

Evaluating Potentiating Effect of *N. Jatamansi* Root Extract by Anti-depression and Anxiolytic Activity in Rats

Gaurav Mude*, Shailesh Pise, Kanchan Makade, Rajshree Fating, Seema Wakodkar, Gemechu Gudina

Department of Pharmacology, University of Kishoritai Bhojar, Maharashtra, India

Research Article

Received date: 10/02/2021

Accepted date: 25/02/2021

Published date: 04/03/2021

*For Correspondence

Gaurav Mude, Department of Pharmacology,
University of Kishoritai Bhojar, Maharashtra,
India

E-mail: gauravmude_8@gmail.com

Keywords: *N. Jatamansi*, Depression, anxiety,
Obsessive compulsive disorder

ABSTRACT

Depression is considered as affective disorder characterized by change in mood, lack of interest in the surrounding. It is one of the mental health problems of people all over the world. Depression is a multifaceted condition characterised by episodes of mood disturbances alongside other symptoms such as anhedonia, psychomotor complaints, feelings of guilt and suicidal tendencies, all of which can range in severity. Anxiety and fear can be defined as response of subject to real or potential threats that may impair his/her homeostasis that can significantly mark function and quality of life. Some of depressive disorder overlaps those of anxiety disorders, including severe phobias, generalized anxiety disorder, social anxiety disorder, posttraumatic stress disorder, and obsessive-compulsive disorder. Anxiety-related disorders such as patient's nervousness, obsessive compulsive disorder and post-traumatic stress are foremost causes of infirmity in the world. Antidepressant and anxiolytic drug are the drug use for treatment of depression and anxiety but there are several side effect of these drug were observed like dry mouth, mental confusion, weakness and sedation. So, we evaluate the anti-depressant and anti-anxiety effect of *N. Jatamansi* root extract in rats by dose dependent manner. The behavior assessment observed by force swim test, locomotor activity, tail suspension test and elevated plus maze for depression and anxiety experimentation. The drug given 150 mg/kg and 300 mg/kg by oral route. The study observed that the ethanolic root extract reduced depression and anxiety generated by force swim test, tail suspension method, actophotometer and elevated plus maze. Antidepressant and anxiolytic drug are the drug use for treatment of depression and anxiety but there are several side effect of these drug were observed like dry mouth, mental confusion, weakness and sedation.

INTRODUCTION

Depression and anxiety are two of the commonest psychiatric disorders worldwide. Depression is one of the main mental health problems of people all over the world, and it is connected with many disabilities. Depression is a multifaceted condition characterised by episodes of mood disturbances alongside other symptoms such as anhedonia, psychomotor complaints, and feelings of guilt and suicidal tendencies, all of which can range in severity. It may range from a very mild condition, bordering on normality, to severe psychotic depression accompanied by hallucinations and delusions. Major depression is distinguish by feelings of enormous sadness and despair, mental slowing and loss of concentration, pessimistic worry, lack of pleasure, self-deprecation, and variable agitation or hostility. Somatic changes also occur, particularly in severe, vital, or melancholic depression. These comprise insomnia or hypersomnia, altered eating motif, with starvation and slimming or sometimes overeating; decreased vitality and libido; and disruption of the normal circadian and ultradian tempo of activity, body reversal, and many endocrine functions. The primary clinical reflexion of major depression are significant depression of mood and impairment of function [1].

