

Nardostachys jatamansi

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Evid Based Complement Alternat Med

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An Important Indian Traditional Drug of Ayurveda Jatamansi and Its Substitute Bhootkeshi: Chemical Profiling and Antioxidant Activity

Nardostachys jatamansi DC. (Valerianaceae) and *Selinum vaginatum* C.B. Clarke (Umbelliferae) are two important indigenous drugs found in Himalayan region. The roots and the rhizomes of *N. jatamansi*, as mentioned in Ayurveda, have been used in various herbal formulations including dietary supplements. This important traditional drug is also used **to treat epilepsy, hysteria, syncope, convulsions, and mental weakness**. The decoction of the drug is also used in **neurological disorders, insomnia, and disorders of cardiovascular system**. It has been reported to exhibit antidepressant, anticonvulsant and antiarrhythmic activities as well as to possess antioxidant and lipid peroxidation activities.

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Comparative Study of Efficacy of **Jatamansi** (*Nardostachys jatamansi* DC) and Imipramine in **Generalized Anxiety Disorder (G.A.D.): A Randomized Controlled Double Blind Clinical Trial**.

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Present **double-blind randomized control clinical study** involves **two groups with 38 subjects each**. Group A (Study Group) treated with administration of Tab. Jatamansi in the dose of 1000 mg B.D. orally with water. Group B (Control Group) treated with administration of Tab. Imipramine 75 mg H.S. orally for 60 days.

Assessment parameter will be anxiety score based on symptoms of Generalized Anxiety Disorder. H.A.M.-A. Scale, G.A.D. – 7 Scale, Manas Bhava and Oxidative Stress. **Primary outcomes of study with Jatamansi show improvements in the sign and symptoms of anxiety with reduction in anxiety scale score.**

Spikenard

Plant

Overview

Benefits



Nature In Bottle

Spikenard Essential Oil Organic - Nardostachys Jatamansi

Spikenard plant produces small, delicate pink flowers, and thrives in high altitudes, which is why it flourishes so easily in the...

Scientific name

Nardostachys jatamansi

Genus

Nardostachys



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