



21st Century Solutions to
DEPRESSION

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Depression is taking a major toll on public health, yet many suffer in silence, still fearful of the stigma that continues around “mental illness.” According to National Institutes of Mental Health, an estimated 15.7 million adults had at least one major depressive episode in 2013, which represents 6.7 percent of all adults in the US.¹

Antidepressant drug use is skyrocketing. Researchers estimate eight to 10 percent of Americans are now taking antidepressants, not only for depression but for off-label issues such as anxiety, chronic pain, ADHD and even autism.²

Sadly, pharmaceutical antidepressants that target [neurotransmitters](#) have very disappointing rates of effectiveness, with an overall failure rate of about 60 percent, plus numerous adverse health effects. Incontrovertible treatment failures are driving scientists to seek better explanations for how the brain works, and doesn't work. Twenty-First Century neuroscience demands that we abandon the oversimplified, outdated and erroneous notion that depression is simply an “imbalance in brain chemicals” that can be cured with a pill.

Until you address the cause of your depression, you are not going to realize the cure. Depression does not result from a Prozac deficiency. The purpose of this report is to bring you up to date on the potential causes, mechanisms and treatments for depression.

REVISING OUR THEORIES ABOUT THE CAUSE OF DEPRESSION

Depression's ACE in the Hole

Chronic stress is now widely believed to be a leading cause—maybe the leading cause of depression. Long-term stress has been shown to harm cells in your brain and body, and stressful experiences are closely linked with the development of psychological and neuropsychiatric disorders. Childhood stress may top the chart: adverse childhood experiences may be the primary cause of a significant percentage of depression worldwide.



A massive amount of data emerged between 1995 and 1997 as a result of the Adverse Childhood Experiences (ACE) study, a collaborative effort between Centers for Disease Control and Prevention and Kaiser Permanente's Health Appraisal Clinic in San Diego.^{3,4} More than 17,000 HMO members undergoing comprehensive physicals provided detailed information about their childhood

experiences of abuse, neglect, and family dysfunction. More than 50 scientific articles have been published from this enormous data pool.

This is what was learned. If you experienced at least seven categories of serious childhood stress (as defined by the ACE questionnaire), your risk for child/adolescent suicide jumps 51-fold, and your risk for suicide as an adult increases 30 times. The ACE study also found correlations between ACE scores and almost every form of chronic physical illness. According to the ACE Reporter:⁵

“It is important to recognize that people can develop disease as a result of the life events that cause depression. Traumatic life experiences can be the cause of both disease and depression.”

There appear to be genetic factors contributing to depression, although the specifics remain elusive. In a twin study, if one twin developed depression, the other also suffered from depression in 46 percent of identical twins, compared with 20 percent of fraternal twins.⁹

Your Brain on Stress

With advances in brain imaging technology, a great deal has been learned about the effects of stress on the brain. New theories about depression are emerging, focusing on differences in neuron density in various regions, the effect of stress on the birth and death of brain cells, and how feedback pathways work.⁶ A huge factor is the inflammation evoked by the stress response—and inflammation is epidemic today. Brain inflammation will be discussed in detail shortly.



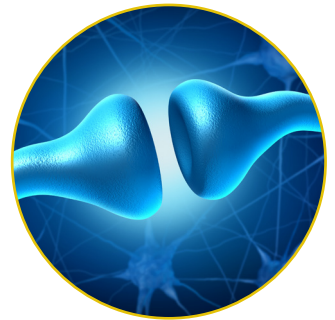
Scientists emphasize that these new depression theories should not be viewed as separate entities but instead as interconnected pieces of the puzzle that will, in time, provide a more expansive understanding of the pathophysiology of depression.

In conditions of chronic stress, nerve cells in the hippocampus begin to atrophy. The hippocampus is the part of your brain involved with emotions (limbic system), learning, and memory formation. Extreme or uncontrollable stress, particularly early in life, can result in excessive release of the neurotransmitter glutamate in the brain, which can damage and kill cells in the hippocampus. This leads to a thinning in the neural network in this region, known to contribute to depression for reasons not fully understood. The more depressive episodes one has, greater the reduction in hippocampus size.^{7,8}

Atrophy also affects the brain's frontal lobes, especially the prefrontal cortex, which regulates the areas of the brain that control emotion. Depression also appears to inhibit the birth of new brain cells (neurogenesis).⁹

Faulty Wiring and Malfunctioning Microglia

The endocrine system may play a role in stress-related brain damage. Some studies point to a faulty hypothalamic-pituitary-adrenal axis (HPA), the “superhighway” that manages your body’s stress response. When you are stressed, your hypothalamus produces corticotrophin-releasing factor (CRF) and other substances that stimulate your pituitary gland to release stress hormones, inducing those involved in the flight-or-fight response. Chronic activation of the HPA can contribute to depression.



Some forms of depression may result from malfunctioning microglia, specific immune cells that comprise about 10 percent of your brain. Microglia fight pathogens and promote healing and repair after brain injury, including maintaining synaptic connections.¹⁰

Your brain has plasticity that can be either facilitated or blocked, and stress can actually change neural circuitry, keeping an individual stuck in depressive thoughts and feelings. The brain maintains a delicate balance, with complex signaling keeping various opposing processes in check. Depressed individuals tend to have less active frontal lobes (location of higher cognitive processes) and more active amygdalas (fear centers), which effectively make it more difficult for them to suppress negative emotions.⁹

Neuroscientists at Emory are using brain scans to help predict what type of treatment will be most effective for any particular depressed individual. The scans measure brain activity based on glucose metabolism. Brain patterns among those who respond well to antidepressant drugs are very different from those who respond favorably to psychotherapy—the difference is so reliable that it may actually be useful for predicting the most effective form of treatment.¹¹

Inflammation: Brain on Fire

[Inflammation](#) is rampant in Western society today and is the common denominator for type 2 diabetes, cardiovascular disease, asthma and many other chronic illnesses—including depression.

A study¹² from the Centre for Addiction and Mental Health (CAMH), published in *JAMA Psychiatry*, underscores the relationship between clinical depression and brain inflammation. Individuals with clinical depression have a 30 percent increase in brain



inflammation, and those with the highest degree of brain inflammation had the most severe depression symptoms. Neuroinflammation has also been linked to Alzheimer’s disease, Parkinson’s disease, and multiple sclerosis.

This study is only the latest showing a connection to inflammation. In a 2014 study, researchers found anti-inflammatory treatment reduced symptoms of depression.¹³ But why? Chronic stress changes the gene activity of immune cells before they enter the bloodstream, priming them to fight infection even when there is none. Renowned neurologist and author of *Grain Brain*, David Perlmutter, MD, states that inflammation is the cornerstone of all degenerative conditions, with gluten and sugar being two of the most prominent triggers.

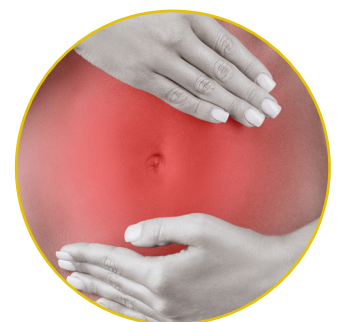
Dr. Kelly Brogan, a psychiatrist with a specialty in psychoneuroimmunology, says the following about inflammation:¹⁴

“The source itself may be singularly or multiply-focused as stress, dietary and toxic exposures, and infection... inflammation appears to be a highly relevant determinant of depressive symptoms such as flat mood, slowed thinking, avoidance, alterations in perception, and metabolic changes.

Once triggered in the body, these inflammatory agents [cytokines] transfer information to the nervous system, typically through stimulation of major nerves such as the vagus, which connects the gut and brain. Specialized cells, called microglia, represent the brain’s immune hubs and are activated in inflammatory states.

How the Gut Plays into Mental Illness

Dr. Brogan maintains that depression is a “downstream collection of symptoms” driven by inflammation, oxidative stress, and mitochondrial dysfunction, with disruption to [gut ecology](#) being the major factor. This has brought the human microbiome to the forefront of psychiatric research.



You have “two brains”—one in your gut, and one in your head. Just as you have neurons in your brain, you also have neurons in your gut. This is the “enteric nervous system” whose neurons produce many of the same neurotransmitters as your brain, including serotonin, dopamine, and gamma-aminobutyric acid (GABA). In fact, the greatest concentration of serotonin is found in your gut, not in your head. Communication between these two brains occurs along the vagus nerve. The signals your gut bacteria send to your brain exert significant influence over your moods, thoughts and behavior.

More than 70 percent of your immune system resides in the wall of your gut. Systemic inflammation and immune dysregulation occurs in the form of TH1 dominant cellular response, in which macrophages produce IL1, IL6 and TNF alpha, all of which have been shown to be elevated with depression.

In earlier times, infants were “seeded” with their mothers’ microbiome as they traveled down the birth canal, but this is occurring less frequently and less effectively today due to surgical births and other medical practices. Without the vaginal transfer of mom’s flora, babies miss out on an important inoculation. Even many vaginally delivered babies are developing suboptimal flora because maternal flora is out of balance, and fewer moms are choosing to breastfeed, which is another source of natural immunity.

A lifetime of poor dietary choices, toxic chemical exposures, antibiotics and other factors further compromise gut health. One of the best ways to restore your microbiome is by consuming naturally fermented foods. Researchers have demonstrated that fermented foods help curb social anxiety disorder in young adults.¹⁵ Mice with obsessive-compulsive behaviors are pacified when fed a strain of *Bacteroides fragilis*.¹⁶

Sugar and Depression

The links between processed foods and depression continue to grow. Food ingredients and additives that can cause or aggravate depression include refined sugar, processed fructose, gluten, GMO’s, glyphosate, and artificial sweeteners, to list a few. Aspartame has been linked to depression and panic attacks. (Gluten will be addressed in the next section.)



A study¹⁷ recently published in the American Journal of Clinical Nutrition, using data from the Women’s Health Initiative, found diets higher in sugar and refined grains (higher glycemic index, lower fiber) were associated with higher rates of depression. Foods such as whole fruits and vegetables (lower glycemic index, higher fiber) were associated with lower rates of depression. High glycemic diets also resulted in an elevated risk for inflammation and heart disease.

Focusing on anti-inflammatory foods has been shown to positively impact mood and mental health. A 10-year [study](#) was performed on a Mediterranean population in order to determine the effects of a pro-inflammatory diet on the incidence of depression. A pro-inflammatory diet was associated with significantly higher risk of depression, especially among older subjects and those with cardiometabolic diseases.

When it comes to pro-inflammatory foods, sugar tops the list. Studies are piling up about the adverse effects sugar has on just about every aspect of human health, triggering a cascade of chemical reactions in the body that fuel inflammation, and unsurprisingly depression. Excess dietary sugar promotes inflammation, contributes to leptin resistance, and suppresses BDNF (which promotes healthy neurons).

In 2013, the results of a large study involving 264,000 people above age 50 was presented at the 65th annual meeting of the American Academy of Neurology. People drinking more than four cans of soda per day had a 22 percent higher risk of depression than those who drank none. The risk for diet soda drinkers was even greater—30 percent higher risk of depression. However, coffee drinking was associated with a 10 percent reduction in risk.¹⁸

Gluten: Neurotoxicity and Addiction, Rolled into One

Once considered extremely rare and limited to those with celiac disease, [wheat](#) and gluten sensitivity have now become a focus of scientific investigation, with more than [200 adverse health effects](#) identified in the literature. Gluten is associated with many neurotoxic reactions, including mood disorders, schizophrenia, and autoimmune neurological issues. Gluten intolerance has been shown to produce headaches, seizures, anxiety, ataxia and neuropathy, and has recently been directly linked with depression—even among non-celiac individuals.



A randomized clinical trial¹⁹ published in the journal *Alimentary Pharmacology and Therapeutics* showed gluten consumption significantly increases depression risk. The doubled-blind cross over study consisted of 22 subjects with irritable bowel syndrome who tested negative for celiac disease and whose condition was symptomatically controlled on a gluten free diet. Researchers concluded:

“Short-term exposure to gluten specifically induced current feelings of depression with no effect on other indices or on emotional disposition. Gluten-specific induction of gastrointestinal symptoms was not identified. Such findings might explain why patients with non-celiac gluten sensitivity feel better on a gluten-free diet, despite the continuation of gastrointestinal symptoms.”

As Dr. Perlmutter said, “Wheat is the tobacco of our generation.” He is referring to the fact that study after study demonstrates people with depression tend to be gluten-sensitive, and vice versa. Depression is found in as many as 52 percent of gluten-sensitive individuals. Interestingly, a 2012 study²⁰ found that, even among celiac patients, it was not the bloating, diarrhea and other gastrointestinal problems that caused most of the suffering, but rather the declining quality of life, and in particular the depression.

Independent of the brain effects already discussed, gliadin peptides may travel through the blood stream and stimulate opiate receptors in your brain, which accounts for the withdrawal symptoms experienced by many who suddenly stop consuming gluten products. These gliadins are often termed [gliadorphins](#) due to their opiate-like effects. For a complete discussion of gluten, refer to [The Dark Side of Wheat](#) by Sayer Ji, founder of [Greenmedinfo.com](#).

Are You Sitting Your Way to an Early Grave?

The recent scientific findings about the adverse effects of excess sitting deserve attention. There is a growing consensus that the more time you spend sitting, the shorter and less healthy your life will be due to adverse effects on the cardiovascular system and metabolic function. Besides increasing your risk for depression, sitting for extended periods of time raises your risk for heart attack (by raising your levels of fibrinogen and C-reactive protein), type 2 diabetes, certain types of cancer, and premature death.²¹



Even more disturbingly, science has shown that temporary vigorous exercise cannot compensate for habitual sitting—going to the gym each night is not enough. The only remedy supported by research is intermittent movement throughout the day.

One of the organs profoundly affected by inactivity is the brain, making intermittent movement important for your mental health. An Australian study²² showed that women who sit for more than seven hours a day have a 47 percent higher risk of depression than women who sit four hours or less.

These effects are not limited to adults. Besides contributing to childhood obesity, excessive sitting in front of computer screens has a negative impact on children’s self-esteem and happiness. Those spending more than four hours per day in front of screens suffer more emotional distress, depression, anxiety and behavior problems those spending less.²³ If you need to spend several hours sitting, remember to get out of your chair often—optimally every 15 minutes—and perform a variety of exercises throughout the day for 30-60 seconds each.

The Power of Sunlight

When you are exposed to sunlight, all of that energy hits your skin triggering production of a number of beneficial chemicals. One of those is vitamin D, but your skin also makes nitric oxide to help regulate blood pressure, beta-endorphins to lift your mood, and a host of others.



According to vitamin D expert Dr. Michael Holick,²⁴ the ideal dose of vitamin D for adults is the “minimal erythema dose,” meaning your skin turns slightly darker 24 hours after exposure. This is equivalent to taking 15,000 to 20,000 units of oral Vitamin D. Optimal vitamin D production in the skin appears to occur at the point where it just begins to redden.

Vitamin D acts on the areas of the brain that are linked to depression, although the mechanism is not well understood. A meta-analysis²⁵ published in the British Journal of Psychiatry found low vitamin D levels associated with depression, but more research is needed to prove causation. According to the Vitamin D Council:²⁶

“Research does seem to show a link between low levels of vitamin D in the blood and symptoms of depression. Lately, research has shown that low vitamin D levels cause depression and that, in some patients with depression, vitamin D supplements will help. Lack of vitamin D appears to be one of many factors that can contribute to major depression.”

Scientists believe vitamin D somehow affects the neurochemicals in your brain, including monoamines like serotonin. Vitamin D receptors are found in many areas of the brain, including those involved with mood. Vitamin D acts much like a hormone in the body, and more research is needed to determine its role or roles in mental health.

Pharmaceutical Triggers of Depression

The following drugs are notorious for can causing depression symptoms. For a more complete list, refer to this article in Harvard Health Publications.²⁷



- ◆ **Chemotherapy:** This a big one—fatigue, depression and sleep disturbances are common adverse effects of cancer treatment.
- ◆ **Hypnotics:** Based on data released by Food and Drug Administration (FDA), a meta-analysis found that hypnotics such as zolpidem (Ambien), zaleplon (Sonata), eszopiclone (Lunesta), are associated with an increased incidence of depression.
- ◆ **Statins:** Depression, memory loss, confusion and aggressive reactions have been reported from statin drugs. For example, [simvastatin](#) may raise the risk of depression, violence or suicide during the initial treatment period. The link between lipid-lowering agents and adverse psychiatric reactions likely relates to inadequate cholesterol for proper brain function, as cholesterol is a chief component of brain cell membranes.
- ◆ **Oral contraceptives:** Psychiatrist Dr. Kelly Brogan cites depression as the most common reason her female patients discontinue oral contraceptive use.
- ◆ **ACUTANE (ISOTRETINOIN):** This acne medication may increase risk for depression and/or suicide, although studies are not all in agreement. Researchers did find mice injected with isotretinoin for six weeks at a human-equivalent dose exhibited depressive behavior.²⁸
- ◆ **OTHER MEDICATIONS:** Beta-blockers, calcium-channel blockers, hormones, barbiturates, and benzodiazepines

Non-pharmaceutical Triggers

Between 15 and 60 percent of people with a chronic illness will experience clinical depression.²⁹ Non-pharmaceutical factors that may trigger or exacerbate symptoms of depression include the following:



- ◆ **Nicotine:** Exposure during adolescence has been linked to depression in adulthood.
- ◆ **VITAMIN B12 DEFICIENCY:** B12 deficiency can mimic psychiatric problems. One study identified markers of B12 deficiency in 27 percent of depressed women. Many studies find links

between low B12 levels and depression.³⁰ Folate deficiency may also be involved.

- ◆ **ELECTROMAGNETIC FREQUENCIES (EMFS):** It is challenging to perform controlled studies about the links between EMFs and depression. In 2002, the IRSST³¹ wrote a report summarizing the science to date, listing nine studies addressing the possible association and mechanisms, citing “weak evidence” of a connection. However, it has now been shown that just 30 minutes of exposure to [cellphone radiation](#) affects brain activity in both hemispheres, with a number of potential biological effects. It would not surprise me if EMFs were adversely affecting our mental health.
- ◆ **CIRCADIAN RHYTHM DYSFUNCTION:** Out-of-sync body clocks are especially common with seasonal affective disorder (SAD) but can also be a factor in other mood disorders, such as depression.
- ◆ **ENDOCRINE IMBALANCES:** For example, problems with the parathyroid or adrenal glands can cause them to produce insufficient or excess hormones, throwing moods off balance.
- ◆ **DEGENERATIVE NEUROLOGICAL CONDITIONS:** Multiple sclerosis, Parkinson’s disease, Alzheimer’s disease, Huntington’s disease and stroke can raise your risk for depression.
- ◆ **IMMUNE SYSTEM DISEASES:** One example is lupus,²⁹ but living with any long-term illness is stressful and can raise the risk for depression and anxiety.
- ◆ **INFECTIONS:** Some viruses and other infections, such as mononucleosis, hepatitis, and HIV can produce symptoms of depression.

TREATMENTS FOR DEPRESSION

The Serotonin Myth

Six decades of scientific investigation have failed to prove that depression results from low serotonin levels in the brain. It is time for the “monoamine hypothesis” to be unceremoniously thrown out of psychiatric medicine.

This hypothesis originated from an accidental observation that tuberculosis patients experienced elevations in mood after being treated with iproniazid, which has some inhibitory action on the breakdown of monoamines. The antidepressant



drug empire was built upon this false premise, so it's not surprising these drugs have been disappointingly ineffective—they don't address the true cause of depression. With regard to this reductionistic chemical deficiency theory, the New England Journal of Medicine wrote:

“... Numerous studies of norepinephrine and serotonin metabolites in plasma, urine, and cerebrospinal fluid, as well as postmortem studies of the brains of patients with depression, have yet to reliably identify the purported deficiency.”

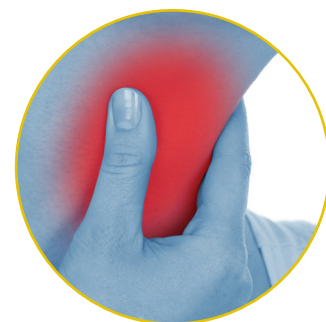
We have been taught to connect serotonin with feeling good, but now we know that high serotonin is actually associated with low mood, as well as Alzheimer's disease, schizophrenia and autism. Increased levels of serotonin, and its metabolite 5H1AA, are associated with suicide, violence, alcoholism, bulimia, and exhibitionism.³² When it comes to serotonin, more is definitely not better, and flooding the brain with it does not restore balance. The placebo effect likely accounts for most of the short-term positive gains from antidepressants, when they occur.

In reality, we know little about what these drugs are doing in the human brain. There is evidence they create perturbations in neurotransmitter function, not limited to serotonin and norepinephrine, causing the body to compensate in some way that differs from normal function. In the words of psychiatrist Kelly Brogan,³² “Changes in beta-adrenergic receptor density, serotonin autoreceptor sensitivity, and serotonin turnover all struggle to compensate for the assault of the medication.”

The Failure of Antidepressant Drugs

Long-term treatment with antidepressant drugs produces notoriously poor functional outcomes, and at least two studies show patients doing worse medicated than unmedicated.

Unlike the mess of contradictory studies around short-term effects, there are NO studies that show improved outcomes when antidepressants are prescribed long term. Adverse effects are rampant for antidepressant drugs, from sexual dysfunction to insomnia, weight gain and dysglycemia, to aggression and violence. According to data collected from FDA's Adverse Event Reporting System (VAERS), five of the top 10 violence-inducing drugs are antidepressants.³³



A new study³⁴ published in PLOS Medicine confirms what many have intuited for decades: antidepressants cause violent behavior. The study found young adults, between the ages of 15 and 24, nearly 50 percent more likely to be convicted of a homicide, assault, robbery, arson, kidnapping, sexual offense or other violent crime when taking an antidepressant, versus those unmedicated.

But there are other serious adverse effects. Among those with unipolar depression, treatment with an antidepressant drug increases the risk for [mania](#). Treatment with paroxetine (Paxil) has been found to reduce [thyroid](#) hormone levels by 11.2 percent. This is particularly problematic because hypothyroidism is an often-ignored factor in depression and other forms of mental illness. Dr. Brogan reports that, among her depression patients, low thyroid accounts for the vast majority of symptoms.³⁵

Epidemic Malnutrition

Julia Ross, clinical psychologist and author of *The Mood Cure*, writes that standard Western diets have deteriorated to the point of “[epidemic malnutrition](#),” largely stemming from the low-fat diet craze and massive quantities of corn sweeteners added to foods since the 1970s.



Ross describes the first symptoms of malnutrition as “false moods,” arising from inadequate production of four specific neurotransmitters (serotonin, catecholamines, GABA and endorphins). The body cannot manufacture these chemicals if the diet is deficient in amino acids, and this gives rise to symptoms of depression, apathy, anger or irritability, violence, and poor stress coping. Ross claims a whole foods diet is essential to correcting mood disorders, with an emphasis on saturated fats, fairly high protein and fresh vegetables. One of the amino acids critical for optimal brain function is tryptophan.

The Tryptophan-Niacin-Serotonin Connection

Niacin, or vitamin B3, is a vitamin directly linked with your mood. Niacin deficiencies may contribute to neuropsychiatric and neurodegenerative disorders. Antidepressants may actually cause [niacin deficiency](#), especially for those whose diets are suboptimal in the first place, because these drugs alter normal tryptophan and serotonin pathways.



Your body uses the amino acid tryptophan to manufacture both niacin and serotonin (serotonin also requires vitamin B6 and magnesium for synthesis). You can only get tryptophan from food—your body cannot make it. Niacin or tryptophan deficiency can lead to insomnia, depression, anxiety and irritability. If you have niacin deficiency, your body will use all available dietary tryptophan to synthesize niacin, leaving little remaining for serotonin. Pellagra is a severe form

of niacin deficiency characterized by delusions, confusion, depression, diarrhea, nausea, vomiting, memory loss, dermatitis and inflamed mucous membranes, and if left untreated, it can be fatal.