Some features of depressive disorder overlap those of the anxiety disorders, including panicagoraphobia syndrome, severe phobias, generalized anxiety disorder, social anxiety disorder, posttraumatic stress disorder, and obsessive-compulsive disorder. World Health Organisation, depression affects over 350 million individuals and is the global leading cause of disability. Anxiety-related disorders such as patient's nervousness, obsessive compulsive disorder and post-traumatic stress are the foremost causes of infirmity in the world. Currently, the most common approved medicines for anxiety disorders are benzodiazepines. Nevertheless, the medical uses of benzodiazepines are restricted by their side effects such as psychomotor destruction, potentiating activity of other sedatives and reliance liability [2]. It is a persistent illness that changes thoughts, mood and behavior of any person and has been expected to affect up to 21% population of the synthetic drugs taken as antidepressant in proper dosages are regularly

connected with their anticipated reactions like powerlessness in driving abilities, dry mouth, sexual brokenness and blockage and most of patients are hesitant to take this type of treatment. Consequently, natural plants may be potential sources of novel antidepressant drugs and the usage of plant extracts and their phytoconstituents may act as refined means in the management of depression and anxiety.

Nardostachys Jatamansi (Family Valerianaceae) is widely used in several Asian countries as a bitter tonic, a stimulant and an antispasmodic, as well to treat epilepsy, hysteria, coria, palpitation and convulsion, also have been used to treat syncope and mental weakness. Various sesquiterpenes, such as jatamansic acid, jatamansone, lignance, and neolignance are present in the roots of plants. The species has very prolonged history of use as medicine in ayurvedic, Homeopathic, ethno medicine and Indian System of Medicine (ISM) to modern medicinal industry which is dispensed in the Himalaya from Pakistan, India (Jammu and Kashmir, Himachal Pradesh, Uttarakhand, and Sikkim) to Nepal, Tibet and China. It is acquired from wild and cultivated plants in Britain, The Netherlands, Belgium, France, Germany, Eastern Europe and Japan. Polyploidy occurs in *V. officinalis* and there are diploid, tetraploid, and octaploid types. Sesquiterpenes and coumarins are present in considerable amount in the roots of *Jatamansi* plant mainly responsible for its essential oil [3]. It has protective effect in epilepsy, cerebral ischemia, liver damage. The Wealth of India Alcoholic extract of *NJ* are protective against thiacetamide-induced liver damage in rats. In Ayurveda, *N. Jatamansi* is used for headache, excitement, menopausal symptoms, flatulence, epilepsy and intestinal colic. In combination with cold water, the oil is considered to be effective against nausea, stomachache, flatulence, liver problem, jaundice and kidney complaints, insomnia and headache. Externally, it is used as oil in steaming bath to treat inflammation of the uterus. It has been also used as herbal combination with other herb to evaluate depressant activity [4]. The bimonthly treatment with an alcoholic root extract of *N. Jatamansi* caused an overall increase in the level of central monoamines and inhibitory amino acid, including a change in the level of serotonin, 5-hydroxyindole acetic acid, gamma- amino butyric acid and taurine in rat brain gives antidepressant action. For evaluating potentiating of *N. Jatamansi* we performed antidepressant and anxiolytic activity of extract.

MATERIALS AND METHOD

Procurement of experimental animals: The albino rats (Wistar strain) of either sex weighing 150-200g, bred in the animal house of 'Kamla Nehru College of Pharmacy', Butibori, were procured. The animals were housed in polypropylene cages at a temperature of $25 \pm 2^\circ\text{C}$ with relative humidity of 40%-56% and 12 hrs. light dark cycle. Animals were fed with a balanced diet and water ad libitum during the complete experiments. All animal experiments were approved by the Institutional Animal Ethical Committee of Kamla Nehru College of Pharmacy, Butibori, Nagpur.

Plant material collection and authentication: The *N. Jatamansi* roots were collected from Nagpur district, Maharashtra, India. The plant was identified and authenticated by "Post graduate" Teaching Department of Botany, Rashtrasant Tukadoji Maharaj, Nagpur University, Nagpur.

Drugs and Chemicals: Chemicals required for extraction and animal study were procured from institutional store. Distilled water was used throughout the studies. The drugs and chemicals are listed (Table 1).

Table 1. Drugs and chemical.

Drugs and Chemical	Source/Supplier
Diazepam	Watson laboratories. Inc, Corona.
Imipramine	West-ward Pharmaceuticals corporation.
Ethanol	Chagshu Hongsheng Fine Chemicals Corporation Ltd.

