

SHORT COMMUNICATION

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Anti-anxiety activity of *Coriandrum sativum* assessed using different experimental anxiety models

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Abstract

Interest in alternative medicine and plant-derived medications that affect the «DQ»mind«DQ» is growing. The aim of present study was to explore the anti-anxiety activity of hydroalcoholic extract of *Coriandrum sativum* (Linn.) using different animal models (elevated plus maze, open field test, light and dark test and social interaction test) of anxiety in mice. Diazepam (0.5 mg/kg) was used as the standard and dose of hydroalcoholic extract of *C. sativum* fruit (50, 100 and 200 mg/kg) was selected as per OECD guidelines. Results suggested that extract of *C. sativum* at 100 and 200 mg/kg dose produced anti-anxiety effects almost similar to diazepam, and at 50 mg/kg dose did not produce anti-anxiety activity on any of the paradigm used. Further studies are needed to identify the anxiolytic mechanism(s) and the phytoconstituents responsible for the observed central effects of the hydroalcoholic extract of *C. sativum*.

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Full Text

Introduction

Anxiety affects one-eighth of the total population of the world and has become a very important area of research interest in psychopharmacology during this decade. Interest in alternative medicine and plant-derived medications that affect the "mind" is growing. Anxiety, a state of excessive fear, is characterized by motor tension, sympathetic hyperactivity, apprehension and vigilance syndromes. Benzodiazepines are the major class of compounds used in anxiety and they have remained the most commonly prescribed treatment for anxiety, despite the important unwanted side effects that they produce such as sedation, muscle relaxation, ataxia, amnesia, ethanol and barbiturate potentiation and tolerance. [1] Various types of herbal medicines have been used as anxiolytic drugs in different parts of the world. Self-administration of herbal medicines is among the most popular of the alternative therapies that also include massage therapy, megavitamins, and homeopathy. Plants have long been used to treat central nervous system (CNS) disorders. Folk medicines have particular values, for example, plants that "calm down", tranquilize, and raise mood, such as *Passiflora coerulea*, *Valeriana officinalis*, *Matricaria recutita*, *Jatropha cillata*, *Salvia guaranitica*, *Tilia tormentosa*, and *Tilia europaeae*.

Coriandrum sativum L. Apiaceae (Umbelliferae) is an annual herb commonly used in Middle Eastern, Mediterranean, Indian, Latin American, African and Southeast Asian cuisine. In the Indian traditional medicine, coriander is used in the disorders of digestive, respiratory and urinary systems, as it has diaphoretic and diuretic