In his video interview, Dr. Andrew Saul discusses the successful application of [niacin in the treatment of suicidal depression](#). He claims a large dose of niacin can reduce severe depression symptoms, even suicidality, in as little as 15 minutes. He also encourages the consumption of cashews, stating two handfuls provide the tryptophan equivalent of dose of Prozac. One study found [L-tryptophan](#) as effective as imipramine in treating depression.

Omega-3 Fats: A Neuron's Best Friend

Your brain is made up of about 60 percent fat. Omega-3 fats play a crucial role in normal brain function, as well as growth and development. The standard American diet contains far too many omega-6 fats and far too few omega-3s, which drives up inflammation. The importance of inflammation in depression has already been stated. Dr. Andrew Stoll, Harvard psychiatrist and author of *The Omega-3 Connection*, was one of the early advocates for treating depression with animal based omega-3 fats.



A recent study³⁶ published in the journal *Neurology* found lower red blood cell omega-3 (DHA) levels associated with smaller brain volume and a “vascular” pattern of cognitive impairment, even in people without clinical dementia. Those with lower omega-3 levels had “older” brains and showed poorer performance on tests of visual memory, executive function, and abstract thinking— all suggestive of vascular degeneration.

Israeli researchers³⁷ looked at the effects of EPA supplementation on depression for three groups: as an adjunct to antidepressant therapy for patients with major depression, as a sole treatment for children with major depression, and as an add-on treatment for individuals with bipolar depression. In all three groups, omega-3 supplementation was found more effective than placebo.

In another [study](#), EPA and fluoxetine (Prozac) had equal therapeutic benefits for patients with major depressive disorder. Omega-3 fatty acid supplementation has also been shown to relieve depression and improve quality of life for those undergoing [hemodialysis](#).

Other Food for Your Mood

A number of other foods, herbs and [natural agents](#) have been shown in clinical studies to be beneficial. The following is just a sample—there are 50 agents listed on the Greenmedinfo database showing efficacy for [depression](#). Since depression has many potential causes, you might have to do a bit of experimentation to find the best treatments for you.



- ♦ **VITAMIN C:** Even moderately low levels of vitamin C have been linked with depression. Vitamin C works together with the enzyme dopamine-beta-hydroxylase to convert dopamine into norepinephrine, which plays an important role in the regulation of mood.³⁸ The link between vitamin C deficiency and depression may relate to diminished neurotransmitter levels.

The scientific literature shows the benefits of vitamin C for depression in people of all ages. One study³⁹ found vitamin C an effective adjuvant in the treatment of major depression in pediatric patients. Another⁴⁰ correlated low levels of vitamin C with both depression and higher mortality rates among adults over age 65.

- ♦ **HOMEOPATHY:** Individualized [homeopathic medicine](#) was shown to be as effective and better tolerated than Prozac for acute depression.
- ♦ [Kava Kava:](#) An aqueous extract of [Kava](#) produced significant relief for both depression and anxiety, without serious adverse effects or hepatotoxicity.
- ♦ **ESSENTIAL OILS:** [Lavender](#), [bergamot](#), [rosemary](#), clary sage and ylang ylang have scientifically supported benefits.⁴¹
- ♦ [Chamomile:](#) Clinically effective for both depression and anxiety, as well as being beneficial for sleep.
- ♦ [Saffron \(crocus sativus L\):](#) Several studies support the efficacy of saffron. A meta-analysis showed saffron improved symptoms in adults with major depression. Another [study](#) showed saffron to have equal efficacy as fluoxetine (Prozac) for depressed patients possessing a cardiac history. And yet another [study](#) showed saffron's benefits equal to the drug imipramine for mild to moderate depression.
- ♦ [Blue-green algae:](#) Found to improve “life, mood, anxiety and depressive attitude” among menopausal women.

- ◆ [Chlorella](#): In an Australian study, patients with major depression experienced a significant reduction in depression and anxiety after taking chlorella for six weeks; chlorella contains proteins that stimulate growth hormone and brain neurotransmitters.
- ◆ [Rhodiola](#): Performed better than Zoloft (sertraline) for patients with major depression in a University of Pennsylvania study.
- ◆ [Turmeric](#): Turmeric and its active agent, curcumin, were found safe and more effective than Prozac for treating various states of depression in an Indian study.
- ◆ [St. John's Wort \(*Hypericum perforatum*\)](#): A meta-analysis found St. John's Wort as effective as SSRIs in the treatment of Depressive Disorder, with fewer adverse effects.
- ◆ [Valerian](#): Reduces anxiety and depression without interfering with muscle function, because it is not actually a sedative.
- ◆ [Acetyl-L-carnitine](#): Two studies show efficacy for geriatric depression.
- ◆ [Ayahuasca](#): Ayahuasca is a bitter tea made from a blend of traditional Amazonian plants consumed by native peoples of Peru, Brazil, Columbia and Ecuador. This elixir has been shown to produce significant, often-immediate improvements in depression, with long lasting and sometimes permanent benefits. However, it should be consumed as part of a healing ceremony under the guidance of a qualified shaman. [Ayahuasca](#) has been shown to benefit 12 different mental disorders, including anxiety, drug addiction and withdrawal.

Are Moods Contagious?

Given what we now know about chronic stress, especially during childhood, the importance of treating depression from a holistic perspective cannot be overemphasized. In addition to nutrition, we must address psychosocial and spiritual health and the body's energy systems. These are all typically neglected in the allopathic model, yet are critical aspects of both mental and physical health.



In depression, factors such as social engagement come into play. Research shows having a strong social network of good friends is a significant factor in longevity—those who are socially isolated may experience poor health and a shorter lifespan. It turns out that *healthy moods are contagious*. A study⁴² found that depression itself is not a transmittable disease—it doesn't “spread” among people in close association, but healthy moods are contagious. Surrounding oneself with friends

who enjoy positive moods is associated with significantly reduced depression risk, as well as better chances of recovery from a depressive episode. So, surround yourself with happy people!

The energy system of the body can be supported through [massage](#), acupuncture, EFT, meditation, yoga, tai chi, and a number of other practices, many now receiving long-deserved “legitimization” by science. For example, [acupuncture](#) has been shown superior to Prozac for reducing depression symptoms, and [Tai Chi](#) was shown to produce have broadly beneficial psychological impacts, ranging from increased self-esteem to reduced stress, anxiety, and mood disturbances (including depression).

[Yoga](#), laughter, dance, gardening and even [music](#) can be fun and effective mood-elevating practices. Even [gardening](#) (or “therapeutic horticulture”) was found to “decrease depression severity and improve perceived attentional capacity by engaging effortless attention and interrupting rumination.”

Clinical EFT for Depression and Anxiety

EFT is a powerful energy psychology tool for both physical and emotional issues. EFT, also called “tapping,” is a form of psychological acupressure that harnesses the same energy meridians used in traditional acupuncture, but without needles. You can learn EFT on your own or enlist the help of a trained practitioner.



There are many styles of EFT, but only “Clinical EFT” has undergone the rigors of scientific study. A number of studies have confirmed its effectiveness for depression and anxiety, including several studies involving veterans with PTSD. As discussed earlier, chronic stress and its sequelae are highly significant drivers of depression (and chronic illness), so tools that modulate stress are invaluable. The following Clinical EFT studies offer good validation:

- ◆ A study⁴³ of veterans with PTSD who participated in the [Veterans Stress Project](#) showed an impressive reduction of symptoms related to depression, anxiety and pain. Results of this study were consistent with prior studies: Clinical EFT reduced symptoms of depression and improved overall mental health of vets, producing long-term gains from relatively brief interventions.
- ◆ In a study of 238 moderately to severely depressed college students, four 90-minute group sessions of Clinical EFT resulted in fewer depression symptoms than the control group that received no treatment.
- ◆ Clinical EFT studies⁴⁴ have demonstrated efficacy for reducing teacher burnout, the stress of breast cancer treatment, fibromyalgia, obesity, caregiving, phobias, and even psoriasis.

Bright Light Therapy if You're Feeling SAD

[Bright light therapy](#) (BLT) has a proven track record of success in the treatment of seasonal affective disorder (SAD), but new data shows light therapy (30 minutes daily for eight weeks) to be more effective than Prozac among patients with significant depression. Of greatest significance is that 43.8 percent of patients went into remission after receiving BLT, compared to only 19.4 percent of those taking Prozac. [Researchers](#) found similar benefits in a prior study from the University of Maryland School of Medicine.



Blue light has been found particularly beneficial for boosting mood, as it appears to play a key role in the brain's ability to process emotions.⁴⁵

As already discussed, sunlight offers benefits for your mood, but it also appears to exert beneficial effects on cognition. A study found decreased sunlight exposure associated with increased cognitive impairment in depressed individuals. This is probably related to vitamin D regulation, but there are likely additional factors at play, such as connecting with nature, exercise, and grounding.

Grounding (also known as earthing) is the electrically conductive contact of your body with the surface of the Earth, such as walking barefoot on grass. Studies are mostly preliminary, and none to date measure the direct effects of earthing on depression. However, emerging research points to a variety of health benefits, including reduced inflammation and improved immune response.⁴⁶ A pilot study found that sleeping on an earthing mattress for eight weeks reduced cortisol levels and had positive benefits on sleep, pain and stress (reduced anxiety, depression symptoms and irritability, per self report).

Harnessing the Healing Power of Electromagnetism

It has long been known that electricity can be used to create positive effects in the brain, if handled with care. This makes sense when you consider that, as humans, we are run by billions of electrical impulses every day of our lives.



Electroconvulsive therapy (commonly known as ECT) dates back to the 1930s and has been used to treat multiple psychiatric illnesses, especially severe depression and psychosis. Early forms of ECT caused a number of serious problems, giving rise to its major stigma since the 1960s. Fortunately, ECT has improved dramatically over the past 40 years in terms of its effectiveness, safety and comfort. It's generally reserved for patients who fail to respond to medications or who cannot tolerate drug side effects.

Now that you have dozens of natural alternatives at your disposal, your odds of needing to resort to something like ECT for relief from depression are thankfully very slim. There are now two “milder forms” of electromagnetic treatment that are more accessible and have fewer adverse effects: TMS and tDCS.

1. **TMS (TRANSCRANIAL MAGNETIC STIMULATION):** TMS is a non-invasive method of brain stimulation that involves the placement of an electromagnetic coil on the scalp, focused over an area of the brain thought to help regulate mood. Anesthesia is not required. The coil generates brief magnetic impulses, similar to those generated by MRI machines. TMS is now federally approved to treat certain types of depression, but it does carry some risk of seizures, and if your insurance doesn't cover it, it will set you back about \$10,000.⁴⁷
2. **TDCS (TRANSDERMAL DIRECT CURRENT STIMULATION):** tDCS is a promising new alternative for depression involving the transcranial administration of a low-level energy charge—equivalent to about one-400th of the current used in ECT. TDCS is administered for 20 to 30 minutes while an individual is conscious. The impulses are less focal than TMS, more diffuse, and appear to make nerve cells communicate more effectively with each other, without being strong enough to actually make them fire. TDCS has been observed to exert some positive cognitive effects, such as enhancing mental processing speed in depressed people, although the studies on this are inconclusive.^{48,49}

The advantages of tDCS are that it's much lower risk, does not cause seizures or memory loss, and is inexpensive and portable, even showing potential for home use. Clinical studies are mixed. One study⁵⁰ published in the *British Journal of Psychiatry* involving 64 patients reported that tDCS was both beneficial and safe. More studies are underway.

Summary

The verdict is in: decades of data reveal an almost universally abysmal track record for antidepressant drugs. Depression is a complicated illness with a multitude of comingling factors—and a multitude of potential treatments. This report brings you up to date on the latest brain science as it pertains to models of depression and an overview of natural treatments that are scientifically shown to be safe and effective in relieving symptoms of depression. Feeling better may be as simple as ramping up your vitamin intake and moving your body more during the day, but finding what works for you may require some experimentation.

The information provided in this report will have you well on your way. Further information can be obtained on the [Depression](#) page of Greenmedinfo.com, or the attached hyperlinked research guide attached below. For specific help with [Postpartum Depression](#), please refer to our downloadable document.

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Research Topic

Depression

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Overview of Terms

Associated with Your Search Topic

111 Relevant Results for Substances

Substance Name	Cumulative Knowledge	Article Count
Curcumin	84	14
Vitamin D	80	7
Saffron	53	6
Omega-3 Fatty Acids	52	6
Homeopathic Medicine: All	50	5
Lavender	40	4
Ayahuasca	34	7
Psilocybin	32	5
Rhodiola (Tibetan Ginseng)	32	4
Kava Kava	30	2
Magnesium	30	3
SAME (S-adenosylmethionine)	30	2
Tryptophan	30	3
Probiotics	24	5
Ginkgo biloba	21	2
Acetyl-L-carnitine	20	2
Bergamot	20	2
Chlorella (Algae)	20	2
DHA (Docosahexaenoic Acid)	20	2
Docosahexaenoic acid (DHA)	20	1
EPA (Eicosapentaenoic Acid)	20	2
Eicosapentaenoic acid (EPA)	20	1
Fruit: All	20	1
Lavender: Essential Oil	20	1

Soy	20	2
Vegetables: All	20	1
Rosemary	16	4
Cocoa	11	2
Lion's Mane (Hericium Erinaceus)	11	2
Polyunsaturated Fatty Acids (PUFAs)	11	2
5-HTP (5-Hydroxytryptophan)	10	1
Blue-Green Algae	10	1
Chamomile	10	1
Coenzyme Q10	10	1
Coffee	10	1
DHEA (Dehydroepiandrosterone)	10	1
Essential Fatty Acids	10	1
Eucalyptus	10	1
Fish	10	1
Frankincense	10	1
Goji	10	1
Marjoram	10	1
Motherwort	10	1
Niacin	10	1
Piperidines	10	1
Selenium	10	1
Vitamin E	10	1
Zinc	10	1
Cannabidiol	8	5
Piperine	8	4
Melatonin	6	4
Bacopa	5	3

Polyphenols	5	4
Resveratrol	5	3
Gardenia	4	2
Fiber	3	1
Flavonoids	3	2
Green Tea	3	2
Lysergic Acid Diethylamide (LSD)	3	3
Salvia divinorum	3	2
Apigenin	2	1
Asparagus	2	1
Astaxanthin	2	1
Bamboo	2	1
Berberine	2	1
Bifidobacterium Infantis	2	1
Bifidobacterium Longum	2	1
Bitter Orange	2	1
Black Pepper	2	1
Cannabinoids	2	1
Cannabis	2	1
Catuaba	2	1
Chokeberry	2	1
Dandelion	2	1
Delta-tetrahydrocannabinol (THC)	2	1
Dill	2	1
Feijoa	2	1
Fenugreek	2	1
Flaxseed	2	1
Geraniol	2	1
Krill	2	1

Lactobacillus rhamnosus	2	1
Lettuce	2	1
Lobelia	2	1
Luteolin	2	1
Magnolia	2	1
Mango	2	1
Moringa oleifera	2	1
Musk (Animal)	2	1
Myricetin	2	1
Nutmeg	2	1
Onion	2	1
Panax Ginseng	2	1
Perilla	2	1
Pycnogenol (Pine Bark)	2	1
Sesamol	2	1
Silibinin	2	1
Sulforaphane	2	1
Thistle	2	1
Tualang Honey	2	1
Valerian	2	1
ALA (Alpha-Linolenic Acid)	1	1
Anthocyanins	1	1
Catechin	1	1
Chrysin	1	1
Curcumin: Degradation byproducts	1	1
Folic Acid	1	1
Graviola	1	1
Oak	1	1

Prebiotics	1	1
St. Johns Wort	1	2

23 Relevant Results for Problem Substances

Problem Substance Name	Cumulative Knowledge	Article Count
Fluoxetine (trade name Prozac)	132	14
Antidepressants	61	6
Sertraline	34	5
Selective Serotonin Reuptake Inhibitors (SSRIs)	22	3
Eszopiclone	20	1
Hypnotic Drugs	20	1
Ramelteon	20	1
Statin Drugs	20	2
Zaleplon	20	1
Zolpidem (trade name Ambien)	20	1
Simvastatin	11	2
Analgesic: Non-opioid	10	1
Fenofibrates	10	1
Fried Foods	10	1
Gliadin	10	1
Hydrocarbons	10	1
Nicotine	10	1
Phthalates	10	1
Sugar Sweetened Beverages	10	1
Tobacco: Smoking	10	1
Paroxetine (trade names Seroxat, Paxil)	3	1
Monosodium Glutamate (MSG)	2	1

34 Relevant Results for Therapeutic Actions

Therapeutic Action Name	Cumulative Knowledge	Article Count
Acupuncture	100	10
Integrative Medicine	40	4
Massage/Therapeutic Touch	40	3
Yoga	40	4
Exercise	31	3
Shinrin-yoku (taking in the atmosphere of the forest)	31	4
Horticultural Therapy (Gardening)	30	3
Mindfulness Training	30	3
Exercise: Green	21	3
Aromatherapy	20	2
Electroacupuncture	20	2
Exercise: Aerobic	20	2
Light Therapy	20	2
Music	20	1
Placebo Effect	20	2
Acupressure	10	1
Acupressure: Auricular	10	1
Aromatherapy Massage	10	1
Cognitive Behavioural Approaches	10	1
Color Therapy	10	1
Dancing	10	1
Dietary Modification: Mediterranean Diet	10	1
Homeopathic Treatment	10	1
Hormone Replacement Therapy	10	1

Hydrotherapy	10	1
Hypnosis	10	1
Laughter/Humor	10	1
Meditation	10	1
Positive Mood	10	1
Reiki Therapy	10	1
Sauna Therapy	10	1
Sunlight exposure	10	1
Therapeutic Breathing	10	1
Guided Imagery	1	1

8 Relevant Results for Problematic Actions

Problematic Action Name	Cumulative Knowledge	Article Count
Chemotherapy	20	1
Angioplasty	10	1
Electromagnetic Fields	10	1
Nocebo Effect	10	1
Western Diet	10	1
X-ray Mammography	10	1
Prenatal Stress	2	1
Stress	2	1

129 Relevant Results for Diseases

Disease/Symptom	Cumulative Knowledge	Article Count
Anxiety Disorders	336	53
Depressive Disorder	198	23
Inflammation	81	15

Vitamin D Deficiency	50	5
Oxidative Stress	47	7
Fatigue	41	4
Elderly: Age Specific Diseases	40	4
Insomnia	40	3
Hypertension	32	5
Statin-Induced Pathologies	31	4
Menopausal Syndrome	30	3
Psychiatric Disorders	26	8
Pain	24	5
Stroke: Attenuation/Recovery	23	4
Chemotherapy-Induced Toxicity	21	2
Dementia	21	2
Aggression	20	2
Bipolar Disorder	20	2
Breast Cancer	20	2
Depression: Bipolar	20	2
Depression: Postmenopausal	20	2
Fibromyalgia	20	2
Rheumatoid Arthritis	20	2
Cognitive Decline/Dysfunction	15	4
Gut Brain Axis: Imbalance	13	3
Mood Disorders	13	4
Stress	13	8
Anxiety	12	2
Chronic Pain	12	2
Suicidal Behavior	11	2
Adolescent Diseases	10	1

Advanced Glycation End products (AGE)	10	1
Aging: Immunosenescence	10	1
Asthma	10	1
Back Pain	10	1
Breast Cancer: Diagnosis	10	1
C-Reactive Protein	10	1
Cardiovascular Disease: Prevention	10	1
Celiac Disease	10	1
Celiac Disease: Diagnostic Considerations	10	1
Chronic Fatigue Syndrome	10	1
Chronic Illness	10	1
Circadian Dysregulation	10	1
Cough	10	1
Drug-Induced Toxicity	10	1
Eczema	10	1
End-Stage Renal Disease	10	1
Fatigue: Cancer-Associated	10	1
Fetal Origin of Adult Disease	10	1
HIV Infections	10	1
Headache: Migraine	10	1
Headaches	10	1
Heavy Metal Toxicity	10	1
High Fructose Diet	10	1
Hypothyroidism	10	1
Immune Dysregulation: TH1/TH2 imbalance	10	1
Impotence	10	1
Insulin Resistance	10	1
Irritable Bowel Syndrome	10	1

Kidney Failure	10	1
Kidney Failure: Chronic	10	1
Low Cholesterol	10	1
Low Testosterone	10	1
Magnesium Deficiency	10	1
Memory Disorders: Drug-Induced	10	1
Obsessive-Compulsive Disorder	10	1
Osteoarthritis	10	1
Overweight	10	1
Perimenopausal Syndrome	10	1
Periodontitis	10	1
Post-Traumatic Stress Disorders (PTSD)	10	1
Premenstrual syndrome	10	1
Prenatal Chemical Exposures	10	1
Psychological Distress	10	1
Quality of Life: Poor	10	1
Restless Legs Syndrome	10	1
Sleep Disorders	10	1
Spinal Cord Inflammation	10	1
Spinal Cord Injuries	10	1
Stroke: Ischemic	10	1
Suicidal Ideation	10	1
Unipolar Depression	10	1
Brain Inflammation	5	5
Schizophrenia	4	4
Alzheimer's Disease	3	3
Cancers: All	3	3
Generalized Anxiety Disorder	3	1

Hair Loss	3	1
Hypoglycemia	3	1
Memory Disorders	3	2
Neurodegenerative Diseases	3	3
Alcohol Toxicity	2	1
Atherosclerosis	2	1
Drug Abuse	2	2
Epilepsy	2	2
HPA Axis Dysregulation	2	1
High Fat Diet	2	1
Infant Problems: Maternal Separation	2	1
Lipid Peroxidation	2	1
Neuropathic Pain	2	1
Ovariectomy Associated Adverse Changes	2	1
Postmenopausal Disorder: Brain/Nervous System Pathology	2	1
Attention Deficit Disorder	1	1
Attention Deficit Hyperactivity Disorder	1	1
Autism Spectrum Disorders	1	1
Brain Damage	1	1
Brain Ischemia	1	1
Cardiovascular Diseases	1	1
Diabetes Mellitus: Type 2	1	1
Drug Dependence	1	1
Folic Acid/Folate Deficiency	1	1
Fungal Infection	1	1
Gastrointestinal Inflammation	1	1
High Homocysteine	1	1
Immune Disorders	1	1

Infertility	1	1
Learning disorders	1	1
Malaria	1	1
Nutritional Deficiencies	1	1
Obesity	1	1
Olfaction Disorders	1	1
Omega-3 Fatty Acid Deficiency	1	1
Parkinson's Disease	1	1
Psoriasis	1	1
Stroke	1	1
Toxoplasma gondii Infection	1	1
Toxoplasmosis	1	1
Violence	1	1
Cortisol: High	0	1

37 Relevant Results for Keywords

Keyword Name	Cumulative Knowledge	Article Count
Significant Treatment Outcome	192	20
Plant Extracts	159	26
Natural Substances Versus Drugs	156	17
Phytotherapy	114	12
Superiority of Natural Substances versus Drugs	83	10
Increased Risk	74	9
Risk Reduction	73	9
Natural Substance/Drug Synergy	50	5
Diseases that are Linked	45	9
Therapeutic Action Superior to Drug Therapy	40	4
25-hydroxyvitamin D	20	2

Adverse Events	20	1
Medication Reduction	20	2
Dietary Modification	13	2
Drug-Plant-Vitamin Synergies	12	2
Drug: Imipramine	12	2
Gene Expression	11	2
Antigliadin Antibodies (AGA)	10	1
Blood Pressure	10	1
Combat Disorders	10	1
False Positives	10	1
Fast Food	10	1
Food-Mood Correlation	10	1
Homeopathic Vs. Conventional Treatment	10	1
Placebo Response	10	1
Post Hoc Analysis	10	1
Predictors	10	1
Prozac Alternatives	10	1
Dose Response	6	3
Gut-brain Axis	4	3
Glycemic Index	3	1
Drug: Fluoxetine	2	1
Essential Oils	2	1
Stilbenes	2	1
Transgenerational Epigenetic Modification	2	1
Cytokines	1	1
Drug-Nutrient Depletion	1	1

45 Relevant Results for Pharmacological Actions

Cumulative Article

Pharmacological Action Name	Knowledge	Count
Antidepressive Agents	736	125
Anti-Anxiety Agents	91	21
Anxiolytic	42	5
Anti-Inflammatory Agents	36	13
Anticholesteremic Agents	31	4
Antioxidants	23	10
Antihypertensive Agents	22	4
Analgesics	16	4
Neuroprotective Agents	14	10
Tumor Necrosis Factor (TNF) Alpha Inhibitor	14	3
Immunomodulatory	13	4
Neuroplasticity enhancement	12	2
Adiponectin upregulation	10	1
Dermatologic Agents	10	1
Dopamine Agents	10	1
Immunostimulatory	10	1
Interleukin-1 beta downregulation	10	1
Malondialdehyde Down-regulation	10	1
Monoaminergic	6	3
Serotonergic	6	3
Interleukin-6 Downregulation	4	2
Neurogenesis	4	2
Adrenergic Agents	2	1
Anti-Apoptotic	2	1
Anticoagulants	2	1
Antinoceptive	2	1
Brain-derived neurotrophic factor modulator	2	1

Catalase Up-Regulation	2	1
Dopaminergic	2	1
Glutathione Upregulation	2	1
NF-kappaB Inhibitor	2	1
Noradrenergic	2	1
Superoxide Dismutase Up-regulation	2	1
5-HTergic	1	1
Anti-Platelet	1	1
Anticarcinogenic Agents	1	1
Anticonvulsants	1	1
Antifungal Agents	1	1
Antimalarials	1	1
Cardioprotective	1	1
Cytoprotective	1	1
Hepatoprotective	1	1
Hypolipidemic	1	1
Neuritogenic	1	1
Prophylactic Agents	1	1

7 Relevant Results for Adverse Pharmacological Actions

Adverse Pharmacological Action Name	Cumulative Knowledge	Article Count
Neurotoxic	22	3
Inflammatory	20	1
Tumor necrosis factorα (TNFα) up-regulation	20	1
Endocrine Disruptor	10	1
Endocrine Disruptor: Thyroid	10	1
Thyroid Suppressive	10	1
Anxiogenic	2	1

View the Evidence.
264 Research Articles in Total.

