

## Indications of antidepressant effects of the complex homeopathic remedies containing Ignatia Amara

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The aim of the study was evaluation of the therapeutic effects and side-effects in the use of the Ignatia amara containing preparation (Ignatia Homaccord) in the treatment of acute depression in women during the menopausal period and comparison of results obtained with that in the control group subjected to treatment with Fluvoxamine.

**Research tools and Methodology:** To measure the intensification of depressive disorders during the investigations, a 17 point version of Hamilton's Depression Scale (HDRS) and Beck's Self-report depression scale (BSRDS) were used.

**Results:** The results of the comparative investigation of Fluvoxamine and Ignatia Homaccord (IH), which covered 211 patients with depression (ICD: F-32; F-33) connected with menopausal symptoms, showed the effectiveness of both preparations is similar, while the frequency of side effects during treatment with the IH preparation is significantly smaller and corresponds to the frequency observed with the administration of a placebo. A significantly smaller number of cases of interrupted treatment and much better drug tolerance were noted in the group of patients treated with IH. The authors investigated the psychotropic activity of IH and its components in classical pharmacological tests (open field test and elevated "plus" maze test) and confirmed their psychotropic activity. The obtained experimental results were confirmed by other authors.

### Biography

Bohdan W. Wasilewski studied at the Medical Academy in Lodz and in Warsaw. Since 1972, he started to work at the Psychosomatic Institute in Warsaw, where he completed specialization in psychiatry and received the title of Doctor of Medicine. For two years he worked in the Psychiatric Clinic of the University of Munich, he also completed shorter research visits at the University of London, Harvard University and the University of Moscow. Since 1993 until now, he is employed at the Psychosomatic Institute in Warsaw, as medical director and extraordinary professor. He has published 127 papers, and he is a member of the editorial board in three scientific journals

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## Efficacy and quality control of herbal medicine

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**Efficacy:** Efficacy of herbal medicines is more complex than those of conventional drugs. A single medicinal plant may contain several medication ingredients, and if a formula for a particular ailment requires more than one medicinal plant species, then it contains many cure without side effect. Majority of the world population used and rely on medicinal plants medications for common diseases, such as typhoid, malaria, body tumor, liver diseases, body cleansing, high blood pressure, diabetes and antitoxin properties. Some pharmaceutical processing companies have diverted their focus on selected effective medicinal plants because of its high demand. Based on these beneficial purposes, the efficacy of herbal medicine has highly increased the demand level worldwide.

**Quality Control:** The quality control of herbal medicines started from the source of raw materials, drying, storage, preservation, composition, processing and packaging conditions. It is also influenced by environmental condition as climate, the variety and age of the plant. Compositional diversity is a key factor because herbal medicine is complex mixtures, for which the formulae of individual composition is not known and the proportion of individual composition varies. There are various other factors, among which are the lack of quality standard of the herbal medicine, in terms of materials and processing and methods.

### Biography

Ajibola Ola Peters completed his national certificate education (N.C.E) and he obtained his ordinary national diploma (O.N.D) certificate in 1991. He later formed his organization called (PONAS C.I.G) for which he is the Director General. He published a book on herbal medicine called "Herbs, Health and Diseases" in 2007.

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