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Evaluation of antidepressant activity of *Turnera diffusa* in albino mice

Nayana Matada Revanasiddaiah

SS Institute of Medical Science and Research Center, India

Turnera diffusa commonly known as Damiana is used for its medicinal property. Medicinal part of the plant is its leaf which is harvested during flowering season. In traditional medicine it is used as aphrodisiac, antidepressant, anti-anxiety, gastro-protective etc. In present investigation, aqueous extract of *Turnera diffusa* was evaluated for its antidepressant activity in Albino mice. *Turnera diffusa* was subjected to antidepressant activity evaluation at various doses that is, 50, 75, 125 mg/kg p.o. Amitriptyline (20 mg/kg) was used as standard. All the drugs were given 30 min before the test to mice. Rodent models of depression such as forced swimming test (FST) and tail suspension test (TST) were used for study. *Turnera diffusa* exhibited significant antidepressant activity at 50, 75 mg/kg body weight respectively with reference to control and as well as comparable with standard. At a dose of 125 mg/kg it showed significant antidepressant activity compared to standard. In FST and TST there was a significant reduction in immobility period in animals treated with *T. diffusa* compared to control group ($p < 0.006$) and immobility period was comparable with that of standard. The present study showed that *T. diffusa* has antidepressant activity and may be used as an alternative or add on therapy for treatment of depression.

Biography

Nayana M R has completed her MBBS in 2012 from Rajiv Gandhi University of Health Sciences, Bangalore. Currently, she is pursuing Post-graduation M D in Pharmacology in SSIMS, RGUHS.

nayanamr62@gmail.com

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