Category : Substances

**5-HTP (5-Hydroxytryptophan) (AC 1)
(CK 10)**

Comparative study of efficacy of l-5-hydroxytryptophan and fluoxetine in patients presenting with first depressive episode.

Pubmed Data : Asian J Psychiatr. 2013 Feb ;6(1):29-34. Epub 2012 Jul 12. PMID: [23380314](#)

Article Published Date : Jan 31, 2013

Authors : Purushottam Jangid, Prerna Malik, Priti Singh, Minakshi Sharma, Anil Kumar D Gulia

Study Type : Human Study

Additional Links

Substances : 5-HTP (5-Hydroxytryptophan) : CK(74) : AC(10)

Diseases : Depression : CK(1820) : AC(263)

Additional Keywords : Natural Substances Versus Drugs : CK(1694) : AC(300)

Problem Substances : Fluoxetine (trade name Prozac) : CK(288) : AC(50)

**ALA (Alpha-Linolenic Acid) (AC 1) (CK
1)**

This review highlights how administration of ALA protects against rodent models of hypoxic-ischemic injury and

exerts an anti depressant like activity and may be applied in stroke prevention.

Pubmed Data : Biomed Res Int. 2015 ;2015:519830. Epub 2015 Feb 19. PMID: [25789320](#)

Article Published Date : Dec 31, 2014

Authors : Nicolas Blondeau, Robert H Lipsky, Miled Bourourou, Mark W Duncan, Philip B Gorelick, Ann M Marini

Study Type : Review

Additional Links

Substances : [ALA \(Alpha-Linolenic Acid\)](#) : CK(48) : AC(8)

Diseases : [Depression](#) : CK(1818) : AC(262), [Depression](#) : CK(1818) : AC(262), [Stroke: Attenuation/Recovery](#) : CK(345) : AC(74)

Pharmacological Actions : [Anti-Inflammatory Agents](#) : CK(4499) : AC(1573), [Antidepressive Agents](#) : CK(986) : AC(157), [Neuroprotective Agents](#) : CK(2235) : AC(1052)

Additional Keywords : [Risk Reduction](#) : CK(6136) : AC(658)

Acetyl-L-carnitine (AC 2) (CK 20)

Acetyl-L-carnitine improves depression in senile patients.

Pubmed Data : Drugs Exp Clin Res. 1990;16(2):101-6. PMID: [2205455](#)

Article Published Date : Jan 01, 1990

Authors : G Garzya, D Corallo, A Fiore, G Lecciso, G Petrelli, C Zotti

Study Type : Human Study

Additional Links

Substances : [Acetyl-L-carnitine](#) : CK(211) : AC(36)

Diseases : [Depression](#) : CK(1820) : AC(263), [Elderly: Age Specific Diseases](#) : CK(442) : AC(38)

Acetyl-L-carnitine may have therapeutic properties in geriatric depression.

Pubmed Data : Int J Neurosci. 2003 Dec;113(12):1691-701. PMID: [12047496](#)

Article Published Date : Dec 01, 2003

Authors : Jay W Pettegrew, Joseph Levine, Samuel Gershon, Jeffrey A Stanley, David Servan-Schreiber, Kanagasabai Panchalingam, Richard J McClure

Study Type : Human Study

Additional Links

Substances : [Acetyl-L-carnitine](#) : CK(211) : AC(36)

Diseases : [Depression](#) : CK(1820) : AC(263), [Elderly: Age Specific Diseases](#) : CK(442) : AC(38)

Anthocyanins (AC 1) (CK 1)

Growing evidence suggests that consumption natural products, micronutrients, and nutraceuticals may delay the onset and progression of depression.

Pubmed Data : Nutr Neurosci. 2015 Nov 27. Epub 2015 Nov 27. PMID: [26613119](#)

Article Published Date : Nov 26, 2015

Authors : Seyed Mohammad Nabavi, Maria Daglia, Nady Braidy, Seyed Fazel Nabavi

Study Type : Review

Additional Links

Substances : Anthocyanins : CK(332) : AC(114), Catechin : CK(512) : AC(169), Cocoa : CK(522) : AC(77), Omega-3 Fatty Acids : CK(3268) : AC(387), Polyphenols : CK(920) : AC(333), Resveratrol : CK(1232) : AC(737)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Plant Extracts : CK(7288) : AC(2419)

Apigenin (AC 1) (CK 2)

These findings intensively confirmed the antidepressant-like effects of apigenin in animals.

Pubmed Data : Eur J Pharmacol. 2016 Jan 27. Epub 2016 Jan 27. PMID: [26826594](#)

Article Published Date : Jan 26, 2016

Authors : Lianjin Weng, Xiaohua Guo, Yang Li, Xin Yang, Yuanyuan Han

Study Type : Animal Study

Additional Links

Substances : Apigenin : CK(158) : AC(101)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Asparagus (AC 1) (CK 2)

Asparagus cochinchinensis has antidepressant-like and neuroprotective effects.

Pubmed Data : Neuroscience. 2016 Mar 3. Epub 2016 Mar 3. PMID: [26947129](#)

Article Published Date : Mar 02, 2016

Authors : A Jalsrai, T Numakawa, H Kunugi, D Dieterich, A Becker

Study Type : Animal Study, In Vitro Study

Additional Links

Substances : [Asparagus](#) : CK(15) : AC(12)

Diseases : [Depression](#) : CK(1820) : AC(263)

Pharmacological Actions : [Antidepressive Agents](#) : CK(986) : AC(157), [Neuroprotective Agents](#) : CK(2235) : AC(1052)

Additional Keywords : [Plant Extracts](#) : CK(7288) : AC(2419)

Astaxanthin (AC 1) (CK 2)

Astaxanthin protects against alcohol-induced cortical spreading depression in rats.

Pubmed Data : Alcohol Clin Exp Res. 2008 Aug;32(8):1417-21. Epub 2008 Jun 6. PMID: [18540920](#)

Article Published Date : Aug 01, 2008

Authors : Ricardo Abadie-Guedes, Suzan Diniz Santos, Thiago Barbosa Cahú, Rubem Carlos Araújo Guedes, Ranilson de Souza Bezerra

Study Type : Animal Study

Additional Links

Substances : [Astaxanthin](#) : CK(406) : AC(146)

Diseases : [Alcohol Toxicity](#) : CK(294) : AC(119), [Depression](#) : CK(1820) : AC(263)

Pharmacological Actions : [Neuroprotective Agents](#) : CK(2235) : AC(1052)

Ayahuasca (AC 7) (CK 34)

Ayahuasca could be of use in the treatment of impulse-related, personality and substance use disorders and also in the handling of trauma.

Pubmed Data : Brain Res Bull. 2016 Mar 11. Epub 2016 Mar 11. PMID: [26976063](#)

Article Published Date : Mar 10, 2016

Authors : Elisabet Domínguez-Clavé, Joaquim Soler, Matilde Elices, Juan C Pascual, Enrique Álvarez, Mario de la Fuente Revenga, Pablo Friedlander, Amanda Feilding, Jordi Riba

Study Type : Review

Additional Links

Substances : Ayahuasca : CK(370) : AC(58)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263), Drug Abuse : CK(2) : AC(1), Psychiatric Disorders : CK(110) : AC(27)

Pharmacological Actions : Anti-Anxiety Agents : CK(334) : AC(56), Antidepressive Agents : CK(986) : AC(157)

Ayahuasca has therapeutic potential in depression and that this potential is due to an increase in mindfulness capacities.

Pubmed Data : Psychopharmacology (Berl). 2016 Mar ;233(5):823-9. Epub 2015 Nov 27. PMID: [26612618](#)

Article Published Date : Feb 29, 2016

Authors : Joaquim Soler, Matilde Elices, Alba Franquesa, Steven Barker, Pablo Friedlander, Amanda Feilding, Juan C Pascual, Jordi Riba

Study Type : Human Study

Additional Links

Substances : Ayahuasca : CK(370) : AC(58)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Significant Treatment Outcome : CK(3028) : AC(365)

Ayahuasca may have fast-acting and sustained anti-depressive properties.

Pubmed Data : J Clin Psychopharmacol. 2015 Dec 8. Epub 2015 Dec 8. PMID: [26650973](#)

Article Published Date : Dec 07, 2015

Authors : Rafael Faria Sanches, Flávia de Lima Osório, Rafael G Dos Santos, Ligia R H Macedo, João Paulo Maia-de-Oliveira, Lauro Wichert-Ana, Draulio Barros de Araujo, Jordi Riba, José Alexandre S

Crippa, Jaime E C Hallak

Study Type : Human Study

Additional Links

Substances : Ayahuasca : CK(370) : AC(58)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Ayahuasca, psilocybin and LSD may be useful tools for the treatment of drug dependence, and anxiety and mood disorders.

Pubmed Data : Ther Adv Psychopharmacol. 2016 Jun ;6(3):193-213. Epub 2016 Mar 18. PMID: [27354908](#)

Article Published Date : May 31, 2016

Authors : Rafael G Dos Santos, Flávia L Osório, José Alexandre S Crippa, Jordi Riba, Antônio W Zuardi, Jaime E C Hallak

Study Type : Review

Additional Links

Substances : Ayahuasca : CK(370) : AC(58), Lysergic Acid Diethylamide (LSD) : CK(76) : AC(13), Psilocybin : CK(87) : AC(12)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263), Drug Dependence : CK(2) : AC(2)

Pharmacological Actions : Anti-Anxiety Agents : CK(334) : AC(56), Antidepressive Agents : CK(986) : AC(157)

The present investigation demonstrates that ayahuasca has significant and quite impressive acute antidepressive effects.

Pubmed Data : Rev Bras Psiquiatr. 2015 Jan-Mar;37(1):13-20. PMID: [25806551](#)

Article Published Date : Dec 31, 2014

Authors : Flávia de L Osório, Rafael F Sanches, Ligia R Macedo, Rafael G dos Santos, João P Maia-de-Oliveira, Lauro Wichert-Ana, Draulio B de Araujo, Jordi Riba, José A Crippa, Jaime E Hallak

Study Type : Human Study

Additional Links

Substances : Ayahuasca : CK(370) : AC(58)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Natural Substances Versus Drugs : CK(1694) : AC(300), Significant Treatment Outcome : CK(3028) : AC(365)

The present review outlines the therapeutic potentials of

ayahuasca use in psychiatry.

Pubmed Data : Neuropsychopharmacol Hung. 2016 Jun ;18(2):79-86. PMID: [27390204](#)

Article Published Date : May 31, 2016

Authors : Ede Frecska, Petra Bokor, Gabor Andrassy, Attila Kovacs

Study Type : Review

Additional Links

Substances : Ayahuasca : CK(370) : AC(58)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263), Psychiatric Disorders : CK(110) : AC(27)

Pharmacological Actions : Anti-Anxiety Agents : CK(334) : AC(56), Antidepressive Agents : CK(986) : AC(157)

This systematic review suggest that ayahuasca and its alkaloids have anxiolytic and antidepressive properties.

Pubmed Data : Rev Bras Psiquiatr. 2016 Mar ;38(1):65-72. PMID: [27111702](#)

Article Published Date : Feb 29, 2016

Authors : Rafael G Dos Santos, Flávia L Osório, José Alexandre S Crippa, Jaime E C Hallak

Study Type : Review

Additional Links

Substances : Ayahuasca : CK(370) : AC(58)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263)

Pharmacological Actions : Anti-Anxiety Agents : CK(334) : AC(56), Antidepressive Agents : CK(986) : AC(157)

Bacopa (AC 3) (CK 5)

A methanolic extract of B. monniera possesses antidepressant-like activity in the animal behavioural models.

Pubmed Data : BMC Complement Altern Med. 2015 ;15:337. Epub 2015 Sep 25. PMID: [26407565](#)

Article Published Date : Dec 31, 2014

Authors : Abdul Mannan, Ariful Basher Abir, Rashidur Rahman

Study Type : Animal Study

Additional Links

Substances : Bacopa : CK(125) : AC(52)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Phytotherapy : CK(1175) : AC(216), Plant Extracts : CK(7288) : AC(2419)

Bacopa Monniera extract alleviates depression induced by chronic unpredictable stress.

Pubmed Data : Psychiatry Investig. 2014 Jul ;11(3):297-306. Epub 2014 Jul 21. PMID: [25110503](#)

Article Published Date : Jun 30, 2014

Authors : Ritabrata Banerjee, Somoday Hazra, Anup Kumar Ghosh, Amal Chandra Mondal

Study Type : Animal Study

Additional Links

Substances : Bacopa : CK(125) : AC(52)

Diseases : Depression : CK(1820) : AC(263), Stress : CK(611) : AC(101)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Dose Response : CK(1035) : AC(400)

This review discusses the chemical constituents of Brahmi along with in vitro and in vivo studies based on its pharmacological effects.

Pubmed Data : Front Pharmacol. 2016 ;7:44. Epub 2016 Mar 4. PMID: [26973531](#)

Article Published Date : Dec 31, 2015

Authors : Deepali Mathur, Kritika Goyal, Veena Koul, Akshay Anand

Study Type : Review

Additional Links

Substances : Bacopa : CK(125) : AC(52)

Diseases : Alzheimer's Disease : CK(1282) : AC(375), Depression : CK(1818) : AC(262), Parkinson's Disease : CK(525) : AC(163), Schizophrenia : CK(434) : AC(68), Stroke : CK(1322) : AC(163)

Pharmacological Actions : Anti-Anxiety Agents : CK(334) : AC(56), Anti-Inflammatory Agents : CK(4500) : AC(1574), Anticonvulsants : CK(235) : AC(65), Antidepressive Agents : CK(986) : AC(157), Antioxidants : CK(7191) : AC(2630), Cytoprotective : CK(176) : AC(87), Neuroprotective Agents : CK(2235) : AC(1052)

Additional Keywords : Risk Reduction : CK(6136) : AC(658)

Bamboo (AC 1) (CK 2)

Bamboo extracts have had an anxiolytic effect in mice.

Pubmed Data : Br J Nutr. 2012 Oct ;108(7):1143-9. Epub 2012 Feb 7. PMID: [22313665](#)

Article Published Date : Sep 30, 2012

Authors : Adeline Del Rosario, Mindy M McDermott, Jun Panee

Study Type : Animal Study

Additional Links

Substances : [Bamboo](#) : CK(65) : AC(32)

Diseases : [Anxiety Disorders](#) : CK(1215) : AC(180), [Depression](#) : CK(1818) : AC(262), [High Fat Diet](#) : CK(176) : AC(85), [Oxidative Stress](#) : CK(3800) : AC(1357)

Pharmacological Actions : [Anti-Anxiety Agents](#) : CK(334) : AC(56), [Antidepressive Agents](#) : CK(986) : AC(157)

Additional Keywords : [Phytotherapy](#) : CK(1175) : AC(216), [Plant Extracts](#) : CK(7288) : AC(2419)

Berberine (AC 1) (CK 2)

The findings of this study confirmed the antidepressant-like effect of berberine.

Pubmed Data : Neurosci Lett. 2016 Jan 7 ;614:77-82. Epub 2016 Jan 7. PMID: [26773864](#)

Article Published Date : Jan 06, 2016

Authors : Ji-Duo Shen, Li-Gang Ma, Chun-Yue Hu, Yang-Yi Pei, Shuang-Li Jin, Xiao-Yan Fang, Yu-Cheng Li

Study Type : Animal Study

Additional Links

Substances : [Berberine](#) : CK(299) : AC(156)

Diseases : [Depression](#) : CK(1820) : AC(263)

Pharmacological Actions : [Antidepressive Agents](#) : CK(986) : AC(157)

Bergamot (AC 2) (CK 20)

Essential oil hand massage was used with hospice patients with terminal cancer with a positive effect on pain and depression.

Pubmed Data : Taehan Kanho Hakhoe Chi. 2008 Aug ;38(4):493-502. PMID: [18753801](#)

Article Published Date : Jul 31, 2008

Authors : So Young Chang

Study Type : Human Study

Additional Links

Substances : Bergamot : CK(22) : AC(3), Frankincense : CK(22) : AC(1), Lavender : CK(363) : AC(45)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263), Pain : CK(825) : AC(134)

Therapeutic Actions : Aromatherapy Massage : CK(80) : AC(8)

The use of lavender and bergamot oils in massage are helpful in relieving depression and anxiety.

Pubmed Data : Nat Prod Commun. 2011 Aug ;6(8):1199-204. PMID: [21922934](#)

Article Published Date : Aug 01, 2011

Authors : Tapanee Hongratanaworakit

Study Type : Human Study

Additional Links

Substances : Bergamot : CK(22) : AC(3), Lavender : CK(363) : AC(45)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263)

Therapeutic Actions : Massage/Therapeutic Touch : CK(810) : AC(81)

Additional Keywords : Blood Pressure : CK(12) : AC(2)

Bifidobacterium Infantis (AC 1) (CK 2)

Bifidobacterium infantis ameliorates gut-brain axis dysfunction in the maternal separation model of depression.

Pubmed Data : Neuroscience. 2010 Nov 10;170(4):1179-88. Epub 2010 Aug 6. PMID: [20696216](#)

Article Published Date : Nov 10, 2010

Authors : L Desbonnet, L Garrett, G Clarke, B Kiely, J F Cryan, T G Dinan

Study Type : Animal Study

Additional Links

Substances : Bifidobacterium Infantis : CK(53) : AC(7)

Diseases : Depression : CK(1820) : AC(263), Gut Brain Axis: Imbalance : CK(22) : AC(9), Infant Problems: Maternal Separation : CK(6) : AC(3)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157), Interleukin-6

Bifidobacterium Longum (AC 1) (CK 2)

Bifidobacterium longum 1714 had a positive impact on cognition in mice.

Pubmed Data : Behav Brain Res. 2015 Jul 1 ;287:59-72. Epub 2015 Mar 17. PMID: [25794930](#)

Article Published Date : Jun 30, 2015

Authors : H M Savignac, M Tramullas, B Kiely, T G Dinan, J F Cryan

Study Type : Animal Study

Additional Links

Substances : Bifidobacterium Longum : CK(90) : AC(18), Probiotics : CK(2852) : AC(361)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Cognitive Decline/Dysfunction : CK(1138) : AC(212), Depression : CK(1820) : AC(263)

Pharmacological Actions : Anti-Anxiety Agents : CK(334) : AC(56), Antidepressive Agents : CK(986) : AC(157)

Bitter Orange (AC 1) (CK 2)

Zhi-Zi-Hou-Po significantly reversed the depressive-like behaviors, normalized the levels of adrenocorticotrophic hormone and corticosterone.

Pubmed Data : Phytomedicine. 2015 Dec 1 ;22(13):1178-85. Epub 2015 Nov 16. PMID: [26598917](#)

Article Published Date : Nov 30, 2015

Authors : Hang Xing, Kuo Zhang, Ruowen Zhang, Huiyan Shi, Kaishun Bi, Xiaohui Chen

Study Type : Animal Study

Additional Links

Substances : Bitter Orange : CK(1) : AC(1), Gardenia : CK(7) : AC(4), Magnolia : CK(50) : AC(18)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157), Neurogenesis : CK(59) : AC(30)

Additional Keywords : Plant Extracts : CK(7288) : AC(2419) , Plant Extracts : CK(7288) : AC(2419)

Black Pepper (AC 1) (CK 2)

The antidepressant-like effect of piperine involves the serotonergic system.

Pubmed Data : Prog Neuropsychopharmacol Biol Psychiatry. 2011 Apr 6. Epub 2011 Apr 6. PMID: [21477634](#)

Article Published Date : Apr 06, 2011

Authors : Qing-Qiu Mao, Yan-Fang Xian, Siu-Po Ip, Chun-Tao Che

Study Type : Animal Study

Additional Links

Substances : Black Pepper : CK(229) : AC(96) , Piperine : CK(114) : AC(60)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157) , Serotonergic : CK(32) : AC(8)

Blue-Green Algae (AC 1) (CK 10)

Blue-green algae improves quality of life, mood, anxiety and depressive attitude in menopausal women.

Pubmed Data : Minerva Ginecol. 2010 Oct;62(5):381-8. PMID: [20938423](#)

Article Published Date : Oct 01, 2010

Authors : A D Genazzani, E Chierchia, C Lanzoni, S Santagni, F Veltri, F Ricchieri, E Rattighieri, R E Nappi

Study Type : Human Study

Additional Links

Substances : Blue-Green Algae : CK(21) : AC(5)

Diseases : Depression : CK(1820) : AC(263) , Menopausal Syndrome : CK(285) : AC(44)

Cannabidiol (AC 5) (CK 8)

CBD may be beneficial for the treatment of clinical depression and other states with prominent anhedonia.

Pubmed Data : Neuropsychobiology. 2016 ;73(2):123-9. Epub 2016 Mar 25. PMID: [27010632](#)

Article Published Date : Dec 31, 2015

Authors : Gal Shoval, Liat Shbiro, Liron HersHKovitz, Noa Hazut, Gil Zalsman, Raphael Mechoulam, Aron Weller

Study Type : Animal Study

Additional Links

Substances : [Cannabidiol](#) : CK(1112) : AC(334)

Diseases : [Depression](#) : CK(1820) : AC(263)

Pharmacological Actions : [Antidepressive Agents](#) : CK(986) : AC(157)

Cannabidiol could represent a novel fast antidepressant drug, via enhancing both serotonergic and glutamate cortical signalling.

Pubmed Data : Neuropharmacology. 2015 Dec 19. Epub 2015 Dec 19. PMID: [26711860](#)

Article Published Date : Dec 18, 2015

Authors : Raquel Linge, Laura Jiménez-Sánchez, Leticia Campa, Fuencisla Pilar-Cuéllar, Rebeca Vidal, Angel Pazos, Albert Adell, Álvaro Díaz

Study Type : Animal Study

Additional Links

Substances : [Cannabidiol](#) : CK(1112) : AC(334)

Diseases : [Depression](#) : CK(1820) : AC(263)

Pharmacological Actions : [Antidepressive Agents](#) : CK(986) : AC(157)

Delta-tetrahydrocannabinol, cannabidiol, and cannabichromene exert antidepressant-like actions in animal models.

