



 **Current Issue**

 **Browse Issues**

 **Search**




 **About this Journal**

 **Instruction to Authors**

 **Online Submission**

 **Subscription**

 **Contact Us**



 **RSS Feed**

Acta Medica Iranica

2009;47(4) : 1-11


"Herbal Medicines In The Treatment of Psychiatric and Neurological Disorders "

Shahin Akhondzadeh, Javad Maleki

Abstract:

Objective: This review will indicate the quality of the evidence supporting the clinical effects of a number of commonly used types of herbal medicines for psychiatric and neurological disorders. Method: We conducted a review of literature to understand the biochemical and evidential bases for the use of herbs in psychiatric and neurological disorders as follow: 1) Alzheimer's disease, 2) Depression, 3) Anxiety, 4) Insomnia, 5) Substance use disorders, 6) Attention deficit/hyperactivity disorder (ADHD), 7) Migraine. Results: Evidences support use of Ginkgo biloba, Huperzine A, Galantamine, Melissa officinalis, and Salvia officinalis for Alzheimer's disease; St. John's wort, Lavender, and Saffron for depression; Passionflower, and Kava, for anxiety disorders; Valerian, and English Lavender for sleep disorders; Hypericum for substance related disorders; Ginkgo biloba, and Passionflower for ADHD; and feverfew, and Butterbur root for migraine. The highest level of confidence derives from well-designed, randomized, double blind controlled studies. Conclusion: Herbs may have beneficial effects in variety of psychiatric and neurological disorder; however we must consider their potential side effects and drug-drug interactions.

TUMS ID: 3502

Full Text HTML  Full Text PDF  107 KB

top ▲

[Home](#) - [About](#) - [Contact Us](#)

TUMS E. Journals 2004-2009
Central Library & Documents Center
Tehran University of Medical Sciences

Best view with Internet Explorer 6 or Later at 1024*768 Resolutions