

Review on Herbal Drugs in Treatment of Anxiety Disorder

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Abstract: *Anxiety is the most common mental health disorders and is a major cause of disability around the world. Traditional herbal medicines are receiving significant attention in global health debates. Compare to pharmaceutical medicine herbs are safer, digestible, effective, economical and having less undesirable facet effects. Herbs are the foremost effective different to the pharmaceutical medicine in numerous health conditions. The herbs promote and improve the general health once. Combined with a raw vegetarian diet and regular exercise. The leaves, roots, stems of various plants are the supply of vitamin C, Minerals, Amino Acids which will be useful just in case of system disorders. These comprising generalized anxiety disorder (GAD), anxiety disorder, post-traumatic stress disorder (PTSD) and psychoneurotic compulsive disorder (OCD) are the foremost frequent behavioral disorders within the us, touching seventeen.2% of the population. In this review an attempt is made to describe various types of anxiety and medicinal plants having anti-anxiety activity.*

Keywords: Traditional Herbal Medicines; Generalized Anxiety Disorder; Sleep Disorders; Sedative; Anxiolytic, CNS, Central Nervous System, etc.

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