Pubmed Data : Pharmacol Biochem Behav. 2010 Jun ;95(4):434-42. Epub 2010 Mar 21. PMID: [20332000](#)

Article Published Date : May 31, 2010

Authors : Abir T El-Alfy, Kelly Ivey, Keisha Robinson, Safwat Ahmed, Mohamed Radwan, Desmond Slade, Ikhlas Khan, Mahmoud ElSohly, Samir Ross

Study Type : Animal Study

Additional Links

Substances : Cannabidiol : CK(1112) : AC(334), Cannabinoids : CK(700) : AC(272), Cannabis : CK(1741) : AC(399), Delta-tetrahydrocannabinol (THC) : CK(1112) : AC(334)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

This reviews preclinical and clinical on the efficacy of CBD for the treatment of motivational disorders.

Pubmed Data : Annu Rev Neurosci. 2016 Feb 24. Epub 2016 Feb 24. PMID: [27023732](#)

Article Published Date : Feb 23, 2016

Authors : Natalie E Zlebnik, Joseph F Cheer

Study Type : Review

Additional Links

Substances : Cannabidiol : CK(1112) : AC(334)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263), Drug Abuse : CK(2) : AC(1)

This summarizes the therapeutic effects of CBD and their relevance to brain function, neuroprotection and neuropsychiatric disorders.

Pubmed Data : Pharmacol Res. 2016 Feb 1. Epub 2016 Feb 1. PMID: [26845349](#)

Article Published Date : Jan 31, 2016

Authors : Alline C Campos, Manoela V Fogaça, Andreza B Sonego, Francisco S Guimarães

Study Type : Review

Additional Links

Substances : Cannabidiol : CK(1112) : AC(334)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Brain Damage : CK(93) : AC(44), Brain Ischemia : CK(136) : AC(52), Depression : CK(1818) : AC(262), Neurodegenerative Diseases : CK(3370) : AC(846), Psychiatric Disorders : CK(110) : AC(27)

Pharmacological Actions : Neuroprotective Agents : CK(2235) : AC(1052)

Cannabinoids (AC 1) (CK 2)

Delta-tetrahydrocannabinol, cannabidiol, and cannabichromene exert antidepressant-like actions in animal models.

Pubmed Data : Pharmacol Biochem Behav. 2010 Jun ;95(4):434-42. Epub 2010 Mar 21. PMID: [20332000](#)

Article Published Date : May 31, 2010

Authors : Abir T El-Alfy, Kelly Ivey, Keisha Robinson, Safwat Ahmed, Mohamed Radwan, Desmond Slade, Ikhlas Khan, Mahmoud ElSohly, Samir Ross

Study Type : Animal Study

Additional Links

Substances : [Cannabidiol](#) : CK(1112) : AC(334), [Cannabinoids](#) : CK(700) : AC(272), [Cannabis](#) : CK(1741) : AC(399), [Delta-tetrahydrocannabinol \(THC\)](#) : CK(1112) : AC(334)

Diseases : [Depression](#) : CK(1820) : AC(263)

Pharmacological Actions : [Antidepressive Agents](#) : CK(986) : AC(157)

Cannabis (AC 1) (CK 2)

Delta-tetrahydrocannabinol, cannabidiol, and cannabichromene exert antidepressant-like actions in animal models.

Pubmed Data : Pharmacol Biochem Behav. 2010 Jun ;95(4):434-42. Epub 2010 Mar 21. PMID: [20332000](#)

Article Published Date : May 31, 2010

Authors : Abir T El-Alfy, Kelly Ivey, Keisha Robinson, Safwat Ahmed, Mohamed Radwan, Desmond Slade, Ikhlas Khan, Mahmoud ElSohly, Samir Ross

Study Type : Animal Study

Additional Links

Substances : [Cannabidiol](#) : CK(1112) : AC(334), [Cannabinoids](#) : CK(700) : AC(272), [Cannabis](#) : CK(1741) : AC(399), [Delta-tetrahydrocannabinol \(THC\)](#) : CK(1112) : AC(334)

Diseases : [Depression](#) : CK(1820) : AC(263)

Pharmacological Actions : [Antidepressive Agents](#) : CK(986) : AC(157)

Catechin (AC 1) (CK 1)

Growing evidence suggests that consumption natural

products, micronutrients, and nutraceuticals may delay the onset and progression of depression.

Pubmed Data : Nutr Neurosci. 2015 Nov 27. Epub 2015 Nov 27. PMID: [26613119](#)

Article Published Date : Nov 26, 2015

Authors : Seyed Mohammad Nabavi, Maria Daglia, Nady Braidy, Seyed Fazel Nabavi

Study Type : Review

Additional Links

Substances : Anthocyanins : CK(332) : AC(114), Catechin : CK(512) : AC(169), Cocoa : CK(522) : AC(77), Omega-3 Fatty Acids : CK(3268) : AC(387), Polyphenols : CK(920) : AC(333), Resveratrol : CK(1232) : AC(737)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Plant Extracts : CK(7288) : AC(2419)

Catuaba (AC 1) (CK 2)

Catuaba exhibits an antidepressant-like effect in rodents.

Pubmed Data : Psychopharmacology (Berl). 2005 Oct;182(1):45-53. Epub 2005 Sep 29. PMID: [15991001](#)

Article Published Date : Oct 01, 2005

Authors : Maria M Campos, Elizabeth S Fernandes, Juliano Ferreira, Adair R S Santos, João B Calixto

Study Type : Animal Study

Additional Links

Substances : Catuaba : CK(5) : AC(3)

Diseases : Depression : CK(1820) : AC(263)

Chamomile (AC 1) (CK 10)

Chamomile may provide clinically meaningful antidepressant activity that occurs in addition to its

previously observed anxiolytic activity.

Pubmed Data : Altern Ther Health Med. 2012 Sep-Oct;18(5):44-9. PMID: [22894890](#)

Article Published Date : Aug 31, 2012

Authors : Jay D Amsterdam, Justine Shults, Irene Soeller, Jun James Mao, Kenneth Rockwell, Andrew B Newberg

Study Type : Human Study

Additional Links

Substances : Chamomile : CK(182) : AC(30)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157), Anxiolytic : CK(369) : AC(56)

Additional Keywords : Phytotherapy : CK(1175) : AC(216), Plant Extracts : CK(7288) : AC(2419)

Chlorella (Algae) (AC 2) (CK 20)

Supplementation for six week with chlorella vulgaris extract improved anxiety, physical and cognitive symptoms of depression.

Pubmed Data : Complement Ther Med. 2015 Aug ;23(4):598-602. Epub 2015 Jun 18. PMID: [26275653](#)

Article Published Date : Jul 31, 2015

Authors : Yunes Panahi, Roghayeh Badeli, Gholam-Reza Karami, Zeinab Badeli, Amirhossein Sahebkar

Study Type : Human Study

Additional Links

Substances : Chlorella (Algae) : CK(228) : AC(49)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263), Depressive Disorder : CK(405) : AC(57)

Pharmacological Actions : Anti-Anxiety Agents : CK(334) : AC(56), Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Natural Substances Versus Drugs : CK(1694) : AC(300), Significant Treatment Outcome : CK(3028) : AC(365)

Targeting inflammation through diet in patients after spinal cord injury could help with depressive symptoms.

Pubmed Data : J Neuroinflammation. 2015 ;12(1):204. Epub 2015 Nov 6. PMID: [26545369](#)

Article Published Date : Dec 31, 2014

Authors : David J Allison, David S Ditor

Study Type : Human Study

Additional Links

Substances : Chlorella (Algae) : CK(228) : AC(49), Coenzyme Q10 : CK(941) : AC(140), Curcumin : CK(4128) : AC(2171), DHA (Docosahexaenoic Acid) : CK(783) : AC(129), EPA (Eicosapentaenoic Acid) : CK(758) : AC(105), Selenium : CK(784) : AC(139), Vitamin E : CK(1656) : AC(290)

Diseases : Depression : CK(1818) : AC(262), Spinal Cord Inflammation : CK(10) : AC(1), Spinal Cord Injuries : CK(137) : AC(45)

Pharmacological Actions : Anti-Inflammatory Agents : CK(4499) : AC(1573), Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Dietary Modification : CK(315) : AC(47), Diseases that are Linked : CK(2285) : AC(299), Diseases that are Linked : CK(2285) : AC(299)

Chokeberry (AC 1) (CK 2)

Supplementation of chokeberry juice led to a reduction in anxiety and depression-like behaviours in rats.

Pubmed Data : Food Funct. 2016 Jun 8. Epub 2016 Jun 8. PMID: [27273205](#)

Article Published Date : Jun 07, 2016

Authors : Mirko Tomić, Đurđica Ignjatović, Gordana Tovilović-Kovačević, Dijana Krstić-Milošević, Slavica Ranković, Tamara Popović, Marija Glibetić

Study Type : Animal Study

Additional Links

Substances : Chokeberry : CK(158) : AC(43)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263)

Pharmacological Actions : Anti-Anxiety Agents : CK(334) : AC(56), Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Plant Extracts : CK(7288) : AC(2419)

Chrysin (AC 1) (CK 1)

This present review aims to critically review the available literature data regarding the neuroprotective effects of

chrysin.

Pubmed Data : Neurochem Int. 2015 Nov ;90:224-31. Epub 2015 Sep 18. PMID: [26386393](#)

Article Published Date : Oct 31, 2015

Authors : Seyed Fazel Nabavi, Nady Braidy, Solomon Habtemariam, Ilkay Erdogan Orhan, Maria Daglia, Azadeh Manayi, Olga Gortzi, Seyed Mohammad Nabavi

Study Type : Review

Additional Links

Substances : Chrysin : CK(65) : AC(42)

Diseases : Brain Inflammation : CK(246) : AC(140), Cognitive Decline/Dysfunction : CK(1138) : AC(212), Depression : CK(1818) : AC(262), Epilepsy : CK(248) : AC(62)

Pharmacological Actions : Anti-Inflammatory Agents : CK(4500) : AC(1574), Antioxidants : CK(7191) : AC(2630), Neuroprotective Agents : CK(2235) : AC(1052)

Cocoa (AC 2) (CK 11)

Growing evidence suggests that consumption natural products, micronutrients, and nutraceuticals may delay the onset and progression of depression.

Pubmed Data : Nutr Neurosci. 2015 Nov 27. Epub 2015 Nov 27. PMID: [26613119](#)

Article Published Date : Nov 26, 2015

Authors : Seyed Mohammad Nabavi, Maria Daglia, Nady Braidy, Seyed Fazel Nabavi

Study Type : Review

Additional Links

Substances : Anthocyanins : CK(332) : AC(114), Catechin : CK(512) : AC(169), Cocoa : CK(522) : AC(77), Omega-3 Fatty Acids : CK(3268) : AC(387), Polyphenols : CK(920) : AC(333), Resveratrol : CK(1232) : AC(737)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Plant Extracts : CK(7288) : AC(2419)

Those with higher depression scores generally consume higher amounts of chocolate.

Pubmed Data : Arch Intern Med. 2010 Apr 26;170(8):699-703. PMID: [20421555](#)

Article Published Date : Apr 26, 2010

Authors : Natalie Rose, Sabrina Koperski, Beatrice A Golomb

Study Type : Human Study

Additional Links

Substances : Cocoa : CK(522) : AC(77)

Diseases : Depression : CK(1820) : AC(263)

Additional Keywords : Food-Mood Correlation : CK(10) : AC(1)

Coenzyme Q10 (AC 1) (CK 10)

Targeting inflammation through diet in patients after spinal cord injury could help with depressive symptoms.

Pubmed Data : J Neuroinflammation. 2015 ;12(1):204. Epub 2015 Nov 6. PMID: [26545369](#)

Article Published Date : Dec 31, 2014

Authors : David J Allison, David S Ditor

Study Type : Human Study

Additional Links

Substances : Chlorella (Algae) : CK(228) : AC(49), Coenzyme Q10 : CK(941) : AC(140), Curcumin : CK(4128) : AC(2171), DHA (Docosahexaenoic Acid) : CK(783) : AC(129), EPA (Eicosapentaenoic Acid) : CK(758) : AC(105), Selenium : CK(784) : AC(139), Vitamin E : CK(1656) : AC(290)

Diseases : Depression : CK(1818) : AC(262), Spinal Cord Inflammation : CK(10) : AC(1), Spinal Cord Injuries : CK(137) : AC(45)

Pharmacological Actions : Anti-Inflammatory Agents : CK(4499) : AC(1573), Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Dietary Modification : CK(315) : AC(47), Diseases that are Linked : CK(2285) : AC(299), Diseases that are Linked : CK(2285) : AC(299)

Coffee (AC 1) (CK 10)

Depression risk decreases with increasing caffeinated coffee consumption.

Pubmed Data : Arch Intern Med. 2011 Sep 26 ;171(17):1571-8. PMID: [21949167](#)

Article Published Date : Sep 25, 2011

Authors : Michel Lucas, Fariba Mirzaei, An Pan, Olivia I Okereke, Walter C Willett, Éilis J O'Reilly,

Karestan Koenen, Alberto Ascherio

Study Type : Human Study

Additional Links

Substances : [Coffee](#) : CK(746) : AC(99)

Diseases : [Depression](#) : CK(1820) : AC(263)

Pharmacological Actions : [Antidepressive Agents](#) : CK(986) : AC(157)

Curcumin (AC 14) (CK 84)

Co-administration of curcumin and piperine may provide a useful natural adjuvant in the antidepressant therapy.

Pubmed Data : PLoS One. 2013 ;8(4):e61052. Epub 2013 Apr 17. PMID: [23613781](#)

Article Published Date : Dec 31, 2012

Authors : Puneet Rinwa, Anil Kumar, Sukant Garg

Study Type : Animal Study

Additional Links

Substances : [Curcumin](#) : CK(4128) : AC(2171), [Piperine](#) : CK(114) : AC(60)

Diseases : [Depression](#) : CK(1818) : AC(262), [Oxidative Stress](#) : CK(3800) : AC(1357)

Pharmacological Actions : [Anti-Apoptotic](#) : CK(360) : AC(201), [Antidepressive Agents](#) : CK(986) : AC(157), [Neuroprotective Agents](#) : CK(2235) : AC(1052), [Tumor Necrosis Factor \(TNF\) Alpha Inhibitor](#) : CK(1752) : AC(641)

Curcumin (from Turmeric) in combination with Piperine may attenuate stress-induced depression.

Pubmed Data : Pharmacol Biochem Behav. 2008 Oct 25. [Epub ahead of print] PMID: [19000708](#)

Article Published Date : Oct 25, 2008

Authors : Mohit Kumar Bhutani, Mahendra Bishnoi, Shrinivas K Kulkarni

Study Type : Animal Study

Additional Links

Substances : [Curcumin](#) : CK(4128) : AC(2171), [Piperine](#) : CK(114) : AC(60)

Diseases : [Depression](#) : CK(1820) : AC(263)

Curcumin administration reduces depressive symptoms in patients with major depression.

Pubmed Data : Phytother Res. 2015 Nov 27. Epub 2015 Nov 27. PMID: [26610378](#)

Article Published Date : Nov 26, 2015

Authors : Dalia Al-Karawi, Doaa Alem Al Mamoori, Yaman Tayyar

Study Type : Meta Analysis

Additional Links

Substances : Curcumin : CK(4128) : AC(2171)

Diseases : Depression : CK(1820) : AC(263), Depressive Disorder : CK(405) : AC(57)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Significant Treatment Outcome : CK(3028) : AC(365)

Curcumin can normalize the depressive like behaviors of neuropathic mice.

Pubmed Data : Psychopharmacology (Berl). 2014 May ;231(10):2171-87. Epub 2013 Dec 3. PMID: [24297305](#)

Article Published Date : Apr 30, 2014

Authors : Xin Zhao, Chuang Wang, Jun-Fang Zhang, Li Liu, Ai-Ming Liu, Qing Ma, Wen-Hua Zhou, Ying Xu

Study Type : Animal Study

Additional Links

Substances : Curcumin : CK(4128) : AC(2171)

Diseases : Depression : CK(1820) : AC(263), Depressive Disorder : CK(405) : AC(57), Neuropathic Pain : CK(263) : AC(58)

Pharmacological Actions : Analgesics : CK(1279) : AC(209), Antidepressive Agents : CK(986) : AC(157)

Curcumin could reverse the development of depression and enhance the outcome of antidepressants treatment in major depressive disorder.

Pubmed Data : J Clin Psychopharmacol. 2015 Aug ;35(4):406-10. PMID: [26066335](#)

Article Published Date : Jul 31, 2015

Authors : Jing-Jie Yu, Liu-Bao Pei, Yong Zhang, Zi-Yu Wen, Jian-Li Yang

Study Type : Human Study

Additional Links

Substances : Curcumin : CK(4128) : AC(2171)

Diseases : Depression : CK(1818) : AC(262)

Pharmacological Actions : Anti-Inflammatory Agents : CK(4499) : AC(1573), Antidepressive Agents : CK(986) : AC(157), Interleukin-1 beta downregulation : CK(452) : AC(199), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(1752) : AC(641)

Additional Keywords : Natural Substance/Drug Synergy : CK(349) : AC(140), Significant Treatment Outcome : CK(3028) : AC(365)

Problem Substances : Antidepressants : CK(571) : AC(74)

Curcumin exhibits antidepressant properties.

Pubmed Data : Pharmacol Biochem Behav. 2005 Sep;82(1):200-6. PMID: [16171853](#)

Article Published Date : Sep 01, 2005

Authors : Ying Xu, Bao-Shan Ku, Hai-Yan Yao, Yan-Hua Lin, Xing Ma, Yong-He Zhang, Xue-Jun Li

Study Type : Animal Study

Additional Links

Substances : Curcumin : CK(4128) : AC(2171)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157), Monoaminergic : CK(6) : AC(3)

Curcumin has antidepressant properties that compare favorably to the drugs imipramine and fluoxetine.

Pubmed Data : Acta Pol Pharm. 2011 Sep-Oct;68(5):769-75. PMID: [21928724](#)

Article Published Date : Sep 01, 2011

Authors : Jayesh Sanmukhani, Ashish Anovadiya, Chandrabhanu B Tripathi

Study Type : Animal Study

Additional Links

Substances : Curcumin : CK(4128) : AC(2171)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Drug: Fluoxetine : CK(22) : AC(2), Drug: Imipramine : CK(12) : AC(2), Natural Substances Versus Drugs : CK(1694) : AC(300)

Curcumin supplementation influences several biomarkers that may be associated with its antidepressant mechanisms of action.

Pubmed Data : Eur Neuropsychopharmacol. 2015 Jan ;25(1):38-50. Epub 2014 Dec 5. PMID: [25523883](#)

Article Published Date : Dec 31, 2014

Authors : Adrian L Lopresti, Michael Maes, Marc J M Meddens, Garth L Maker, Eddy Arnoldussen, Peter D Drummond

Study Type : Human Study

Additional Links

Substances : Curcumin : CK(4128) : AC(2171)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Significant Treatment Outcome : CK(3028) : AC(365)

Curcumin was significantly more effective than placebo in improving several mood related symptoms in this study.

Pubmed Data : J Affect Disord. 2014 ;167:368-75. Epub 2014 Jun 11. PMID: [25046624](#)

Article Published Date : Dec 31, 2013

Authors : Adrian L Lopresti, Michael Maes, Garth L Maker, Sean D Hood, Peter D Drummond

Study Type : Human Study

Additional Links

Substances : Curcumin : CK(4128) : AC(2171)

Diseases : Depression : CK(1820) : AC(263), Depressive Disorder : CK(405) : AC(57)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Significant Treatment Outcome : CK(3028) : AC(365)

Curcumin's antidepressant-like effects may involve the central monoaminergic neurotransmitter systems.

Pubmed Data : Eur J Pharmacol. 2005 Jul 25;518(1):40-6. PMID: [15987635](#)

Article Published Date : Jul 25, 2005

Authors : Ying Xu, Bao-Shan Ku, Hai-Yan Yao, Yan-Hua Lin, Xing Ma, Yong-He Zhang, Xue-Jun Li

Study Type : Animal Study

Additional Links

Substances : Curcumin : CK(4128) : AC(2171)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157), Monoaminergic : CK(6) : AC(3)

Curcuminoids with piperine may be used as a safe and effective add on to standard antidepressants in patients with major depressive disorders.

Pubmed Data : Phytother Res. 2015 Jan ;29(1):17-21. Epub 2014 Aug 4. PMID: [25091591](#)

Article Published Date : Dec 31, 2014

Authors : Yunes Panahi, Roghayeh Badeli, Gholam-Reza Karami, Amirhossein Sahebkar

Study Type : Human Study

Additional Links

Substances : Curcumin : CK(4128) : AC(2171), Piperidines : CK(59) : AC(22)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263), Depressive Disorder : CK(405) : AC(57)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Natural Substance/Drug Synergy : CK(349) : AC(140)

Polyphenolic compounds could be beneficial in psychiatric disorders.

Pubmed Data : Oxid Med Cell Longev. 2015;2015:248529. Epub 2015 Jun 9. PMID: [26180581](#)

Article Published Date : Dec 31, 2014

Authors : Jana Trebatická, Zdeňka Ďuračková

Study Type : Review

Additional Links

Substances : Curcumin : CK(4128) : AC(2171), Ginkgo biloba : CK(796) : AC(161), Green Tea : CK(1934) : AC(549), Oak : CK(5) : AC(4), Polyphenols : CK(920) : AC(333)

Diseases : Attention Deficit Disorder : CK(136) : AC(14), Depression : CK(1818) : AC(262), Oxidative Stress : CK(3799) : AC(1356), Psychiatric Disorders : CK(110) : AC(27), Schizophrenia : CK(434) : AC(68)

Pharmacological Actions : Anti-Inflammatory Agents : CK(4499) : AC(1573), Antioxidants : CK(7191) : AC(2630)

Review: Potentials of curcumin as an antidepressant.

Pubmed Data : ScientificWorldJournal. 2009;9:1233-41. Epub 2009 Nov 1. PMID: [19882093](#)

Article Published Date : Jan 01, 2009

Authors : Shrinivas Kulkarni, Ashish Dhir, Kiran Kumar Akula

Study Type : Review

Additional Links

Substances : Curcumin : CK(4128) : AC(2171)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157), Neuritogenic : CK(133) : AC(59)

Targeting inflammation through diet in patients after spinal cord injury could help with depressive symptoms.

Pubmed Data : J Neuroinflammation. 2015 ;12(1):204. Epub 2015 Nov 6. PMID: [26545369](#)

Article Published Date : Dec 31, 2014

Authors : David J Allison, David S Ditor

Study Type : Human Study

Additional Links

Substances : Chlorella (Algae) : CK(228) : AC(49), Coenzyme Q10 : CK(941) : AC(140), Curcumin : CK(4128) : AC(2171), DHA (Docosahexaenoic Acid) : CK(783) : AC(129), EPA (Eicosapentaenoic Acid) : CK(758) : AC(105), Selenium : CK(784) : AC(139), Vitamin E : CK(1656) : AC(290)

Diseases : Depression : CK(1818) : AC(262), Spinal Cord Inflammation : CK(10) : AC(1), Spinal Cord Injuries : CK(137) : AC(45)

Pharmacological Actions : Anti-Inflammatory Agents : CK(4499) : AC(1573), Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Dietary Modification : CK(315) : AC(47), Diseases that are Linked : CK(2285)

Curcumin: Degradation byproducts (AC 1) (CK 1)

Dehydrozingerone is known to have a broad range of biological activities.

Pubmed Data : Bioorg Med Chem. 2016 Jan 2. Epub 2016 Jan 2. PMID: [26796952](#)

Article Published Date : Jan 01, 2016

Authors : Girish A Hampannavar, Rajshekhar Karpoomath, Mahesh B Palkar, Mahamadhanif S Shaikh

Study Type : Review

Additional Links

Substances : Curcumin: Degradation byproducts : CK(1) : AC(1)

Diseases : Cancers: All : CK(14297) : AC(4542) , Depression : CK(1818) : AC(262) , Fungal Infection : CK(268) : AC(131), Inflammation : CK(2862) : AC(838) , Malaria : CK(142) : AC(56)

Pharmacological Actions : Anti-Inflammatory Agents : CK(4499) : AC(1573) , Anti-Platelet : CK(124) : AC(37) , Antidepressive Agents : CK(986) : AC(157) , Antifungal Agents : CK(233) : AC(145) , Antimalarials : CK(41) : AC(24) , Antioxidants : CK(7191) : AC(2630)

DHA (Docosahexaenoic Acid) (AC 2) (CK 20)

Supplementation with omega 3 fatty acids led to a significant improvement in depressive symptoms and health related quality of life in hemodialysis patients.

