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Research Article

ANTI ANXIETY ACTIVITY ON LEAVES OF *FICUS BENGALENSIS*

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ABSTRACT

Anxiety is defined as sense of unease, dread or foreboding. Anxiety disorders, the most prevalent psychiatric illness in general community are present in 15% to 20% of medical clinic patients. Approximately one-third of patients presenting with anxiety have a medical etiology for their psychiatric symptoms.

INTRODUCTION

Anxiety is a physiological state characterized by somatic, emotional, cognitive and behavioral components (Seligman, 2005). It is the displeasing feeling of fear and concern (David 2008). Research upon adolescents, who as infants had been highly apprehensive, vigilant, and fearful, finds that their nucleus accumbency is more sensitive than that in other people (Barheim, 2009). Neural circuitry involving the amygdala and hippocampus is thought to underlie anxiety (Rosen, 1998). GAD prevails within 1-6% of the general population. The symptoms of anxiety disorder vary from culture to culture. The disorder presents with psychological, physical and behavioural symptoms. The psychological symptoms consist of tension, causeless worry over life circumstances. The cardiovascular, respiratory, neurological and gastrointestinal systems are common target, shortness of breath, a sense of constriction in the chest, racing heart, nausea, vomiting, diarrhea and epigastria discomfort are common (Harrison, 1998). The symptoms of anxiety disorders are palpitations, accelerated heart rate, sweating, trembling or shaking, sensations of shortness of breath, feeling of choking, chest pain or discomfort, feeling dizzy, unsteady, fear of losing control or going crazy, fear of dying, chills or hot flushes (Venkobo, 1998)

MATERIAL AND METHOD

Model used

Elevated plus maze

Method

Achievable goals of treatment are to decrease the frequency of panic attacks and to reduce their intensity. The anti-depressant medication is benefit. The tricyclic antidepressants imipramine and clomipramine benefit to 75% to 90% of panic disorder patients. Low doses (10 to 25 Mg/d) are given initially to avoid transient increased anxiety associated with heightened monoamine levels. Longer-acting agents such as diazepam, chlordiazepoxide, flurazepam and clonazepam tend to accumulate active metabolites are useful in anxiety shorter-acting agents such as alprazolam and oxazepam can produce daytime Anxiety, early morning insomnia and with discontinuation rebound anxiety and insomnia.

Procedure of elevated plus maze model

Weighing and numbering of animals were done. Then they are divided into different groups each containing five rats.

One group was used as an control (vehicle) and

Second group as standard (imipramine) and

Test group for different extracts

The animals were placed individually at the centre of maze with their head facing towards

open arm and stop watch was started and all the parameters were noted for 5min.

1. First preference was given to rats in open arm.
2. Number of entries in open arm.
3. Average time each animal spend in open arm.

Vehicle was administrated to control group. Imipramine was administrated as standard drug treatment and extracts were administrated to test groups. After 30 min the animals were placed at the centre of the maze and all parameters were noted (Vogel, 2002).

RESULT AND DISCUSSION

Anti-anxiety activity

The anti-anxiety activity of various extracts can be evaluated by using elevated plus maze modal in following groups:

Control group-Vehicle

(Distilled water + Carboxy methyl cellulose (CMC) 5%

.

Standard -Imipramine (5mg/kg i.p)

Test groups -Ethanol and aqueous extract of leaf of *Ficus bengalensis* (200 mg/kg)

All extract were administered intra peritoneally (i.p) 30 minutes prior to the experiment.

The results were obtained by Dunnett's Multiple Comparison which are shown in (Table 1) and (Fig 1).

CONCLUSION

The anti-anxiety activity of various leaf extracts was evaluated by using elvated plus maze modal. Anti anxiety activity of leaves of *Ficus bengalensis* of aqueous and ethanol extract was performed. The ethanolic extract of leaves showed statistically significant anti anxiety activity.

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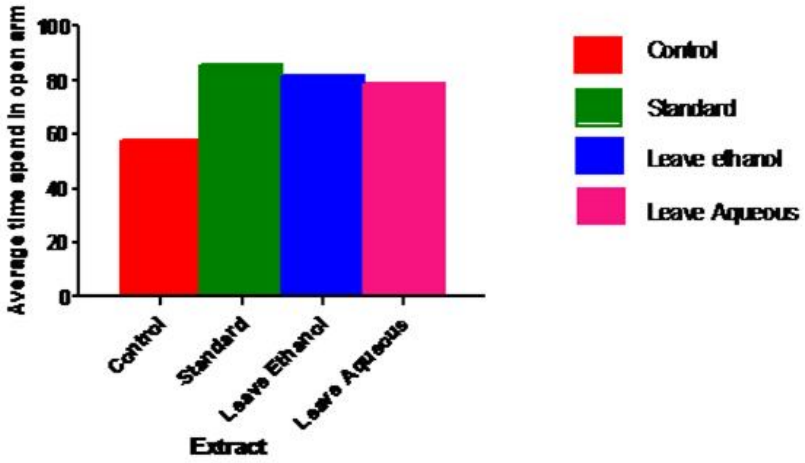
Table 1: Effect of different extract of *Ficus bengalensis* on average time spent in open arm

Comaprision Test	Mean Diffrence	q (Statistical value)	Significance	95% Confidence Interval of difference
Control vs Standard	-28.40	4.219	**	-45.85 to -10.95
Control vs Ethanol extract	-24.20	3.595	**	-41.65 to -6.750
Control vs Aqueous extract	-21.00	3.120	*	-38.45 to -3.550

Fig: 1 Effect of diffrent extracts of *Ficus bengalensis* on average time spent in open arm



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