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### Development of economic herbal based drug substitute from *Citrus paradisi* (grape fruit) for existing anti-anxiety drug modules

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Stress and anxiety are common psychiatric manifestations of the modern world and lifestyles. Persistent and unrelenting stress often leads to anxiety and unhealthy behaviours. Benzodiazepines are used as a first line of treatment. Today, at least 20 million people worldwide are prescribed these “minor tranquilizers.” So, difficulties with pharmacotherapy of anxiety disorders such as dependence and low response rate encourage researchers to find new approaches. From the past, due to important role of medicinal plants a number of studies have been done on anti-anxiety activity. Major constraint is non suitability of the tested plant material for human use and other is non availability of plant materials at commercial scale at economical rates. Authors selected plant *Citrus paradisi* available worldwide have established anti-anxiety potential of leaf extracts of four varieties that can be made available at commercial scale. The phytochemical screening of different extracts in this study show presence of flavonoids that exert anti-anxiety activity through GABA receptors. The results strongly justify the use of *Citrus paradisi* leaf extracts for treatment of anxiety. Further studies are in progress to find out exact possible mechanism of action involved.

#### Biography

Vikas Gupta, MPharmacy (Pharmacognosy) and PhD Scholar is working as Assistant Professor-cum-Technical Officer at Baba Farid University of Health Sciences has a work experience of 5 years. He has been conferred two Young Scientist Award, by National Medicos Congress and Biotechnology Society of India. He has also been awarded RaiBahadur Rama Krishana Gold medal Award for best paper in Biotechon 2014 by Biotechnology Society of India. He has guided 5 MPharmacy students and 1 MSc (Clinical Research) student. He has published more than 60 research papers in journals of national and international repute, 5 books, 12 chapters in books and 1 popular scientific article. He has organized and participated in number of National and International Conferences/Seminar.

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