Pubmed Data : Am J Ther. 2014 Jul-Aug;21(4):275-87. PMID: [24987942](#)

Article Published Date : Jun 30, 2014

Authors : Simin Dashti-Khavidaki, Afshin Gharekhani, Mohammad-Reza Khatami, Elham-Sadat

Miri, Hossein Khalili, Effat Razeghi, Seyed-Saeed Hashemi-Nazari, Mohammad-Ali Mansournia

Study Type : Human Study

Additional Links

Substances : DHA (Docosahexaenoic Acid) : CK(783) : AC(129) , EPA (Eicosapentaenoic Acid) : CK(758) : AC(105), Omega-3 Fatty Acids : CK(3268) : AC(387)

Diseases : Depression : CK(1820) : AC(263), Kidney Failure : CK(321) : AC(45)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Antidepressive Agents : CK(986) : AC(157)

Targeting inflammation through diet in patients after spinal cord injury could help with depressive symptoms.

Pubmed Data : J Neuroinflammation. 2015 ;12(1):204. Epub 2015 Nov 6. PMID: [26545369](#)

Article Published Date : Dec 31, 2014

Authors : David J Allison, David S Ditor

Study Type : Human Study

Additional Links

Substances : Chlorella (Algae) : CK(228) : AC(49) , Coenzyme Q10 : CK(941) : AC(140) , Curcumin : CK(4128) : AC(2171), DHA (Docosahexaenoic Acid) : CK(783) : AC(129) , EPA (Eicosapentaenoic Acid) : CK(758) : AC(105), Selenium : CK(784) : AC(139), Vitamin E : CK(1656) : AC(290)

Diseases : Depression : CK(1818) : AC(262), Spinal Cord Inflammation : CK(10) : AC(1) , Spinal Cord Injuries : CK(137) : AC(45)

Pharmacological Actions : Anti-Inflammatory Agents : CK(4499) : AC(1573), Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Dietary Modification : CK(315) : AC(47), Diseases that are Linked : CK(2285) : AC(299), Diseases that are Linked : CK(2285) : AC(299)

DHEA (Dehydroepiandrosterone) (AC 1) (CK 10)

Plasma levels of androsterone may contribute to the antidepressant effects of DHEA.

Pubmed Data : Psychopharmacology (Berl). 2015 Jun 25. Epub 2015 Jun 25. PMID: [26105109](#)

Article Published Date : Jun 24, 2015

Authors : Rivka Ben Dor, Christine E Marx, Lawrence J Shampine, David R Rubinow, Peter J Schmidt

Study Type : Human Study

Additional Links

Substances : [DHEA \(Dehydroepiandrosterone\)](#) : CK(229) : AC(36)

Diseases : [Depression](#) : CK(1820) : AC(263)

Pharmacological Actions : [Antidepressive Agents](#) : CK(986) : AC(157)

Dandelion (AC 1) (CK 2)

A water extract of dandelion roots and leaves demonstrated antidepressant effects in an animal model.

Pubmed Data : Pharm Biol. 2014 Aug ;52(8):1028-32. Epub 2014 Mar 10. PMID: [24611722](#)

Article Published Date : Jul 31, 2014

Authors : Yu-Cheng Li, Ji-Duo Shen, Yang-Yang Li, Qi Huang

Study Type : Animal Study

Additional Links

Substances : [Dandelion](#) : CK(112) : AC(44)

Diseases : [Depression](#) : CK(1820) : AC(263), [Depressive Disorder](#) : CK(405) : AC(57)

Pharmacological Actions : [Antidepressive Agents](#) : CK(986) : AC(157)

Additional Keywords : [Plant Extracts](#) : CK(7288) : AC(2419)

Delta-tetrahydrocannabinol (THC) (AC 1) (CK 2)

Delta-tetrahydrocannabinol, cannabidiol, and cannabichromene exert antidepressant-like actions in animal models.

Pubmed Data : Pharmacol Biochem Behav. 2010 Jun ;95(4):434-42. Epub 2010 Mar 21. PMID: [20332000](#)

Article Published Date : May 31, 2010

Authors : Abir T El-Alfy, Kelly Ivey, Keisha Robinson, Safwat Ahmed, Mohamed Radwan, Desmond Slade, Ikhlas Khan, Mahmoud ElSohly, Samir Ross

Study Type : Animal Study

Additional Links

Substances : Cannabidiol : CK(1112) : AC(334), Cannabinoids : CK(700) : AC(272), Cannabis : CK(1741) : AC(399), Delta-tetrahydrocannabinol (THC) : CK(1112) : AC(334)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Dill (AC 1) (CK 2)

An extract of Dill had significant antidepressant and analgesic effects compared with the drug references without any adverse effects.

Pubmed Data : Am J Ther. 2016 Feb 11. Epub 2016 Feb 11. PMID: [26872137](#)

Article Published Date : Feb 10, 2016

Authors : Latifa El Mansouri, Dalila Bousta, Amal El Youbi-El Hamsas, Smahane Boukhira, Hassane Akdime

Study Type : Animal Study

Additional Links

Substances : Dill : CK(85) : AC(26)

Diseases : Chronic Pain : CK(183) : AC(29), Depression : CK(1820) : AC(263)

Pharmacological Actions : Analgesics : CK(1279) : AC(209), Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Plant Extracts : CK(7288) : AC(2419), Superiority of Natural Substances versus Drugs : CK(1304) : AC(249), Superiority of Natural Substances versus Drugs : CK(1304) : AC(249)

Problem Substances : Sertraline : CK(10) : AC(1)

Docosahexaenoic acid (DHA) (AC 1) (CK 20)

These results indicate a beneficial effect of the

combination of EPA and DHA on depressed mood in women compared with placebo.

Pubmed Data : Neuropsychiatr Dis Treat. 2015 ;11:2055-61. Epub 2015 Aug 10. PMID: [26300645](#)

Article Published Date : Dec 31, 2014

Authors : Jia-Run Yang, Dong Han, Zheng-Xue Qiao, Xue Tian, Dong Qi, Xiao-Hui Qiu

Study Type : Meta Analysis

Additional Links

Substances : Docosahexaenoic acid (DHA) : CK(783) : AC(129) , Eicosapentaenoic acid (EPA) : CK(758) : AC(105)

Diseases : Depression : CK(1820) : AC(263) , Depressive Disorder : CK(405) : AC(57)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

EPA (Eicosapentaenoic Acid) (AC 2) (CK 20)

Supplementation with omega 3 fatty acids led to a significant improvement in depressive symptoms and health related quality of life in hemodialysis patients.

Pubmed Data : Am J Ther. 2014 Jul-Aug;21(4):275-87. PMID: [24987942](#)

Article Published Date : Jun 30, 2014

Authors : Simin Dashti-Khavidaki, Afshin Gharekhani, Mohammad-Reza Khatami, Elham-Sadat Miri, Hossein Khalili, Effat Razeghi, Seyed-Saeed Hashemi-Nazari, Mohammad-Ali Mansournia

Study Type : Human Study

Additional Links

Substances : DHA (Docosahexaenoic Acid) : CK(783) : AC(129) , EPA (Eicosapentaenoic Acid) : CK(758) : AC(105), Omega-3 Fatty Acids : CK(3268) : AC(387)

Diseases : Depression : CK(1820) : AC(263) , Kidney Failure : CK(321) : AC(45)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Antidepressive Agents : CK(986) : AC(157)

Targeting inflammation through diet in patients after spinal cord injury could help with depressive symptoms.

Pubmed Data : J Neuroinflammation. 2015 ;12(1):204. Epub 2015 Nov 6. PMID: [26545369](#)

Article Published Date : Dec 31, 2014

Authors : David J Allison, David S Ditor

Study Type : Human Study

Additional Links

Substances : Chlorella (Algae) : CK(228) : AC(49), Coenzyme Q10 : CK(941) : AC(140), Curcumin : CK(4128) : AC(2171), DHA (Docosahexaenoic Acid) : CK(783) : AC(129), EPA (Eicosapentaenoic Acid) : CK(758) : AC(105), Selenium : CK(784) : AC(139), Vitamin E : CK(1656) : AC(290)

Diseases : Depression : CK(1818) : AC(262), Spinal Cord Inflammation : CK(10) : AC(1), Spinal Cord Injuries : CK(137) : AC(45)

Pharmacological Actions : Anti-Inflammatory Agents : CK(4499) : AC(1573), Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Dietary Modification : CK(315) : AC(47), Diseases that are Linked : CK(2285) : AC(299), Diseases that are Linked : CK(2285) : AC(299)

Eicosapentaenoic acid (EPA) (AC 1) (CK 20)

These results indicate a beneficial effect of the combination of EPA and DHA on depressed mood in women compared with placebo.

Pubmed Data : Neuropsychiatr Dis Treat. 2015 ;11:2055-61. Epub 2015 Aug 10. PMID: [26300645](#)

Article Published Date : Dec 31, 2014

Authors : Jia-Run Yang, Dong Han, Zheng-Xue Qiao, Xue Tian, Dong Qi, Xiao-Hui Qiu

Study Type : Meta Analysis

Additional Links

Substances : Docosahexaenoic acid (DHA) : CK(783) : AC(129), Eicosapentaenoic acid (EPA) : CK(758) : AC(105)

Diseases : Depression : CK(1820) : AC(263), Depressive Disorder : CK(405) : AC(57)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Essential Fatty Acids (AC 1) (CK 10)

Fatty acid-induced gut-brain signaling attenuates neural

and behavioral effects of sad emotion in humans.

Pubmed Data : J Clin Invest. 2011 Jul 25. Epub 2011 Jul 25. PMID: [21785220](#)

Article Published Date : Jul 25, 2011

Authors : Lukas Van Oudenhove, Shane McKie, Daniel Lassman, Bilal Uddin, Peter Paine, Steven Coen, Lloyd Gregory, Jan Tack, Qasim Aziz

Study Type : Human Study

Additional Links

Substances : [Essential Fatty Acids](#) : CK(78) : AC(14)

Diseases : [Depression](#) : CK(1820) : AC(263), [Gut Brain Axis: Imbalance](#) : CK(22) : AC(9), [Mood Disorders](#) : CK(156) : AC(19)

Eucalyptus (AC 1) (CK 10)

40 arthritic patients divided into 2 groups, one was treated with an essential oil blend which decreased pain and depression levels.

Pubmed Data : Taehan Kanho Hakhoe Chi. 2005 Feb ;35(1):186-94. PMID: [15778570](#)

Article Published Date : Jan 31, 2005

Authors : Myung-Ja Kim, Eun-Sook Nam, Seun-In Paik

Study Type : Human Study

Additional Links

Substances : [Eucalyptus](#) : CK(77) : AC(29), [Marjoram](#) : CK(21) : AC(7), [Rosemary](#) : CK(216) : AC(77)

Diseases : [Depression](#) : CK(1820) : AC(263), [Rheumatoid Arthritis](#) : CK(706) : AC(117)

Therapeutic Actions : [Aromatherapy](#) : CK(652) : AC(65)

Feijoa (AC 1) (CK 2)

Feijoa extracts showed significant antidepressant activity in this animal model.

Pubmed Data : Eur Rev Med Pharmacol Sci. 2015 Jul ;19(13):2510-2513. PMID: [26214790](#)

Article Published Date : Jun 30, 2015

Authors : M Mahmoudi, M A Ebrahimzadeh, M Abdi, Y Arimi, H Fathi

Study Type : Animal Study

Additional Links

Substances : Feijoa : CK(2) : AC(1)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Dose Response : CK(1035) : AC(400), Plant Extracts : CK(7288) : AC(2419)

Fenugreek (AC 1) (CK 2)

4-hydroxyisoleucine showed significant and dose-dependent antidepressant effects.

Pubmed Data : Pharmacogn Mag. 2015 Oct ;11(Suppl 3):S388-96. PMID: [26929572](#)

Article Published Date : Sep 30, 2015

Authors : Padmaja B Kalshetti, Ramesh Alluri, Vishwaraman Mohan, Prasad Arvind Thakurdesai

Study Type : Animal Study

Additional Links

Substances : Fenugreek : CK(179) : AC(49)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Dose Response : CK(1035) : AC(400)

Fiber (AC 1) (CK 3)

This case strengthens the hypothesis that dietary glycemic index may play a role in the pathogenesis or progression of generalized anxiety disorder.

Pubmed Data : Case Rep Psychiatry. 2016 ;2016:7165425. Epub 2016 Jul 14. PMID: [27493821](#)

Article Published Date : Dec 31, 2015

Authors : Monique Aucoin, Sukriti Bhardwaj

Study Type : Human: Case Report

Additional Links

Substances : Fiber : CK(808) : AC(103)

Diseases : Depression : CK(1820) : AC(263), Generalized Anxiety Disorder : CK(71) : AC(10), Hypoglycemia : CK(177) : AC(28)

Additional Keywords : Dietary Modification : CK(315) : AC(47), Glycemic Index : CK(34) : AC(4), Glycemic Index : CK(34) : AC(4)

Fish (AC 1) (CK 10)

Fish consumption might be associated with resilience to depression.

Pubmed Data : Lipids Health Dis. 2015 ;14(1):51. Epub 2015 May 26. PMID: [26007632](#)

Article Published Date : Dec 31, 2014

Authors : Eisho Yoshikawa, Daisuke Nishi, Yutaka Matsuoka

Study Type : Human Study

Additional Links

Substances : Fish : CK(253) : AC(24), Polyunsaturated Fatty Acids (PUFAs) : CK(174) : AC(32)

Diseases : Depression : CK(1820) : AC(263)

Additional Keywords : Risk Reduction : CK(6136) : AC(658)

Flavonoids (AC 2) (CK 3)

Cocoa polyphenol has an antidepressant-like effect in rats.

Pubmed Data : Nutr Neurosci. 2008 Dec;11(6):269-76. PMID: [19000380](#)

Article Published Date : Dec 01, 2008

Authors : Michaël Messaoudi, Jean-François Bisson, Amine Nejdi, Pascale Rozan, Hervé Javelot

Study Type : Animal Study

Additional Links

Substances : Flavonoids : CK(1194) : AC(376), Polyphenols : CK(920) : AC(333)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Plant Extracts : CK(7288) : AC(2419)

Polyphenols or other phytochemicals appear to be potential and promising class of therapeutics for the treatment of diseases with a multifactorial etiology.

Pubmed Data : Pharmacogn Rev. 2012 Jul ;6(12):81-90. PMID: [23055633](#)

Article Published Date : Jun 30, 2012

Authors : G Phani Kumar, Farhath Khanum

Study Type : Review

Additional Links

Substances : Flavonoids : CK(1194) : AC(376) , Polyphenols : CK(920) : AC(333)

Diseases : Alzheimer's Disease : CK(1282) : AC(375) , Dementia : CK(571) : AC(79) , Depression : CK(1820) : AC(263) , Neurodegenerative Diseases : CK(3370) : AC(846) , Psychiatric Disorders : CK(110) : AC(27) , Schizophrenia : CK(434) : AC(68)

Pharmacological Actions : Neuroprotective Agents : CK(2235) : AC(1052)

Flaxseed (AC 1) (CK 2)

Antidepressant-like effect of flaxseed secoisolariciresinol diglycoside in ovariectomized mice subjected to unpredictable chronic stress.

Pubmed Data : Metab Brain Dis. 2012 Dec 22. Epub 2012 Dec 22. PMID: [23263992](#)

Article Published Date : Dec 21, 2012

Authors : Xing Ma, Rui Wang, Xin Zhao, Chong Zhang, Jiao Sun, Jianxin Li, Lu Zhang, Tuo Shao, Lina Ruan, Liang Chen, Ying Xu, Jianchun Pan

Study Type : Animal Study

Additional Links

Substances : Flaxseed : CK(451) : AC(89)

Diseases : Depression : CK(1820) : AC(263) , Ovariectomy Associated Adverse Changes : CK(18) : AC(7) , Postmenopausal Disorder: Brain/Nervous System Pathology : CK(10) : AC(1)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Anti Therapeutic Actions : Stress : CK(30) : AC(9)

Folic Acid (AC 1) (CK 1)

Folate may have a therapeutic role in treating depressive symptoms.

Pubmed Data : J Clin Psychiatry. 2009;70 Suppl 5:12-7. PMID: [19909688](#)

Article Published Date : Jan 01, 2009

Authors : [No authors listed]

Study Type : Review

Additional Links

Substances : Folic Acid : CK(643) : AC(93)

Diseases : Depression : CK(1820) : AC(263), Depressive Disorder : CK(405) : AC(57)

Frankincense (AC 1) (CK 10)

Essential oil hand massage was used with hospice patients with terminal cancer with a positive effect on pain and depression.

Pubmed Data : Taehan Kanho Hakhoe Chi. 2008 Aug ;38(4):493-502. PMID: [18753801](#)

Article Published Date : Jul 31, 2008

Authors : So Young Chang

Study Type : Human Study

Additional Links

Substances : Bergamot : CK(22) : AC(3), Frankincense : CK(22) : AC(1), Lavender : CK(363) : AC(45)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263), Pain : CK(825) : AC(134)

Therapeutic Actions : Aromatherapy Massage : CK(80) : AC(8)

Fruit: All (AC 1) (CK 20)

Fruit and vegetable consumption might be inversely associated with the risk of depression.

Pubmed Data : Nutrition. 2015 Sep 30. Epub 2015 Sep 30. PMID: [26691768](#)

Article Published Date : Sep 29, 2015

Authors : Xiaoqin Liu, Ying Yan, Fang Li, Dongfeng Zhang

Study Type : Meta Analysis

Additional Links

Substances : Fruit: All : CK(3530) : AC(769) , Vegetables: All : CK(1032) : AC(113)

Diseases : Depression : CK(1820) : AC(263)

Additional Keywords : Risk Reduction : CK(6136) : AC(658)

Gardenia (AC 2) (CK 4)

Geniposide possessed potent antidepressant-like properties that may be mediated by its effects on the HPA axis.

Pubmed Data : Eur Neuropsychopharmacol. 2015 Aug ;25(8):1332-41. Epub 2015 Apr 17. PMID: [25914157](#)

Article Published Date : Jul 31, 2015

Authors : Li Cai, Rong Li, Wen-jian Tang, Gang Meng, Xiang-Yang Hu, Ting-Ni Wu

Study Type : Animal Study

Additional Links

Substances : Gardenia : CK(7) : AC(4)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Natural Substances Versus Drugs : CK(1694) : AC(300)

Problem Substances : Fluoxetine (trade name Prozac) : CK(288) : AC(50)

Zhi-Zi-Hou-Po significantly reversed the depressive-like behaviors, normalized the levels of adrenocorticotrophic hormone and corticosterone.

Pubmed Data : Phytomedicine. 2015 Dec 1 ;22(13):1178-85. Epub 2015 Nov 16. PMID: [26598917](#)

Article Published Date : Nov 30, 2015

Authors : Hang Xing, Kuo Zhang, Ruowen Zhang, Huiyan Shi, Kaishun Bi, Xiaohui Chen

Study Type : Animal Study

Additional Links

Substances : Bitter Orange : CK(1) : AC(1), Gardenia : CK(7) : AC(4), Magnolia : CK(50) : AC(18)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157), Neurogenesis : CK(59) : AC(30)

Additional Keywords : Plant Extracts : CK(7288) : AC(2419), Plant Extracts : CK(7288) : AC(2419)

Geraniol (AC 1) (CK 2)

Geraniol exerted a potential antidepressant-like effect in a chronic unpredictable mild stress mice model of depression.

Pubmed Data : Physiol Behav. 2015 Oct 8 ;152(Pt A):264-271. Epub 2015 Oct 8. PMID: [26454213](#)

Article Published Date : Oct 07, 2015

Authors : Xue-Yang Deng, Jin-Song Xue, Hong-Yan Li, Zhan-Qiang Ma, Qiang Fu, Rong Qu, Shi-Ping Ma

Study Type : Animal Study

Additional Links

Substances : Geraniol : CK(7) : AC(1)

Diseases : Depression : CK(1818) : AC(262), Stress : CK(611) : AC(101)

Pharmacological Actions : Anti-Inflammatory Agents : CK(4500) : AC(1574), Antidepressive Agents : CK(986) : AC(157), NF-kappaB Inhibitor : CK(1100) : AC(686)

Ginkgo biloba (AC 2) (CK 21)

Polyphenolic compounds could be beneficial in psychiatric disorders.

Pubmed Data : Oxid Med Cell Longev. 2015;2015:248529. Epub 2015 Jun 9. PMID: [26180581](#)

Article Published Date : Dec 31, 2014

Authors : Jana Trebatická, Zdeňka Ďuračková

Study Type : Review

Additional Links

Substances : Curcumin : CK(4128) : AC(2171), Ginkgo biloba : CK(796) : AC(161), Green Tea : CK(1934) : AC(549), Oak : CK(5) : AC(4), Polyphenols : CK(920) : AC(333)

Diseases : Attention Deficit Disorder : CK(136) : AC(14), Depression : CK(1818) : AC(262), Oxidative Stress : CK(3799) : AC(1356), Psychiatric Disorders : CK(110) : AC(27), Schizophrenia : CK(434) : AC(68)

Pharmacological Actions : Anti-Inflammatory Agents : CK(4499) : AC(1573), Antioxidants : CK(7191) : AC(2630)

The results confirm the efficacy of the three herbal active substances in elderly patients with anxiety, depression, and dementia.

Pubmed Data : Wien Med Wochenschr. 2015 Jun 20. Epub 2015 Jun 20. PMID: [26092515](#)

Article Published Date : Jun 19, 2015

Authors : Siegfried Kasper

Study Type : Meta Analysis

Additional Links

Substances : Ginkgo biloba : CK(796) : AC(161), Lavender: Essential Oil : CK(176) : AC(20), Lavender: Essential Oil : CK(176) : AC(20)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Dementia : CK(571) : AC(79), Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Natural Substances Versus Drugs : CK(1694) : AC(300), Plant Extracts : CK(7288) : AC(2419)

Goji (AC 1) (CK 10)

Goji improves sense of well-being, and other indicators of good health.

Pubmed Data : J Altern Complement Med. 2008 May;14(4):403-12. PMID: [18447631](#)

Article Published Date : May 01, 2008

Authors : Harunobu Amagase, Dwight M Nance

Study Type : Human Study

Additional Links

Substances : Goji : CK(71) : AC(28)

Diseases : Depression : CK(1820) : AC(263)

Graviola (AC 1) (CK 1)

Graviola (Annona muricata) may have anti-depressive activity due to its serotonin modulation activity.

Pubmed Data : J Pharm Pharmacol.1997 Nov;49(11):1145-9 PMID: [9401954](#)

Article Published Date : Nov 01, 1997

Authors : J A Hasrat, T De Bruyne, J P De Backer, G Vauquelin, A J Vlietinck

Study Type : In Vitro Study

Additional Links

Substances : Graviola : CK(7) : AC(6)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : 5-HTergic : CK(1) : AC(1)

Green Tea (AC 2) (CK 3)

Polyphenolic compounds could be beneficial in psychiatric disorders.

Pubmed Data : Oxid Med Cell Longev. 2015;2015:248529. Epub 2015 Jun 9. PMID: [26180581](#)

Article Published Date : Dec 31, 2014

Authors : Jana Trebatická, Zdeňka Ďuračková

Study Type : Review

Additional Links

Substances : Curcumin : CK(4128) : AC(2171), Ginkgo biloba : CK(796) : AC(161), Green Tea : CK(1934) : AC(549), Oak : CK(5) : AC(4), Polyphenols : CK(920) : AC(333)

Diseases : Attention Deficit Disorder : CK(136) : AC(14), Depression : CK(1818) : AC(262), Oxidative Stress : CK(3799) : AC(1356), Psychiatric Disorders : CK(110) : AC(27), Schizophrenia : CK(434) : AC(68)

Pharmacological Actions : Anti-Inflammatory Agents : CK(4499) : AC(1573), Antioxidants : CK(7191) : AC(2630)

This study demonstrates the positive effect of tea, and especially GABA green tea on post-stroke depression.