Drying and size reduction of *N. Jatamansi* roots: The dried roots of *N. Jatamansi* roots were dried in shade and powdered to #22 mesh size, stored in airtight container till further use.

Soxhlet extraction of *N. Jatamansi* root: The dried root of *N. Jatamansi* was coarsely powdered. 50gm of the powder was wrapped in a filter paper and put into a thimble with 500 ml of 95% ethanol in a round bottom flask and subjected to Soxhlet extraction for 6-8 hours. Dark brown solution of extract with alcohol was collected. Dark brown paste like extract was obtained after evaporation of alcohol.

Dose preparation and administration of extracts: The ethanolic extract of *N. Jatamansi* root was found to be non-toxic up to the dose of 200 mg/kg and did not cause any death, therefore it is considered as safe. The biological evaluation was carried out at 150 mg/kg and 300 mg/kg dose level. The extract was concentrated on a water bath at a temperature not exceeding 60°C . The % Yield of the extract was 6%. Ethanolic extract of *N. Jatamansi* was administered at a dose of 150mg/kg and 300mg/kg orally (Table 2).

Table 2. % yield.

Sr. No.	Solvent	Extraction Process	% Yield
1	Ethanol (90%)	Soxhlet	6%

RESULTS

Anti-depressant activity

Forced Swim test: The FST is the most widely used Pharmacological model for assessing antidepressant activity. The occurrence of immobility when the rodent are put down in an inescapable cylinder of water through back the cessation of persistent escape directed behavior. The apparatus consisted of a clear Plexiglas cylinder (20 cm high x 20 cm diameter) filled to 15 cm depth with water during test session the immobility time was recorded for 5 min, when the mice makes no further attempts to escape and make only movement to keeps it's above the water the water [5].

Tail Suspension Test: The TST is the second method used for assessing the depressive state. A cord of about 50 cm in length was stretched between two metal tripods at a height of 70 cm tape. After the initial period of vigorous motor activity the mice became still and the immobility time was measured with a stopwatch, for a total duration of 5minute. Mice were considered immobile when the hung passively and completely motionless.

Locomotors activity: The locomotor activity was measured by using actophotometer. The actophotometer consisted of a square area (30 x 30 x 25 cm) with wire mesh bottom, in which the animal moves six light photocells were place in the outer periphery of the bottom such a way that a single mouse can obstruct only one beam. The movement of the animal interrupt a beam of light falling on photocell, at which a count was recorded and display digitally. The locomotor activity was measured for a period of 10 minute. Technically its principle is that, a photocell is activated when the rays of light falling on the photocell are cut off by animal crossing the beam of light. As the photocell activated, a count is recorded. The photocells are connected to an electronic automatic counting device which count the number of 'cut off' [5].

Elevated plus maze: EPM test is the commonly used behavioral paradigm to assess the anxiolytic behavior in rodents. Briefly, the apparatus consisted of two open arms (5 x 5 cm) and two closed arm (30 x 5 x 15 cm) that extended from a common central platform (5 x 5 cm). The entire maze was elevated to a height of 60 cm from the floor level. Testing was conducted in a quiet room that was illuminated only by a dim light. Each mouse was placed individually at the center of elevated plus maze with its head facing toward an open arm and its behavior was observed for a period of 5 minute using any maze software. During the test period, the number of entries into open arm, closed arm and time spent in each arm and percentage of time spent on the open arms was determined [6,7].

DISCUSSION

N. Jatamansi is an vital herb with multiple remedies. It is essential plant of Ayurvedic material medica. Present study state that the *N. Jatamansi* has numerous pharmacological activity, thereby enlarging the use of it. The study conducted was to evaluate the anti-depressant and anxiolytic activity of *N. Jatamansi* in rats to provide scientific evidence for its usage in the treatment of depression and anxiety. From the above results obtained the administration of ethanolic extract of *N. Jatamansi* in rats produced reduction of depression and anxiety in dose dependent manner [8]. To determine whether there was statistical difference in depression and anxiety achieved by the two doses (150 and 300 mg/kg). Orally administered, the data were compared with the standard (Diazepam and imipramine) group. The ethanolic extract of *N. Jatamansi* produced a significant reduction in depression and anxiety [9,10].

