesthetic agent

anticoagulant agent

antidepressant agent

antihypertensive agent

anxiolytic agent

atorvastatin

chlorzoxazone

cyclosporin A

debrisoquine

digoxin

erythromycin

fexofenadine

herbaceous agent

imatinib

indinavir

irinotecan

ivabradine

kava

mephenytoin

methadone

midazolam

nifedipine

omeprazole

oral contraceptive agent

psychotropic agent

sedative agent

serotonin uptake inhibitor

unindexed drug

anxiety disorder

disease association

drug efficacy

drug mechanism

drug safety

Echinacea

ethnopharmacology

evidence based practice

Galphimia

Galphimia glauca

garlic

Ginkgo biloba

ginseng

herbal medicine

human

Hypericum perforatum

Matricaria recutita

medicinal plant

Melissa officinalis

mental disease

meta analysis (topic)

multicenter study (topic)

nonhuman

Passiflora

Passiflora incarnata

Piper methysticum

randomized controlled trial (topic)

Review

Sabal

Scutellaria lateriflora

systematic review (topic)

therapy effect

tobacco

tranquilizing activity

Valeriana officinalis

adverse effects

animal

anxiety

herb drug interaction

Mental Disorders

phytotherapy

procedures

Animals

Anxiety

Herb-Drug Interactions

Humans

Mental Disorders

Phytotherapy

Plants, Medicinal