Pubmed Data : Mol Nutr Food Res. 2015 Dec 2. Epub 2015 Dec 2. PMID: [26626862](#)

Article Published Date : Dec 01, 2015

Authors : Arianna Di Lorenzo, Seyed Fazel Nabavi, Antoni Sureda, Akbar Hajizadeh Moghaddam, Sedigheh Khanjani, Patrizia Arcidiaco, Seyed Mohammad Nabavi, Maria Daglia

Study Type : Animal Study

Additional Links

Substances : Green Tea : CK(1934) : AC(549)

Diseases : Depression : CK(1818) : AC(262) , Stroke: Attenuation/Recovery : CK(345) : AC(74)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157) , Antioxidants : CK(7191) : AC(2630)

Homeopathic Medicine: All (AC 5) (CK 50)

Homeopathic medicine is as effective and better tolerated than Prozac (fluoxetine) in the treatment of acute depression.

Pubmed Data : Evid Based Complement Alternat Med. 2009 Aug 17. PMID: [19687192](#)

Article Published Date : Aug 17, 2009

Authors : U C Adler, N M P Paiva, A T Cesar, M S Adler, A Molina, A E Padula, H M Calil

Study Type : Human Study

Additional Links

Substances : Homeopathic Medicine: All : CK(927) : AC(100)

Diseases : Depression : CK(1820) : AC(263)

Additional Keywords : Natural Substances Versus Drugs : CK(1694) : AC(300)

Homeopathy may be useful in the treatment of affective and anxiety disorders in patients with mildly to severely symptomatic conditions.

Pubmed Data : Altern Ther Health Med. 1997 Jan ;3(1):46-9. PMID: [8997804](#)

Article Published Date : Dec 31, 1996

Authors : J R Davidson, R M Morrison, J Shore, R T Davidson, G Bedayn

Study Type : Human Study

Additional Links

Substances : Homeopathic Medicine: All : CK(927) : AC(100)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Significant Treatment Outcome : CK(3028) : AC(365)

Patients GPs who prescribe homeopathy in addition to conventional medicine reported use of fewer psychotropic drugs.

Pubmed Data : BMC Complement Altern Med. 2016 ;16(1):125. Epub 2016 May 4. PMID: [27145957](#)

Article Published Date : Dec 31, 2015

Authors : Lamiae Grimaldi-Bensouda, Lucien Abenhaim, Jacques Massol, Didier Guillemot, Bernard Avouac, Gerard Duru, France Lert, Anne-Marie Magnier, Michel Rossignol, Frederic Rouillon, Bernard Begaud,

Study Type : Human Study

Additional Links

Substances : Homeopathic Medicine: All : CK(927) : AC(100)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263)

Therapeutic Actions : Homeopathic Treatment : CK(658) : AC(72), Integrative Medicine : CK(292) : AC(43)

Additional Keywords : Integrative Medicine : CK(292) : AC(43)

The results of this study indicate that Individualized homeopathic treatment is comparable to fluoxetine in peri- and posmenopausal women and improves menopausal symptoms.

Pubmed Data : PLoS One. 2015 ;10(3):e0118440. Epub 2015 Mar 13. PMID: [25768800](#)

Article Published Date : Dec 31, 2014

Authors : Emma Del Carmen Macías-Cortés, Lidia Llanes-González, Leopoldo Aguilar-Faisal, Juan Asbun-Bojalil

Study Type : Human Study

Additional Links

Substances : Homeopathic Medicine: All : CK(927) : AC(100)

Diseases : Depression : CK(1820) : AC(263), Menopausal Syndrome : CK(285) : AC(44), Perimenopausal Syndrome : CK(52) : AC(6)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Homeopathic Vs. Conventional Treatment : CK(10) : AC(1), Superiority of Natural Substances versus Drugs : CK(1304) : AC(249)

This study reports the outcomes in 455 patients of which 66.8% derived benefit from homeopathic treatment with 32% of them able to stop or substantially reduce their conventional drugs use.

Pubmed Data : Homeopathy. 2005 Oct ;94(4):215-21. PMID: [16226198](#)

Article Published Date : Sep 30, 2005

Authors : R Sevar

Study Type : Human Study

Additional Links

Substances : Homeopathic Medicine: All : CK(927) : AC(100)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Asthma : CK(1144) : AC(187), Back Pain : CK(80) : AC(7), Chronic Illness : CK(10) : AC(1), Cough : CK(14) : AC(3), Depression : CK(1820) : AC(263), Eczema : CK(1122) : AC(115), Headaches : CK(10) : AC(1), Hypertension : CK(2843) : AC(395)

Pharmacological Actions : Analgesics : CK(1279) : AC(209), Anti-Anxiety Agents : CK(334) : AC(56), Antihypertensive Agents : CK(1026) : AC(151), Dermatologic Agents : CK(240) : AC(28)

Additional Keywords : Significant Treatment Outcome : CK(3028) : AC(365)

Kava Kava (AC 2) (CK 30)

Kava is an effective treatment alternative to pharmaceuticals in non-psychotic anxiety disorders.

Pubmed Data : Phytother Res. 2005 Mar;19(3):183-8. PMID: [15934028](#)

Article Published Date : Mar 01, 2005

Authors : Steffen Witte, Dieter Loew, Wilhelm Gaus

Study Type : Meta Analysis

Additional Links

Substances : Kava Kava : CK(230) : AC(40)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263)

Additional Keywords : Plant Extracts : CK(7288) : AC(2419)

Kava is safe and effective in treating anxiety disorders and depression.

Pubmed Data : Psychopharmacology (Berl). 2009 Aug;205(3):399-407. Epub 2009 May 9. PMID: [19430766](#)

Article Published Date : Aug 01, 2009

Authors : J Sarris, D J Kavanagh, G Byrne, K M Bone, J Adams, G Deed

Study Type : Human Study

Additional Links

Substances : [Kava Kava](#) : CK(230) : AC(40)

Diseases : [Anxiety Disorders](#) : CK(1215) : AC(180), [Depression](#) : CK(1820) : AC(263)

Pharmacological Actions : [Antidepressive Agents](#) : CK(986) : AC(157), [Anxiolytic](#) : CK(369) : AC(56)

Additional Keywords : [Plant Extracts](#) : CK(7288) : AC(2419)

Krill (AC 1) (CK 2)

Enhanced cognitive function and antidepressant-like effects after krill oil supplementation in rats.

Pubmed Data : Lipids Health Dis. 2013 Jan 25 ;12(1):6. Epub 2013 Jan 25. PMID: [23351783](#)

Article Published Date : Jan 24, 2013

Authors : Karin Wibrand, Kjetil Berge, Michaël Messaoudi, Anaïs Duffaud, Debabrata Panja, Clive R Bramham, Lena Burri

Study Type : Animal Study

Additional Links

Substances : [Krill](#) : CK(141) : AC(33)

Diseases : [Cognitive Decline/Dysfunction](#) : CK(1138) : AC(212), [Depression](#) : CK(1820) : AC(263)

Lactobacillus rhamnosus (AC 1) (CK 2)

Ingestion of Lactobacillus strain regulates emotional behavior and central GABA receptor expression in a mouse.

Pubmed Data : Proc Natl Acad Sci U S A. 2011 Sep 20 ;108(38):16050-5. Epub 2011 Aug 29. PMID: [21876150](#)

Article Published Date : Sep 20, 2011

Authors : Javier A Bravo, Paul Forsythe, Marianne V Chew, Emily Escaravage, Hélène M Savignac,

Timothy G Dinan, John Bienenstock, John F Cryan

Study Type : Animal Study

Additional Links

Substances : [Lactobacillus rhamnosus](#) : CK(125) : AC(20)

Diseases : [Anxiety Disorders](#) : CK(1215) : AC(180), [Depression](#) : CK(1820) : AC(263)

Lavender (AC 4) (CK 40)

Essential oil hand massage was used with hospice patients with terminal cancer with a positive effect on pain and depression.

Pubmed Data : Taehan Kanho Hakhoe Chi. 2008 Aug ;38(4):493-502. PMID: [18753801](#)

Article Published Date : Jul 31, 2008

Authors : So Young Chang

Study Type : Human Study

Additional Links

Substances : [Bergamot](#) : CK(22) : AC(3), [Frankincense](#) : CK(22) : AC(1), [Lavender](#) : CK(363) : AC(45)

Diseases : [Anxiety Disorders](#) : CK(1215) : AC(180), [Depression](#) : CK(1820) : AC(263), [Pain](#) : CK(825) : AC(134)

Therapeutic Actions : [Aromatherapy Massage](#) : CK(80) : AC(8)

Lavandula angustifolia infusion has some positive therapeutic effects on depressed patients most importantly decreases mean depression score and might be used alone or as an adjunct to other anti-depressant drugs.

Pubmed Data : Iran Red Crescent Med J. 2013 Aug ;15(8):734-9. Epub 2013 Aug 5. PMID: [24578844](#)

Article Published Date : Jul 31, 2013

Authors : Masoud Nikfarjam, Neda Parvin, Naziheh Assarzadegan, Shabnam Asghari

Study Type : Human Study

Additional Links

Substances : [Lavender](#) : CK(363) : AC(45)

Diseases : [Depression](#) : CK(1820) : AC(263)

Pharmacological Actions : [Antidepressive Agents](#) : CK(986) : AC(157)

Additional Keywords : Natural Substance/Drug Synergy : CK(349) : AC(140)

Lavender fragrance had a beneficial effect on insomnia and depression in women college students.

Pubmed Data : Br J Pharmacol. 1999 Sep;128(2):380-4. PMID: [16520572](#)

Article Published Date : Sep 01, 1999

Authors : Inn-Sook Lee, Gyung-Joo Lee

Study Type : Human Study

Additional Links

Substances : Lavender : CK(363) : AC(45)

Diseases : Depression : CK(1820) : AC(263), Insomnia : CK(518) : AC(64)

Therapeutic Actions : Aromatherapy : CK(652) : AC(65)

The use of lavender and bergamot oils in massage are helpful in relieving depression and anxiety.

Pubmed Data : Nat Prod Commun. 2011 Aug ;6(8):1199-204. PMID: [21922934](#)

Article Published Date : Aug 01, 2011

Authors : Tapanee Hongratanaworakit

Study Type : Human Study

Additional Links

Substances : Bergamot : CK(22) : AC(3), Lavender : CK(363) : AC(45)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263)

Therapeutic Actions : Massage/Therapeutic Touch : CK(810) : AC(81)

Additional Keywords : Blood Pressure : CK(12) : AC(2)

Lavender: Essential Oil (AC 1) (CK 20)

The results confirm the efficacy of the three herbal active substances in elderly patients with anxiety, depression, and dementia.

Pubmed Data : Wien Med Wochenschr. 2015 Jun 20. Epub 2015 Jun 20. PMID: [26092515](#)

Article Published Date : Jun 19, 2015

Authors : Siegfried Kasper

Study Type : Meta Analysis

Additional Links

Substances : Ginkgo biloba : CK(796) : AC(161), Lavender: Essential Oil : CK(176) : AC(20),
Lavender: Essential Oil : CK(176) : AC(20)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Dementia : CK(571) : AC(79), Depression :
CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Natural Substances Versus Drugs : CK(1694) : AC(300), Plant Extracts :
CK(7288) : AC(2419)

Lettuce (AC 1) (CK 2)

L. sativa can potentially act as a strong herbal drug due to its multiple pharmaceutical effects and is therefore of interest in drug discovery and development of formulations.

Pubmed Data : BMC Complement Altern Med. 2015 ;15:199. Epub 2015 Jun 27. PMID: [26115918](#)

Article Published Date : Dec 31, 2014

Authors : Hammad Ismail, Bushra Mirza

Study Type : Animal Study

Additional Links

Substances : Lettuce : CK(13) : AC(3)

Diseases : Depression : CK(1818) : AC(262), Inflammation : CK(2863) : AC(839)

Pharmacological Actions : Analgesics : CK(1279) : AC(209), Anti-Inflammatory Agents : CK(4499) :
AC(1573), Anticoagulants : CK(3) : AC(2), Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Natural Substances Versus Drugs : CK(1694) : AC(300)

Lion's Mane (Hericum Erinaceus) (AC 2) (CK 11)

Hericum erinaceus intake results in a reduction of depression and anxiety in mice by 4 weeks.

Pubmed Data : Biomed Res. 2010 Aug ;31(4):231-7. PMID: [20834180](#)

Article Published Date : Aug 01, 2010

Authors : Mayumi Nagano, Kuniyoshi Shimizu, Ryuichiro Kondo, Chickako Hayashi, Daigo Sato, Katsuyuki Kitagawa, Koichiro Ohnuki

Study Type : Human Study

Additional Links

Substances : [Lion's Mane \(Hericium Erinaceus\)](#) : CK(46) : AC(22)

Diseases : [Anxiety Disorders](#) : CK(1215) : AC(180), [Depression](#) : CK(1820) : AC(263)

Pharmacological Actions : [Anxiolytic](#) : CK(369) : AC(56)

The reported health-promoting properties of the mushroom fruit bodies, mycelia, and bioactive pure compounds in lion's mane.

Pubmed Data : J Agric Food Chem. 2015 Aug 5. Epub 2015 Aug 5. PMID: [26244378](#)

Article Published Date : Aug 04, 2015

Authors : Mendel Friedman

Study Type : Review

Additional Links

Substances : [Lion's Mane \(Hericium Erinaceus\)](#) : CK(46) : AC(22)

Diseases : [Anxiety Disorders](#) : CK(1215) : AC(180), [Depression](#) : CK(1820) : AC(263), [Depression](#) : CK(1820) : AC(263)

Pharmacological Actions : [Anticarcinogenic Agents](#) : CK(1071) : AC(514), [Antihypertensive Agents](#) : CK(1026) : AC(151), [Cardioprotective](#) : CK(1574) : AC(400), [Hepatoprotective](#) : CK(1342) : AC(581), [Hypolipidemic](#) : CK(1151) : AC(242), [Neuroprotective Agents](#) : CK(2235) : AC(1052)

Additional Keywords : [Neuroprotective Agents](#) : CK(2235) : AC(1052)

Lobelia (AC 1) (CK 2)

Lobelia has antidepressant properties.

Pubmed Data : J Pharm Sci. 1992 Jul;81(7):620-1. PMID: [1403691](#)

Article Published Date : Jul 01, 1992

Authors : A Subarnas, Y Oshima, Sidik, Y Ohizumi

Study Type : Animal Study

Additional Links

Substances : [Lobelia](#) : CK(7) : AC(5)

Diseases : [Depression](#) : CK(1820) : AC(263)

Pharmacological Actions : [Antidepressive Agents](#) : CK(986) : AC(157)

Additional Keywords : Plant Extracts : CK(7288) : AC(2419)

Luteolin (AC 1) (CK 2)

Luteolin mediates the antidepressant-like effects of *Cirsium japonicum* in mice.

Pubmed Data : Arch Pharm Res. 2014 Feb ;37(2):263-9. Epub 2013 Aug 8. PMID: [23925560](#)

Article Published Date : Jan 31, 2014

Authors : June Bryan I de la Peña, Chong Ah Kim, Hye Lim Lee, Seo Young Yoon, Hee Jin Kim, Eun Young Hong, Gun Hee Kim, Jong Hoon Ryu, Yong Soo Lee, Kyeong Man Kim, Jae Hoon Cheong

Study Type : Animal Study

Additional Links

Substances : Luteolin : CK(104) : AC(78), Thistle : CK(18) : AC(12)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Plant Extracts : CK(7288) : AC(2419)

Lysergic Acid Diethylamide (LSD) (AC 3) (CK 3)

Ayahuasca, psilocybin and LSD may be useful tools for the treatment of drug dependence, and anxiety and mood disorders.

Pubmed Data : Ther Adv Psychopharmacol. 2016 Jun ;6(3):193-213. Epub 2016 Mar 18. PMID: [27354908](#)

Article Published Date : May 31, 2016

Authors : Rafael G Dos Santos, Flávia L Osório, José Alexandre S Crippa, Jordi Riba, Antônio W Zuardi, Jaime E C Hallak

Study Type : Review

Additional Links

Substances : Ayahuasca : CK(370) : AC(58) , Lysergic Acid Diethylamide (LSD) : CK(76) : AC(13) , Psilocybin : CK(87) : AC(12)

Diseases : Anxiety Disorders : CK(1215) : AC(180) , Depression : CK(1820) : AC(263) , Drug Dependence : CK(2) : AC(2)

Pharmacological Actions : Anti-Anxiety Agents : CK(334) : AC(56) , Antidepressive Agents : CK(986) : AC(157)

Classical hallucinogens alter the functioning of the serotonergic system which has long been implicated in anxiety and depressive disorders.

Pubmed Data : Ther Adv Psychopharmacol. 2014 Aug ;4(4):156-69. PMID: [25083275](#)

Article Published Date : Jul 31, 2014

Authors : David Baumeister, Georgina Barnes, Giovanni Giaroli, Derek Tracy

Study Type : Review

Additional Links

Substances : Lysergic Acid Diethylamide (LSD) : CK(76) : AC(13) , Psilocybin : CK(87) : AC(12)

Diseases : Anxiety Disorders : CK(1215) : AC(180) , Depression : CK(1820) : AC(263)

Pharmacological Actions : Anti-Anxiety Agents : CK(334) : AC(56) , Antidepressive Agents : CK(986) : AC(157)

LSD in this model can be considered antidepressant-like, and discuss it in terms of a re-balance of hippocampal 5-HT2/5-HT1A signalling.

Pubmed Data : J Psychopharmacol. 2014 Apr 30 ;28(6):545-552. Epub 2014 Apr 30. PMID: [24785760](#)

Article Published Date : Apr 29, 2014

Authors : Tobias Buchborn, Helmut Schröder, Volker Höllt, Gisela Grecksch

Study Type : Review

Additional Links

Substances : Lysergic Acid Diethylamide (LSD) : CK(76) : AC(13)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Magnesium (AC 3) (CK 30)

Magnesium intake may have an effect on the risk of developing depression.

Pubmed Data : J Affect Disord. 2015 Dec 30 ;193:94-98. Epub 2015 Dec 30. PMID: [26771950](#)

Article Published Date : Dec 29, 2015

Authors : Teymoor Yary, Soili M Lehto, Tommi Tolmunen, Tomi-Pekka Tuomainen, Jussi Kauhanen, Sari Voutilainen, Anu Ruusunen

Study Type : Human Study

Additional Links

Substances : Magnesium : CK(1516) : AC(193)

Diseases : Depression : CK(1820) : AC(263), Magnesium Deficiency : CK(401) : AC(48)

Additional Keywords : Magnesium Deficiency : CK(401) : AC(48)

There is an inverse relationship between magnesium intake and depressive symptoms.

Pubmed Data : Biol Trace Elem Res. 2012 Dec 14. Epub 2012 Dec 14. PMID: [23238611](#)

Article Published Date : Dec 13, 2012

Authors : Teymoor Yary, Sanaz Aazami, Kourosh Soleimannejad

Study Type : Human Study

Additional Links

Substances : Magnesium : CK(1516) : AC(193)

Diseases : Depression : CK(1820) : AC(263)

These findings support the hypothesis that migraine is a consequence of a loss of neurohormonal and metabolic integrity.

Pubmed Data : Neuro Endocrinol Lett. 2015 ;36(5):421-9. PMID: [26707041](#)

Article Published Date : Dec 31, 2014

Authors : Sergey A Dzugan, Konstantine S Dzugan

Study Type : Human Study

Additional Links

Substances : Magnesium : CK(1516) : AC(193)

Diseases : Depression : CK(1820) : AC(263), Fatigue : CK(291) : AC(46), Fibromyalgia : CK(618) : AC(66), Headache: Migraine : CK(651) : AC(76), Insomnia : CK(518) : AC(64)

Therapeutic Actions : Hormone Replacement Therapy : CK(10) : AC(1)

Additional Keywords : Hormone Replacement Therapy : CK(10) : AC(1), Significant Treatment Outcome : CK(3028) : AC(365)

Magnolia (AC 1) (CK 2)

Zhi-Zi-Hou-Po significantly reversed the depressive-like behaviors, normalized the levels of adrenocorticotrophic hormone and corticosterone.

Pubmed Data : Phytomedicine. 2015 Dec 1 ;22(13):1178-85. Epub 2015 Nov 16. PMID: [26598917](#)

Article Published Date : Nov 30, 2015

Authors : Hang Xing, Kuo Zhang, Ruowen Zhang, Huiyan Shi, Kaishun Bi, Xiaohui Chen

Study Type : Animal Study

Additional Links

Substances : Bitter Orange : CK(1) : AC(1), Gardenia : CK(7) : AC(4), Magnolia : CK(50) : AC(18)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157), Neurogenesis : CK(59) : AC(30)

Additional Keywords : Plant Extracts : CK(7288) : AC(2419), Plant Extracts : CK(7288) : AC(2419)

Mango (AC 1) (CK 2)

M. indica could be a potential phytotherapeutic agent in the treatment of mixed anxiety-depressive illness.

Pubmed Data : J Complement Integr Med. 2016 Jun 8. Epub 2016 Jun 8. PMID: [27276531](#)

Article Published Date : Jun 07, 2016

Authors : Ismail O Ishola, Olufunsho Awodele, Chinedum O Eluogu

Study Type : Animal Study

Additional Links

Substances : Mango : CK(76) : AC(44)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Marjoram (AC 1) (CK 10)

40 arthritic patients divided into 2 groups, one was treated with an essential oil blend which decreased pain and depression levels.

Pubmed Data : Taehan Kanho Hakhoe Chi. 2005 Feb ;35(1):186-94. PMID: [15778570](#)

Article Published Date : Jan 31, 2005

Authors : Myung-Ja Kim, Eun-Sook Nam, Seun-In Paik

Study Type : Human Study

Additional Links

Substances : Eucalyptus : CK(77) : AC(29), Marjoram : CK(21) : AC(7), Rosemary : CK(216) : AC(77)

Diseases : Depression : CK(1820) : AC(263), Rheumatoid Arthritis : CK(706) : AC(117)

Therapeutic Actions : Aromatherapy : CK(652) : AC(65)

Melatonin (AC 4) (CK 6)

Melatonin improved the depressive behaviour of stressed mice.

Pubmed Data : Neurosignals. 2016 Jul 11 ;24(1):48-58. Epub 2016 Jul 11. PMID: [27398923](#)

Article Published Date : Jul 10, 2016

Authors : Richard Hoehn, Marlene Monse, Ella Pohl, Sina Wranik, Barbara Wilker, Simone Keitsch, Matthias Soddemann, Johannes Kornhuber, Marcus Kohnen, Michael J Edwards, Heike Grassmé, Erich Gulbins

Study Type : Animal Study, In Vitro Study

Additional Links

Substances : Melatonin : CK(946) : AC(304)

Diseases : Depression : CK(1818) : AC(262)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157), Neurogenesis : CK(59) : AC(30)

Melatonin mediated an antidepressant-like effect in rats with chronic stress-induced depression.

Pubmed Data : Eur Neuropsychopharmacol. 2016 Aug 4. Epub 2016 Aug 4. PMID: [27499503](#)

Article Published Date : Aug 03, 2016

Authors : Bojana Stefanovic, Natasa Spasojevic, Predrag Jovanovic, Nebojsa Jasnic, Jelena Djordjevic, Sladjana Dronjak

Study Type : Animal Study

Additional Links

Substances : Melatonin : CK(946) : AC(304)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Melatonergic compounds might be effective in treating comorbid behavioral complications in epilepsy beyond regulation of a disturbed sleep-wake cycle.