From the study observed that the ethanolic extract of the *N. Jatamansi* reduced depression and anxiety generated by forced swim test, tail suspension method, actophotometer and EPM [11].

SUMMARY

Depression is considered as an effective disorder characterized by change in mood, lack of interest in the surrounding retardation and melancholia which is hilled by anti-depressant, anxiety and fear can be define as the response of a subject to real or potential threats that may impair his/her homeostasis that can significantly mar the function and quality of life [12]. *N. Jatamansi* study on the two group having different concentration of the drug *N. Jatamansi* (150 and 300 mg/kg). Animal were grouped as control standard and treated with *N. Jatamansi* (150 and 300 mg/kg). The instrument used for thise is forced swim test, tail suspension method, actophotometer and EPM and the ethanolic extract of *N. Jatamansi* shows the anti-depressant and anxiolytic activity in the rat [13].

CONCLUSION

The finding of the present study suggested that the ethanolic extract of *N. Jatamansi* roots had anti-depressant and anxiolytic activity. It can be over that ethanolic extract of *N. Jatamansi* has dose dependent anti-depressant activity and can also be used in patient suffering from depression due to sleep disturbances which also improve the locomotor activity in sleep deprived rat. So, *N. Jatamansi* will be an important plant to carry research for anti-depressant activity. The result from the study observed the anxiolytic properties of the herb in rat and suggests that the herb could serve as a approach in the treatment of anxiety.

REFERENCES

1. Ali S, et al. Nardostachys jatamansi protects against liver damage induced by thioacetamide in rats. *J. Ethnopharmacol.* 2000;71(3):359-363.
2. Arora RB. Nardostachys jatamansi: A chemical, pharmacological and clinical appraisal. *ICMR.* 1965;51:1-17.
3. Bagchi A, et al. Neolignans and lignans of Nardostachys jatamansi roots 1. *Planta Medica.* 1991;57(01):96-97.
4. Murthy GV, et al. Current estimates of blindness in India. *Br J Ophthalmol.* 2005;89(3):257-260.
5. Barua CC, et al. Anxiolytic activity of methanol leaf extract of *Achyranthes aspera* Linn in mice using experimental models of anxiety. *Indian J Pharmacol.* 2012;44(1):63.
6. Chatterjee B, et al. Prange Studies on chemical Constituents of *N. Jatamansi* *Cheminform.* 2005;36:17.
7. Chatterji A, et al. The treatise on Indian Medicinal Plants. *NISCAIR.* 1997;5:99-100.
8. Ebmeier KP, et al. Recent developments and current controversies in depression. *Lancet.* 2006;367(9505):153-167.
9. Mude G, et al. Potentiating effect of *N. Jatamansi* root extract by evaluating anti-depression and anxiolytic activity in rats. *Pharmacogn Phytochem Int Congr.* 2020;9(3):1734-1738.
10. GOVINDARAJAN V. Ginger-Chemistry, technology and quality evaluation: Part I. *Crit Rev Food Sci Nutr.* 1982;17:98.
11. Govindarajan VS. Ginger-chemistry, technology and quality evaluation: Part 2. *Crit Rev Food Sci Nutr.* 1982; 17:189-258.
12. Rahman H, et al. Nardostachys jatamansi dc protects from the loss of memory and cognition deficits in sleep deprived alzheimer's disease (ad) mice model. *Int J Pharm Sci Rev Res.* 2010;5(3):160-167.
13. Kessler RC, et al. Twelve-month and lifetime prevalence and lifetime morbid risk of anxiety and mood disorders in the United States. *Int J Methods Psychiatr Res.* 2012;21(3):169-184.