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Effect of Nelumbo Nucifera fruit on depression and associated comorbidities

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Abstract

Recently uses of herbal therapies and diet rich in flavonoids and vitamins have increased significantly to treat various forms of depression. Hence present study was designed to conduct antidepressant activity of the ethanol extract of Nelumbo nucifera fruit (NNF) in order to ascertain its therapeutic potential. The antidepressant effect was assessed by forced swimming test (FST) using 35 male albino mice weighing 20–25 g, equally divided in to 5 groups. In FST highly noteworthy decline in duration of immobility was recorded at doses 100 and 200 mg/kg on 15th day i.e. after administration of 14 doses of NNF as compared to control; whereas same doses demonstrated significant decrease as compared to control in duration of immobility after single dose administration i.e. on 2nd day of experiment. Thus NNF have exhibited strong antidepressant effect and proved to have a great potential for therapeutic applications such as depression and comorbidities associated with depression because of the presence of many significant secondary metabolites in it such as flavonoids and vitamins (immune boosters) and thus encourage more preclinical and clinical trials in this field.

Biography

Muhammad Ali is the young researcher and Medical doctor from Pakistan who has attained PhD and MPhil degrees in Pharmacology from University of Karachi, Karachi and MBBS degree from Liaquat University of Medical & Health Sciences Jamshoro, Pakistan. He is also a member of American Society of Pharmacology and Experimental Therapeutics i.e. ASPET and recognized supervisor of CPSP for FCPS in Pharmacology. He is well oriented with scientific writing and has so far published 17 original articles and an editorial in journals of international repute which have been cited over 65 times and many articles are under peer review process. His research interest many encompasses Neuropharmacology and clinical Pharmacology. He has a teaching experience of more than 13 years and currently serving at Multan Medical & Dental College, Multan, Pakistan as Associate Professor in the Department of Pharmacology. He has attended many international & national conferences as speaker and OCM at various occasions.

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