Pubmed Data : Brain Res Bull. 2015 Aug 27. Epub 2015 Aug 27. PMID: [26321393](#)

Article Published Date : Aug 26, 2015

Authors : Jana Tchekalarova, Slavianka Moyanova, Antonio De Fusco, Richard Teke Ngomba

Study Type : Review

Additional Links

Substances : Melatonin : CK(946) : AC(304)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1818) : AC(262), Epilepsy : CK(248) : AC(62)

Additional Keywords : Significant Treatment Outcome : CK(3028) : AC(365)

This summarizes the effects of melatonin on mitochondrial activity in schizophrenia and mood disorders.

Pubmed Data : Curr Med Chem. 2016 Apr 27. Epub 2016 Apr 27. PMID: [27121187](#)

Article Published Date : Apr 26, 2016

Authors : Abdülhadi Cihangir Uğuz, Kadir Demirci, Javier Espino Palma

Study Type : Review

Additional Links

Substances : Melatonin : CK(946) : AC(304)

Diseases : Depression : CK(1818) : AC(262), Mood Disorders : CK(156) : AC(19), Schizophrenia : CK(434) : AC(68)

Pharmacological Actions : Antioxidants : CK(7191) : AC(2630), Immunomodulatory : CK(1284) : AC(355)

Moringa oleifera (AC 1) (CK 2)

The results of the present investigation showed the antidepressant activity of ethanolic Moringa oleifera extract in mice.

Pubmed Data : J Ayurveda Integr Med. 2015 Oct-Dec;6(4):273-9. PMID: [26834427](#)

Article Published Date : Sep 30, 2015

Authors : Ginpreet Kaur, Mihir Invally, Resham Sanzagiri, Harpal S Buttar

Study Type : Animal Study

Additional Links

Substances : Moringa oleifera : CK(150) : AC(73)

Diseases : Depression : CK(1818) : AC(262)

Pharmacological Actions : Anti-Inflammatory Agents : CK(4500) : AC(1574), Antidepressive Agents : CK(986) : AC(157), Antioxidants : CK(7191) : AC(2630)

Additional Keywords : Plant Extracts : CK(7288) : AC(2419)

Motherwort (AC 1) (CK 10)

Motherwort improves symptoms of anxiety and depression in patients with arterial hypertension.

Pubmed Data : Phytother Res. 2011 Apr;25(4):540-3. Epub 2010 Sep 13. PMID: [20839214](#)

Article Published Date : Apr 01, 2011

Authors : Alexander N Shikov, Olga N Pozharitskaya, Valery G Makarov, Dmitry V Demchenko, Evgenia V Shikh

Study Type : Human Study

Additional Links

Substances : Motherwort : CK(50) : AC(14)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263), Hypertension : CK(2843) : AC(395)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157), Anxiolytic : CK(369) : AC(56)

Musk (Animal) (AC 1) (CK 2)

"Evaluation of the antidepressant-like effect of musk in an animal model of depression: how it works."

Pubmed Data : Anat Sci Int. 2016 Jul 21. Epub 2016 Jul 21. PMID: [27444866](#)

Article Published Date : Jul 20, 2016

Authors : Nasra Naeim Ayuob

Study Type : Animal Study

Additional Links

Substances : Musk (Animal) : CK(2) : AC(1)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(992) : AC(160) , Brain-derived neurotrophic factor modulator : CK(4) : AC(1)

Myricetin (AC 1) (CK 2)

Administration of myricetin attenuated the depressant-like behaviors in mice exposed to repeated restraint stress.

Pubmed Data : Int J Mol Sci. 2015 ;16(12):28377-85. Epub 2015 Nov 30. PMID: [26633366](#)

Article Published Date : Dec 31, 2014

Authors : Zegang Ma, Guilin Wang, Lin Cui, Qimin Wang

Study Type : Animal Study

Additional Links

Substances : Myricetin : CK(7) : AC(6)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Niacin (AC 1) (CK 10)

Tryptophan-nicotinamide may be as effect as imipramine in the treatment of depression.

Pubmed Data : Acta Psychiatr Scand. 1979 Apr;59(4):395-414. PMID: [155389](#)

Article Published Date : Apr 01, 1979

Authors : G Chouinard, S N Young, L Annable, T L Sourkes

Study Type : Human Study

Additional Links

Substances : Niacin : CK(200) : AC(30) , Tryptophan : CK(258) : AC(30)

Diseases : Bipolar Disorder : CK(253) : AC(30) , Depression : CK(1820) : AC(263)

Additional Keywords : Drug: Imipramine : CK(12) : AC(2) , Drug-Plant-Vitamin Synergies : CK(965) : AC(266), Natural Substances Versus Drugs : CK(1694) : AC(300)

Nutmeg (AC 1) (CK 2)

Nutmeg demonstrates antidepressant activity.

Pubmed Data : J Med Food. 2006 Spring;9(1):84-9. PMID: [16579733](#)

Article Published Date : Mar 01, 2006

Authors : Dinesh Dhingra, Amandeep Sharma

Study Type : Animal Study

Additional Links

Substances : Nutmeg : CK(28) : AC(18)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Adrenergic Agents : CK(2) : AC(1) , Antidepressive Agents : CK(986) : AC(157), Dopaminergic : CK(32) : AC(10), Serotonergic : CK(32) : AC(8)

Oak (AC 1) (CK 1)

Polyphenolic compounds could be beneficial in psychiatric disorders.

Pubmed Data : Oxid Med Cell Longev. 2015;2015:248529. Epub 2015 Jun 9. PMID: [26180581](#)

Article Published Date : Dec 31, 2014

Authors : Jana Trebatická, Zdeňka Ďuračková

Study Type : Review

Additional Links

Substances : Curcumin : CK(4128) : AC(2171), Ginkgo biloba : CK(796) : AC(161), Green Tea : CK(1934) : AC(549), Oak : CK(5) : AC(4), Polyphenols : CK(920) : AC(333)

Diseases : Attention Deficit Disorder : CK(136) : AC(14), Depression : CK(1818) : AC(262), Oxidative Stress : CK(3799) : AC(1356), Psychiatric Disorders : CK(110) : AC(27), Schizophrenia : CK(434) : AC(68)

Pharmacological Actions : Anti-Inflammatory Agents : CK(4499) : AC(1573), Antioxidants : CK(7191) : AC(2630)

Omega-3 Fatty Acids (AC 6) (CK 52)

Current evidence supports adjunctive use of SAmE, methylfolate, omega-3, and vitamin D with antidepressants to reduce depressive symptoms.

Pubmed Data : Am J Psychiatry. 2016 Apr 26;appiajp201615091228. Epub 2016 Apr 26. PMID: [27113121](#)

Article Published Date : Apr 25, 2016

Authors : Jerome Sarris, Jenifer Murphy, David Mischoulon, George I Papakostas, Maurizio Fava, Michael Berk, Chee H Ng

Study Type : Meta Analysis, Review

Additional Links

Substances : Omega-3 Fatty Acids : CK(3268) : AC(387), SAmE (S-adenosylmethionine) : CK(113) : AC(20), Vitamin D : CK(3113) : AC(441)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Growing evidence suggests that consumption natural products, micronutrients, and nutraceuticals may delay the onset and progression of depression.

Pubmed Data : Nutr Neurosci. 2015 Nov 27. Epub 2015 Nov 27. PMID: [26613119](#)

Article Published Date : Nov 26, 2015

Authors : Seyed Mohammad Nabavi, Maria Daglia, Nady Braidy, Seyed Fazel Nabavi

Study Type : Review

Additional Links

Substances : Anthocyanins : CK(332) : AC(114), Catechin : CK(512) : AC(169), Cocoa : CK(522) : AC(77), Omega-3 Fatty Acids : CK(3268) : AC(387), Polyphenols : CK(920) : AC(333), Resveratrol : CK(1232) : AC(737)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Plant Extracts : CK(7288) : AC(2419)

Omega-3 fatty acids were shown to be more effective than placebo for depression in both adults and children in small controlled studies and in an open study of bipolar depression.

Pubmed Data : CNS Neurosci Ther. 2009;15(2):128-33. PMID: [19499625](#)

Article Published Date : Jan 01, 2009

Authors : Yamima Osher, R H Belmaker

Study Type : Human Study

Additional Links

Substances : Omega-3 Fatty Acids : CK(3268) : AC(387)

Diseases : Depression : CK(1820) : AC(263), Depression: Bipolar : CK(10) : AC(1)

Omega-3 polyunsaturated fatty acids could be used in the prevention of mood and anxiety disorders.

Pubmed Data : Clin Psychopharmacol Neurosci. 2015 Aug 31 ;13(2):129-37. PMID: [26243838](#)

Article Published Date : Aug 30, 2015

Authors : Kuan-Pin Su, Yutaka Matsuoka, Chi-Un Pae

Study Type : Review

Additional Links

Substances : Omega-3 Fatty Acids : CK(3268) : AC(387), Polyunsaturated Fatty Acids (PUFAs) : CK(174) : AC(32)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157), Immunomodulatory : CK(1284) : AC(355)

Supplementation of omega-3 fatty acids had a beneficial impact on depression and MDA level in depressed male

shift workers.

Pubmed Data : Int J Vitam Nutr Res. 2016 May 10:1-12. Epub 2016 May 10. PMID: [27164176](#)

Article Published Date : May 09, 2016

Authors : Farahnaz Khajehnasiri, Shahin Akhondzadeh, Seyed Bagher Mortazavi, Abdolamir Allameh, Gity Sotoudeh, Ali Khavanin, Zahra Zamanian

Study Type : Human Study

Additional Links

Substances : Omega-3 Fatty Acids : CK(3268) : AC(387)

Diseases : Depression : CK(1818) : AC(262)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157), Antioxidants : CK(7192) : AC(2631), Malondialdehyde Down-regulation : CK(537) : AC(143)

Supplementation with omega 3 fatty acids led to a significant improvement in depressive symptoms and health related quality of life in hemodialysis patients.

Pubmed Data : Am J Ther. 2014 Jul-Aug;21(4):275-87. PMID: [24987942](#)

Article Published Date : Jun 30, 2014

Authors : Simin Dashti-Khavidaki, Afshin Gharekhani, Mohammad-Reza Khatami, Elham-Sadat Miri, Hossein Khalili, Effat Razeghi, Seyed-Saeed Hashemi-Nazari, Mohammad-Ali Mansournia

Study Type : Human Study

Additional Links

Substances : DHA (Docosahexaenoic Acid) : CK(783) : AC(129), EPA (Eicosapentaenoic Acid) : CK(758) : AC(105), Omega-3 Fatty Acids : CK(3268) : AC(387)

Diseases : Depression : CK(1820) : AC(263), Kidney Failure : CK(321) : AC(45)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Antidepressive Agents : CK(986) : AC(157)

Onion (AC 1) (CK 2)

Onion powder has an antidepressant-like effect in a rat behavioral model of depression.

Pubmed Data : Biosci Biotechnol Biochem. 2008 Jan;72(1):94-100. Epub 2008 Jan 7. PMID: [18175926](#)

Article Published Date : Jan 01, 2008

Authors : Hiroyuki Sakakibara, Saki Yoshino, Yoshichika Kawai, Junji Terao

Study Type : Animal Study

Additional Links

Substances : [Onion](#) : CK(235) : AC(57)

Diseases : [Depression](#) : CK(1820) : AC(263)

Panax Ginseng (AC 1) (CK 2)

Panax ginseng extract exhibits antidepressant activity.

Pubmed Data : J Ethnopharmacol. 2010 Jul 29. Epub 2010 Jul 29. PMID: [20673793](#)

Article Published Date : Jul 29, 2010

Authors : Jia Wang, Shlomit Flaisher-Grinberg, Shanshan Li, Haibo Liu, Lin Sun, Yifa Zhou, Haim Einat

Study Type : Animal Study

Additional Links

Substances : [Panax Ginseng](#) : CK(60) : AC(29)

Diseases : [Depression](#) : CK(1820) : AC(263)

Pharmacological Actions : [Antidepressive Agents](#) : CK(986) : AC(157)

Perilla (AC 1) (CK 2)

Essential oil of *P. frutescens* administration exhibited significant antidepressant-like effects in mice with CUMS-induced depression.

Pubmed Data : Chin J Nat Med. 2014 Oct ;12(10):753-9. Epub 2014 Oct 31. PMID: [25443368](#)

Article Published Date : Sep 30, 2014

Authors : Wei-Wei Ji, Rui-Peng Li, Meng Li, Shu-Yuan Wang, Xian Zhang, Xing-Xing Niu, Wei Li, Lu Yan, Yang Wang, Qiang Fu, Shi-Ping Ma

Study Type : Animal Study

Additional Links

Substances : [Perilla](#) : CK(23) : AC(14)

Diseases : [Depression](#) : CK(1818) : AC(262)

Pharmacological Actions : [Anti-Inflammatory Agents](#) : CK(4500) : AC(1574), [Antidepressive Agents](#)

: CK(986) : AC(157)

Additional Keywords : Essential Oils : CK(175) : AC(64)

Piperidines (AC 1) (CK 10)

Curcuminoids with piperine may be used as a safe and effective add on to standard antidepressants in patients with major depressive disorders.

Pubmed Data : Phytother Res. 2015 Jan ;29(1):17-21. Epub 2014 Aug 4. PMID: [25091591](#)

Article Published Date : Dec 31, 2014

Authors : Yunes Panahi, Roghayeh Badeli, Gholam-Reza Karami, Amirhossein Sahebkar

Study Type : Human Study

Additional Links

Substances : Curcumin : CK(4128) : AC(2171), Piperidines : CK(59) : AC(22)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263), Depressive Disorder : CK(405) : AC(57)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Natural Substance/Drug Synergy : CK(349) : AC(140)

Piperine (AC 4) (CK 8)

Co-administration of curcumin and piperine may provide a useful natural adjuvant in the antidepressant therapy.

Pubmed Data : PLoS One. 2013 ;8(4):e61052. Epub 2013 Apr 17. PMID: [23613781](#)

Article Published Date : Dec 31, 2012

Authors : Puneet Rinwa, Anil Kumar, Sukant Garg

Study Type : Animal Study

Additional Links

Substances : Curcumin : CK(4128) : AC(2171), Piperine : CK(114) : AC(60)

Diseases : Depression : CK(1818) : AC(262), Oxidative Stress : CK(3800) : AC(1357)

Pharmacological Actions : Anti-Apoptotic : CK(360) : AC(201), Antidepressive Agents : CK(986) :

Curcumin (from Turmeric) in combination with Piperine may attenuate stress-induced depression.

Pubmed Data : Pharmacol Biochem Behav. 2008 Oct 25. [Epub ahead of print] PMID: [19000708](#)

Article Published Date : Oct 25, 2008

Authors : Mohit Kumar Bhutani, Mahendra Bishnoi, Shrinivas K Kulkarni

Study Type : Animal Study

Additional Links

Substances : Curcumin : CK(4128) : AC(2171), Piperine : CK(114) : AC(60)

Diseases : Depression : CK(1820) : AC(263)

Piperine can relieve depression in rats by modulating the function of HPA axis.

Pubmed Data : Zhong Xi Yi Jie He Xue Bao. 2009 Jul;7(7):667-70. PMID: [19615322](#)

Article Published Date : Jul 01, 2009

Authors : Yuan Hu, Hong-bo Liao, Ping Liu, Dai-hong Guo, Yu-yu Wang

Study Type : Animal Study

Additional Links

Substances : Piperine : CK(114) : AC(60)

Diseases : Depression : CK(1820) : AC(263), HPA Axis Dysregulation : CK(81) : AC(13)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157) , Neuroprotective Agents : CK(2235) : AC(1052)

The antidepressant-like effect of piperine involves the serotonergic system.

Pubmed Data : Prog Neuropsychopharmacol Biol Psychiatry. 2011 Apr 6. Epub 2011 Apr 6. PMID: [21477634](#)

Article Published Date : Apr 06, 2011

Authors : Qing-Qiu Mao, Yan-Fang Xian, Siu-Po Ip, Chun-Tao Che

Study Type : Animal Study

Additional Links

Substances : Black Pepper : CK(229) : AC(96), Piperine : CK(114) : AC(60)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157) , Serotonergic : CK(32) : AC(8)

Polyphenols (AC 4) (CK 5)

Cocoa polyphenol has an antidepressant-like effect in rats.

Pubmed Data : Nutr Neurosci. 2008 Dec;11(6):269-76. PMID: [19000380](#)

Article Published Date : Dec 01, 2008

Authors : Michaël Messaoudi, Jean-François Bisson, Amine Nejdj, Pascale Rozan, Hervé Javelot

Study Type : Animal Study

Additional Links

Substances : Flavonoids : CK(1194) : AC(376), Polyphenols : CK(920) : AC(333)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Plant Extracts : CK(7288) : AC(2419)

Growing evidence suggests that consumption natural products, micronutrients, and nutraceuticals may delay the onset and progression of depression.

Pubmed Data : Nutr Neurosci. 2015 Nov 27. Epub 2015 Nov 27. PMID: [26613119](#)

Article Published Date : Nov 26, 2015

Authors : Seyed Mohammad Nabavi, Maria Daglia, Nady Braidy, Seyed Fazel Nabavi

Study Type : Review

Additional Links

Substances : Anthocyanins : CK(332) : AC(114), Catechin : CK(512) : AC(169), Cocoa : CK(522) : AC(77), Omega-3 Fatty Acids : CK(3268) : AC(387), Polyphenols : CK(920) : AC(333), Resveratrol : CK(1232) : AC(737)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Plant Extracts : CK(7288) : AC(2419)

Polyphenolic compounds could be beneficial in psychiatric disorders.

Pubmed Data : Oxid Med Cell Longev. 2015;2015:248529. Epub 2015 Jun 9. PMID: [26180581](#)

Article Published Date : Dec 31, 2014

Authors : Jana Trebatická, Zdeňka Ďuračková

Study Type : Review

Additional Links

Substances : Curcumin : CK(4128) : AC(2171), Ginkgo biloba : CK(796) : AC(161), Green Tea : CK(1934) : AC(549), Oak : CK(5) : AC(4), Polyphenols : CK(920) : AC(333)

Diseases : Attention Deficit Disorder : CK(136) : AC(14) , Depression : CK(1818) : AC(262) , Oxidative Stress : CK(3799) : AC(1356) , Psychiatric Disorders : CK(110) : AC(27) , Schizophrenia : CK(434) : AC(68)

Pharmacological Actions : Anti-Inflammatory Agents : CK(4499) : AC(1573) , Antioxidants : CK(7191) : AC(2630)

Polyphenols or other phytochemicals appear to be potential and promising class of therapeutics for the treatment of diseases with a multifactorial etiology.

Pubmed Data : Pharmacogn Rev. 2012 Jul ;6(12):81-90. PMID: [23055633](#)

Article Published Date : Jun 30, 2012

Authors : G Phani Kumar, Farhath Khanum

Study Type : Review

Additional Links

Substances : Flavonoids : CK(1194) : AC(376) , Polyphenols : CK(920) : AC(333)

Diseases : Alzheimer's Disease : CK(1282) : AC(375) , Dementia : CK(571) : AC(79) , Depression : CK(1820) : AC(263) , Neurodegenerative Diseases : CK(3370) : AC(846) , Psychiatric Disorders : CK(110) : AC(27) , Schizophrenia : CK(434) : AC(68)

Pharmacological Actions : Neuroprotective Agents : CK(2235) : AC(1052)

Polyunsaturated Fatty Acids (PUFAs) (AC 2) (CK 11)

Fish consumption might be associated with resilience to depression.

Pubmed Data : Lipids Health Dis. 2015 ;14(1):51. Epub 2015 May 26. PMID: [26007632](#)

Article Published Date : Dec 31, 2014

Authors : Eisho Yoshikawa, Daisuke Nishi, Yutaka Matsuoka

Study Type : Human Study

Additional Links

Substances : Fish : CK(253) : AC(24) , Polyunsaturated Fatty Acids (PUFAs) : CK(174) : AC(32)

Diseases : Depression : CK(1820) : AC(263)

Additional Keywords : Risk Reduction : CK(6136) : AC(658)

Omega-3 polyunsaturated fatty acids could be used in the prevention of mood and anxiety disorders.

Pubmed Data : Clin Psychopharmacol Neurosci. 2015 Aug 31 ;13(2):129-37. PMID: [26243838](#)

Article Published Date : Aug 30, 2015

Authors : Kuan-Pin Su, Yutaka Matsuoka, Chi-Un Pae

Study Type : Review

Additional Links

Substances : Omega-3 Fatty Acids : CK(3268) : AC(387) , Polyunsaturated Fatty Acids (PUFAs) : CK(174) : AC(32)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157) , Immunomodulatory : CK(1284) : AC(355)

Prebiotics (AC 1) (CK 1)

This reviews the relationship between intestinal microbes and brain function.

Pubmed Data : J Agric Food Chem. 2015 Sep 16 ;63(36):7885-95. Epub 2015 Sep 1. PMID: [26306709](#)

Article Published Date : Sep 15, 2015

Authors : Xiaofei Liu, Shangqing Cao, Xuewu Zhang

Study Type : Review

Additional Links

Substances : Prebiotics : CK(159) : AC(30) , Probiotics : CK(2852) : AC(361)

Diseases : Anxiety Disorders : CK(1215) : AC(180) , Autism Spectrum Disorders : CK(1450) : AC(157) , Depression : CK(1820) : AC(263) , Learning disorders : CK(188) : AC(50) , Memory Disorders : CK(340) : AC(103) , Stress : CK(611) : AC(101)

Additional Keywords : Gut-brain Axis : CK(52) : AC(18) , Gut-brain Axis : CK(52) : AC(18)

Probiotics (AC 5) (CK 24)

Bifidobacterium longum 1714 had a positive impact on cognition in mice.

Pubmed Data : Behav Brain Res. 2015 Jul 1 ;287:59-72. Epub 2015 Mar 17. PMID: [25794930](#)

Article Published Date : Jun 30, 2015

Authors : H M Savignac, M Tramullas, B Kiely, T G Dinan, J F Cryan

Study Type : Animal Study

Additional Links

Substances : Bifidobacterium Longum : CK(90) : AC(18), Probiotics : CK(2852) : AC(361)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Cognitive Decline/Dysfunction : CK(1138) : AC(212), Depression : CK(1820) : AC(263)

Pharmacological Actions : Anti-Anxiety Agents : CK(334) : AC(56), Antidepressive Agents : CK(986) : AC(157)

Participants who received the 4-week multispecies probiotics intervention showed a significantly reduced overall cognitive reactivity to sad mood.

Pubmed Data : Brain Behav Immun. 2015 Aug ;48:258-64. Epub 2015 Apr 7. PMID: [25862297](#)

Article Published Date : Jul 31, 2015

Authors : Laura Steenbergen, Roberta Sellaro, Saskia van Hemert, Jos A Bosch, Lorenza S Colzato

Study Type : Human Study

Additional Links

Substances : Probiotics : CK(2852) : AC(361)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Significant Treatment Outcome : CK(3028) : AC(365)

Regulation of the gut microbiota using diet, probiotics and FMT may have important benefits for preventing and treating depression.

Pubmed Data : Clin Psychopharmacol Neurosci. 2015 Dec 31 ;13(3):239-44. PMID: [26598580](#)

Article Published Date : Dec 30, 2015

Authors : Alper Evrensel, Mehmet Emin Ceylan

Study Type : Review

Additional Links

Substances : Probiotics : CK(2852) : AC(361)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263)

Pharmacological Actions : Anti-Anxiety Agents : CK(334) : AC(56), Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Gut-brain Axis : CK(52) : AC(18)

The consumption of probiotic yogurt or a multispecies probiotic capsule had beneficial effects on mental health parameters in petrochemical workers.

Pubmed Data : Nutr Neurosci. 2015 Apr 16. Epub 2015 Apr 16. PMID: [25879690](#)

Article Published Date : Apr 15, 2015

Authors : Ali Akbar Mohammadi, Shima Jazayeri, Kianoush Khosravi-Darani, Zahra Solati, Nakisa Mohammadpour, Zatollah Asemi, Zohre Adab, Mahmoud Djalali, Mehdi Tehrani-Doost, Mostafa Hosseini, Shahryar Eghtesadi

Study Type : Human Study

Additional Links

Substances : Probiotics : CK(2852) : AC(361)

Diseases : Depression : CK(1820) : AC(263), Depressive Disorder : CK(405) : AC(57)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Antidepressive Agents : CK(986) : AC(157)

This reviews the relationship between intestinal microbes and brain function.

