

Title:

All-Natural Antidepressants

Word Count:

549

Summary:

People have likely been fighting depression for as long as civilization has been around, though

Keywords:

natural antidepressant

Article Body:

Though no records of such cases exist (this could be due to any number of reasons), it is possible to find evidence from the problem that is depression for as long as there has been civilization to depress people. There are many treatments for almost every condition known to man, with some of them actually being found to be effective for the lore. While recognizing depression as a problem and not merely sadness is a relatively recent development, it does not mean that the herbal lore of the ancients should be disregarded. As amazing as it might seem, there are natural antidepressants in today's market.

The most commonly suggested natural antidepressant would be St. John's Wort, which has also been used as a remedy for everything from constipation to muscle pain. According to medical science, the leaves of St. John's Wort are antidepressants or chemicals that often appear as base ingredients in a wide range of common antidepressants. Typically, using this can have noticeable positive effects on mild depression in about two weeks. In more severe cases, the usual time frame is closer to around six months of regular use. St. John's Wort should be taken with caution, as taking it with alcohol should be avoided to minimize the chances of developing side effects. It can also interact with other medications, so a pharmacist might also be consulted for more information. Gingko-biloba has also been cited as a potential natural antidepressant, though there hasn't been much research on this possibility. This particular substance has a number of components that boost the blood circulation. If depression can be caused by a lack of proper blood flow to the brain, the use of gingko-biloba might be helpful. However, it should be noted that not all cases of depression are caused by a lack of proper blood flow. In other words, this may not be the best treatment for every depressed individual, depending on the cause of depression in the first place. Gingko-biloba, according to some recent findings, can be successful in some cases where standard medication fails.

Valerian, which has long been known as an herb that can combat anxiety attacks, has also been used to treat anxiety and depression. Since anxiety and depression tend to be encountered in the same patients, Valerian has sometimes been used to treat both conditions with just one herb. Valerian has also been used to treat insomnia, which is similar to depression.

are medical conditions that are often closely linked to depression. Valerian works by releasing the body that boost production of gamma-aminobutyric acid, which is an inhibitory chemical use system.

Gotu kola, an ayurvedic herb, has also been used as a natural antidepressant. Among practitioners is known as brahmi. The dried stems, flowers, and leaves of this particular plant contain a herb useful for treating depression and anxiety, including asiatic acid and madecassic acid. It has been used to improve their moods, as well as having benefits for memory and concentration.

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