Pubmed Data : J Agric Food Chem. 2015 Sep 16 ;63(36):7885-95. Epub 2015 Sep 1. PMID: [26306709](#)

Article Published Date : Sep 15, 2015

Authors : Xiaofei Liu, Shangqing Cao, Xuewu Zhang

Study Type : Review

Additional Links

Substances : Prebiotics : CK(159) : AC(30), Probiotics : CK(2852) : AC(361)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Autism Spectrum Disorders : CK(1450) : AC(157), Depression : CK(1820) : AC(263), Learning disorders : CK(188) : AC(50), Memory Disorders : CK(340) : AC(103), Stress : CK(611) : AC(101)

Additional Keywords : Gut-brain Axis : CK(52) : AC(18), Gut-brain Axis : CK(52) : AC(18)

Psilocybin (AC 5) (CK 32)

Ayahuasca, psilocybin and LSD may be useful tools for the treatment of drug dependence, and anxiety and mood disorders.

Pubmed Data : Ther Adv Psychopharmacol. 2016 Jun ;6(3):193-213. Epub 2016 Mar 18. PMID: [27354908](#)

Article Published Date : May 31, 2016

Authors : Rafael G Dos Santos, Flávia L Osório, José Alexandre S Crippa, Jordi Riba, Antônio W Zuardi, Jaime E C Hallak

Study Type : Review

Additional Links

Substances : Ayahuasca : CK(370) : AC(58) , Lysergic Acid Diethylamide (LSD) : CK(76) : AC(13) , Psilocybin : CK(87) : AC(12)

Diseases : Anxiety Disorders : CK(1215) : AC(180) , Depression : CK(1820) : AC(263) , Drug Dependence : CK(2) : AC(2)

Pharmacological Actions : Anti-Anxiety Agents : CK(334) : AC(56) , Antidepressive Agents : CK(986) : AC(157)

Classical hallucinogens alter the functioning of the serotonergic system which has long been implicated in anxiety and depressive disorders.

Pubmed Data : Ther Adv Psychopharmacol. 2014 Aug ;4(4):156-69. PMID: [25083275](#)

Article Published Date : Jul 31, 2014

Authors : David Baumeister, Georgina Barnes, Giovanni Giaroli, Derek Tracy

Study Type : Review

Additional Links

Substances : Lysergic Acid Diethylamide (LSD) : CK(76) : AC(13) , Psilocybin : CK(87) : AC(12)

Diseases : Anxiety Disorders : CK(1215) : AC(180) , Depression : CK(1820) : AC(263)

Pharmacological Actions : Anti-Anxiety Agents : CK(334) : AC(56) , Antidepressive Agents : CK(986) : AC(157)

Psilocybin modulated effective connectivity within the visual-limbic-prefrontal network during threat processing.

Pubmed Data : Neuroimage Clin. 2016 ;11:53-60. Epub 2015 Aug 22. PMID: [26909323](#)

Article Published Date : Dec 31, 2015

Authors : Rainer Kraehenmann, André Schmidt, Karl Friston, Katrin H Preller, Erich Seifritz, Franz X Vollenweider

Study Type : Human Study

Additional Links

Substances : Psilocybin : CK(87) : AC(12)

Diseases : Anxiety Disorders : CK(1215) : AC(180) , Depression : CK(1820) : AC(263)

Pharmacological Actions : Anti-Anxiety Agents : CK(334) : AC(56) , Antidepressive Agents : CK(986) : AC(157)

This study provides preliminary support for the safety and efficacy of psilocybin for treatment-resistant depression.

Pubmed Data : Lancet Psychiatry. 2016 Jul ;3(7):619-27. Epub 2016 May 17. PMID: [27210031](#)

Article Published Date : Jun 30, 2016

Authors : Robin L Carhart-Harris, Mark Bolstridge, James Rucker, Camilla M J Day, David Erritzoe, Mendel Kaelen, Michael Bloomfield, James A Rickard, Ben Forbes, Amanda Feilding, David Taylor, Steve Pilling, Valerie H Curran, David J Nutt

Study Type : Human Study

Additional Links

Substances : [Psilocybin](#) : CK(87) : AC(12)

Diseases : [Depression](#) : CK(1820) : AC(263)

Pharmacological Actions : [Antidepressive Agents](#) : CK(986) : AC(157)

Treatment with psilocybin decreased amygdala reactivity during emotion processing and that this was associated with an increase of positive mood in healthy volunteers.

Pubmed Data : Biol Psychiatry. 2015 Oct 15 ;78(8):572-81. Epub 2014 Apr 26. PMID: [24882567](#)

Article Published Date : Oct 14, 2015

Authors : Rainer Kraehenmann, Katrin H Preller, Milan Scheidegger, Thomas Pokorny, Oliver G Bosch, Erich Seifritz, Franz X Vollenweider

Study Type : Human Study

Additional Links

Substances : [Psilocybin](#) : CK(87) : AC(12)

Diseases : [Depression](#) : CK(1820) : AC(263)

Pharmacological Actions : [Antidepressive Agents](#) : CK(986) : AC(157)

Pycnogenol (Pine Bark) (AC 1) (CK 2)

Pycnogenol supplements may reduce depression-like behaviour.

Pubmed Data : Biomed Res Int. 2014 ;2014:942927. Epub 2014 May 13. PMID: [24901001](#)

Article Published Date : Dec 31, 2013

Authors : Lin Mei, Miyako Mochizuki, Noboru Hasegawa

Study Type : Animal Study

Additional Links

Substances : Pycnogenol (Pine Bark) : CK(556) : AC(94)

Diseases : Depression : CK(1818) : AC(262), Oxidative Stress : CK(3800) : AC(1357), Stress : CK(611) : AC(101)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157), Antioxidants : CK(7191) : AC(2630)

Additional Keywords : Plant Extracts : CK(7288) : AC(2419)

Resveratrol (AC 3) (CK 5)

"Antidepressant-like effect of trans-resveratrol in chronic stress model"

Pubmed Data : J Psychiatr Res. 2012 Nov 19. Epub 2012 Nov 19. PMID: [23174668](#)

Article Published Date : Nov 18, 2012

Authors : Yingcong Yu, Rui Wang, Chunbai Chen, Xia Du, Lina Ruan, Jiao Sun, Jianxin Li, Lu Zhang, James M O'Donnell, Jianchun Pan, Ying Xu

Study Type : Animal Study

Additional Links

Substances : Resveratrol : CK(1232) : AC(737)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Growing evidence suggests that consumption natural products, micronutrients, and nutraceuticals may delay the onset and progression of depression.

Pubmed Data : Nutr Neurosci. 2015 Nov 27. Epub 2015 Nov 27. PMID: [26613119](#)

Article Published Date : Nov 26, 2015

Authors : Seyed Mohammad Nabavi, Maria Daglia, Nady Braidy, Seyed Fazel Nabavi

Study Type : Review

Additional Links

Substances : Anthocyanins : CK(332) : AC(114), Catechin : CK(512) : AC(169), Cocoa : CK(522) : AC(77), Omega-3 Fatty Acids : CK(3268) : AC(387), Polyphenols : CK(920) : AC(333), Resveratrol : CK(1232) : AC(737)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Plant Extracts : CK(7288) : AC(2419)

Resveratrol has an anti-depressant activities.

Pubmed Data : Eur Neuropsychopharmacol. 2010 Jun;20(6):405-13. Epub 2010 Mar 30. PMID: [20353885](#)

Article Published Date : Jun 01, 2010

Authors : Ying Xu, Zhichao Wang, Wenting You, Xiuhua Zhang, Shan Li, Philip A Barish, Matthew M Vernon, Xia Du, Gaowen Li, Jianchun Pan, William O Ogle

Study Type : Animal Study

Additional Links

Substances : Resveratrol : CK(1232) : AC(737)

Diseases : Depression : CK(1818) : AC(262)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157), Antioxidants : CK(7192) : AC(2631), Noradrenergic : CK(2) : AC(1), Serotonergic : CK(32) : AC(8)

Additional Keywords : Stilbenes : CK(402) : AC(242)

Rhodiola (Tibetan Ginseng) (AC 4) (CK 32)

R. rosea, although less effective than sertraline, may possess a more favorable risk to benefit ratio for individuals with mild to moderate depression.

Pubmed Data : Phytomedicine. 2015 Mar 15 ;22(3):394-9. Epub 2015 Feb 23. PMID: [25837277](#)

Article Published Date : Mar 14, 2015

Authors : Jun J Mao, Sharon X Xie, Jarcy Zee, Irene Soeller, Qing S Li, Kenneth Rockwell, Jay D Amsterdam

Study Type : Human Study

Additional Links

Substances : Rhodiola (Tibetan Ginseng) : CK(156) : AC(35)

Diseases : Depression : CK(1820) : AC(263), Depressive Disorder : CK(405) : AC(57)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Natural Substances Versus Drugs : CK(1694) : AC(300)

Problem Substances : Sertraline : CK(10) : AC(1)

Rhodiola shows anti-depressive potency in patients with mild to moderate depression.

Pubmed Data : Nord J Psychiatry. 2007;61(5):343-8. PMID: [17990195](#)

Article Published Date : Jan 01, 2007

Authors : V Darbinyan, G Aslanyan, E Amroyan, E Gabrielyan, C Malmström, A Panossian

Study Type : Human Study

Additional Links

Substances : Rhodiola (Tibetan Ginseng) : CK(156) : AC(35)

Diseases : Depression : CK(1820) : AC(263)

Salidroside might represent an interesting pharmacological tool to ameliorate cognition and counteract mood disorders.

Pubmed Data : J Alzheimers Dis. 2016 Feb 26. Epub 2016 Feb 26. PMID: [26967223](#)

Article Published Date : Feb 25, 2016

Authors : Agostino Palmeri, Leonardo Mammana, Maria Rosaria Tropea, Walter Gulisano, Daniela Puzzo

Study Type : Animal Study

Additional Links

Substances : Rhodiola (Tibetan Ginseng) : CK(156) : AC(35)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263), Memory Disorders : CK(340) : AC(103)

Pharmacological Actions : Anti-Anxiety Agents : CK(334) : AC(56), Antidepressive Agents : CK(986) : AC(157)

The experimental group demonstrated a significant reduction in self-reported, anxiety, stress, anger, confusion and depression at 14 days.

Pubmed Data : Phytother Res. 2015 Dec ;29(12):1934-9. Epub 2015 Oct 27. PMID: [26502953](#)

Article Published Date : Nov 30, 2015

Authors : Mark Cropley, Adrian P Banks, Julia Boyle

Study Type : Human Study

Additional Links

Substances : Rhodiola (Tibetan Ginseng) : CK(156) : AC(35)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263)

Pharmacological Actions : Anti-Anxiety Agents : CK(334) : AC(56), Antidepressive Agents : CK(986) : AC(157)

Rosemary (AC 4) (CK 16)

40 arthritic patients divided into 2 groups, one was treated with an essential oil blend which decreased pain and depression levels.

Pubmed Data : Taehan Kanho Hakhoe Chi. 2005 Feb ;35(1):186-94. PMID: [15778570](#)

Article Published Date : Jan 31, 2005

Authors : Myung-Ja Kim, Eun-Sook Nam, Seun-In Paik

Study Type : Human Study

Additional Links

Substances : Eucalyptus : CK(77) : AC(29), Marjoram : CK(21) : AC(7), Rosemary : CK(216) : AC(77)

Diseases : Depression : CK(1820) : AC(263), Rheumatoid Arthritis : CK(706) : AC(117)

Therapeutic Actions : Aromatherapy : CK(652) : AC(65)

Rosemary exhibits antidepressant action probably through the monoaminergic system.

Pubmed Data : Prog Neuropsychopharmacol Biol Psychiatry. 2009 Jun 15;33(4):642-50. Epub 2009 Mar 13. PMID: [19286446](#)

Article Published Date : Jun 15, 2009

Authors : Daniele G Machado, Luis E B Bettio, Mauricio P Cunha, Juliano C Capra, Juliana B Dalmarco, Moacir G Pizzolatti, Ana Lúcia S Rodrigues

Study Type : Animal Study

Additional Links

Substances : Rosemary : CK(216) : AC(77)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157), Monoaminergic : CK(6) : AC(3)

Rosemary tea administration exerts anxiolytic and antidepressant effects on mice and inhibits ChE activity.

Pubmed Data : Chem Biol Interact. 2015 Apr 21. Epub 2015 Apr 21. PMID: [25910439](#)

Article Published Date : Apr 20, 2015

Authors : Anastasia-Varvara Ferlemi, Antigoni Katsikoudi, Vassiliki G Kontogianni, Tahsin F Kellici, Grigoris Iatrou, Fotini N Lamari, Andreas G Tzakos, Marigoula Margarita

Study Type : Animal Study

Additional Links

Substances : Rosemary : CK(216) : AC(77)

Diseases : Anxiety : CK(16) : AC(4), Depression : CK(1820) : AC(263)

Pharmacological Actions : Anti-Anxiety Agents : CK(334) : AC(56), Antidepressive Agents : CK(986) : AC(157)

Rosmanol, cirsimaritin and salvigenin elicited antinociceptive, antidepressant and anxiolytic activities.

Pubmed Data : J Pharm Pharm Sci. 2015 Nov ;18(4):448-59. PMID: [26626245](#)

Article Published Date : Oct 31, 2015

Authors : Abeer Abdelhalim, Nasiara Karim, Mary Chebib, Talal Aburjai, Imran Khan, Graham A R Johnston, Jane Hanrahan

Study Type : Animal Study

Additional Links

Substances : Rosemary : CK(216) : AC(77)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263), Pain : CK(825) : AC(134)

Pharmacological Actions : Anti-Anxiety Agents : CK(334) : AC(56), Antidepressive Agents : CK(986) : AC(157), Antinociceptive : CK(177) : AC(47)

SAMe (S-adenosylmethionine) (AC 2) (CK 30)

Current evidence supports adjunctive use of SAMe, methylfolate, omega-3, and vitamin D with antidepressants to reduce depressive symptoms.

Pubmed Data : Am J Psychiatry. 2016 Apr 26:appiajp201615091228. Epub 2016 Apr 26. PMID: [27113121](#)

Article Published Date : Apr 25, 2016

Authors : Jerome Sarris, Jenifer Murphy, David Mischoulon, George I Papakostas, Maurizio Fava, Michael Berk, Chee H Ng

Study Type : Meta Analysis, Review

Additional Links

Substances : Omega-3 Fatty Acids : CK(3268) : AC(387), SAMe (S-adenosylmethionine) : CK(113) : AC(20), Vitamin D : CK(3113) : AC(441)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Sam-e significantly improves osteoarthritis symptoms and depression.

Pubmed Data : Am J Med. 1987 Nov 20;83(5A):89-94. PMID: [3318447](#)

Article Published Date : Nov 20, 1987

Authors : B König

Study Type : Human Study

Additional Links

Substances : SAMe (S-adenosylmethionine) : CK(113) : AC(20)

Diseases : Depression : CK(1820) : AC(263), Osteoarthritis : CK(769) : AC(114)

Saffron (AC 6) (CK 53)

Crocus sativus compares favorably in the treatment of mild to moderate depression.

Pubmed Data : J Ethnopharmacol. 2005 Feb 28 ;97(2):281-4. Epub 2005 Jan 6. PMID: [15707766](#)

Article Published Date : Feb 27, 2005

Authors : A A Noorbala, S Akhondzadeh, N Tahmacebi-Pour, A H Jamshidi

Study Type : Human Study

Additional Links

Substances : Saffron : CK(255) : AC(63)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Natural Substances Versus Drugs : CK(1694) : AC(300) , Phytotherapy : CK(1175) : AC(216), Plant Extracts : CK(7288) : AC(2419)

Problem Substances : Fluoxetine (trade name Prozac) : CK(288) : AC(50)

Findings from initial clinical trials suggest that saffron may improve the symptoms and the effects of depression, premenstrual syndrome, sexual dysfunction and infertility, and excessive snacking behaviors.

Pubmed Data : J Integr Med. 2015 Jul ;13(4):231-40. PMID: [26165367](#)

Article Published Date : Jun 30, 2015

Authors : Heather Ann Hausenblas, Kacey Heekin, Heather Lee Mutchie, Stephen Anton

Study Type : Review

Additional Links

Substances : Saffron : CK(255) : AC(63)

Diseases : Depression : CK(1820) : AC(263), Depressive Disorder : CK(405) : AC(57), Infertility : CK(728) : AC(152)

Additional Keywords : Significant Treatment Outcome : CK(3028) : AC(365)

Meta-analysis: Saffron (*Crocus sativus* L.) has value in treating major depressive disorder.

Pubmed Data : J Integr Med. 2013 Nov ;11(6):377-83. PMID: [24299602](#)

Article Published Date : Oct 31, 2013

Authors : Heather Ann Hausenblas, Debbie Saha, Pamela Jean Dubyak, Stephen Douglas Anton

Study Type : Meta Analysis

Additional Links

Substances : Saffron : CK(255) : AC(63)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Phytotherapy : CK(1175) : AC(216), Phytotherapy : CK(1175) : AC(216)

Saffron capsules showed the same antidepressant efficacy compared with fluoxetine in patients with a prior history of PCI who were suffering from depression.

Pubmed Data : J Affect Disord. 2014 Feb ;155:216-22. Epub 2013 Nov 16. PMID: [24289892](#)

Article Published Date : Jan 31, 2014

Authors : Nazila Shahmansouri, Mehdi Farokhnia, Seyed-Hesammeddin Abbasi, Seyed Ebrahim Kassaian, Ahmad-Ali Noorbala Tafti, Amirhossein Gougol, Habibeh Yekehtaz, Saeedeh Forghani, Mehran Mahmoodian, Sepideh Saroukhani, Akram Arjmandi-Beglar, Shahin Akhondzadeh

Study Type : Human Study

Additional Links

Substances : Saffron : CK(255) : AC(63)

Diseases : Depression : CK(1820) : AC(263), Depressive Disorder : CK(405) : AC(57)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Natural Substances Versus Drugs : CK(1694) : AC(300), Phytotherapy : CK(1175) : AC(216), Plant Extracts : CK(7288) : AC(2419), Superiority of Natural Substances versus Drugs : CK(1304) : AC(249)

Problem Substances : Fluoxetine (trade name Prozac) : CK(288) : AC(50)

Saffron contains compounds with anti-depressant properties.

Pubmed Data : J Nat Med. 2009 Sep 29. Epub 2009 Sep 29. PMID: [19787421](#)

Article Published Date : Sep 29, 2009

Authors : Yang Wang, Ting Han, Yu Zhu, Cheng-Jian Zheng, Qian-Liang Ming, Khalid Rahman, Lu-Ping Qin

Study Type : Animal Study

Additional Links

Substances : [Saffron](#) : CK(255) : AC(63)

Diseases : [Depression](#) : CK(1820) : AC(263)

Pharmacological Actions : [Antidepressive Agents](#) : CK(986) : AC(157)

Saffron may be of therapeutic benefit in the treatment of mild to moderate depression and has similar efficacy as the drug imipramine.

Pubmed Data : BMC Complement Altern Med. 2004 Sep 2;4:12. Epub 2004 Sep 2. PMID: [15341662](#)

Article Published Date : Sep 02, 2004

Authors : Shahin Akhondzadeh, Hasan Fallah-Pour, Khosro Afkham, Amir-Hossein Jamshidi, Farahnaz Khalighi-Cigaroudi

Study Type : Human Study

Additional Links

Substances : [Saffron](#) : CK(255) : AC(63)

Diseases : [Depression](#) : CK(1820) : AC(263)

Additional Keywords : [Natural Substances Versus Drugs](#) : CK(1694) : AC(300)

Salvia divinorum (AC 2) (CK 3)

Salvinorin A could therapeutic use in the treatment of major depressive disorders.

Pubmed Data : Curr Neuropharmacol. 2016 ;14(2):165-76. PMID: [26903446](#)

Article Published Date : Dec 31, 2015

Authors : George T Taylor, Francesca Manzella

Study Type : Review

Additional Links

Substances : [Salvia divinorum](#) : CK(5) : AC(4)

Diseases : [Depression](#) : CK(1820) : AC(263), [Depressive Disorder](#) : CK(405) : AC(57)

Pharmacological Actions : [Antidepressive Agents](#) : CK(986) : AC(157)

Salvinorin A, a compound found within Salvia divinorum, exhibits anxiolytic and antidepressant-like properties.

Pubmed Data : Br J Pharmacol. 2009 Jul;157(5):844-53. Epub 2009 May 5. PMID: [19422370](#)

Article Published Date : Jul 01, 2009

Authors : Daniela Braidà, Valeria Capurro, Alessia Zani, Tiziana Rubino, Daniela Viganò, Daniela Parolaro, Mariaelvina Sala

Study Type : Animal Study

Additional Links

Substances : Salvia divinorum : CK(5) : AC(4)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157), Anxiolytic : CK(369) : AC(56)

Selenium (AC 1) (CK 10)

Targeting inflammation through diet in patients after spinal cord injury could help with depressive symptoms.

Pubmed Data : J Neuroinflammation. 2015 ;12(1):204. Epub 2015 Nov 6. PMID: [26545369](#)

Article Published Date : Dec 31, 2014

Authors : David J Allison, David S Ditor

Study Type : Human Study

Additional Links

Substances : Chlorella (Algae) : CK(228) : AC(49), Coenzyme Q10 : CK(941) : AC(140), Curcumin : CK(4128) : AC(2171), DHA (Docosahexaenoic Acid) : CK(783) : AC(129), EPA (Eicosapentaenoic Acid) : CK(758) : AC(105), Selenium : CK(784) : AC(139), Vitamin E : CK(1656) : AC(290)

Diseases : Depression : CK(1818) : AC(262), Spinal Cord Inflammation : CK(10) : AC(1), Spinal Cord Injuries : CK(137) : AC(45)

Pharmacological Actions : Anti-Inflammatory Agents : CK(4499) : AC(1573), Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Dietary Modification : CK(315) : AC(47), Diseases that are Linked : CK(2285) : AC(299), Diseases that are Linked : CK(2285) : AC(299)

Sesamol (AC 1) (CK 2)

Sesamol exhibits anti-depressant properties.

Pubmed Data : Psychopharmacology (Berl). 2011 Apr ;214(4):819-28. Epub 2010 Nov 20. PMID: [21103863](#)

Article Published Date : Apr 01, 2011

Authors : Baldeep Kumar, Anurag Kuhad, Kanwaljit Chopra

Study Type : Animal Study

Additional Links

Substances : Sesamol : CK(56) : AC(32)

Diseases : Depression : CK(1820) : AC(263), Lipid Peroxidation : CK(692) : AC(252)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157), Catalase Up-Regulation : CK(118) : AC(42), Glutathione Upregulation : CK(152) : AC(53), Superoxide Dismutase Up-regulation : CK(504) : AC(169)

Silibinin (AC 1) (CK 2)

This study provides new insight into the antidepressant effects of silibinin.

Pubmed Data : Biomol Ther (Seoul). 2015 May ;23(3):245-50. Epub 2015 May 1. PMID: [25995823](#)

Article Published Date : Apr 30, 2015

Authors : Wen-Jing Yan, Ying-Chun Tan, Ji-Cheng Xu, Xian-Ping Tang, Chong Zhang, Peng-Bo Zhang, Ze-Qiang Ren

Study Type : Animal Study

Additional Links

Substances : Silibinin : CK(117) : AC(56)

Diseases : Depression : CK(1820) : AC(263), Stress : CK(611) : AC(101)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157), Neuroplasticity enhancement : CK(44) : AC(12)

Soy (AC 2) (CK 20)

The administration of soybean could enhance the response to SSRI anti depressants in menopausal women.

Pubmed Data : Acta Pol Pharm. 2014 Mar-Apr;71(2):323-7. PMID: [25272653](#)

Article Published Date : Feb 28, 2014

Authors : Rose E Nina Estrella, Adriana I Landa, José Vicente Lafuente, Pascual A Gargiulo

Study Type : Human Study

Additional Links

Substances : Soy : CK(1787) : AC(399)

Diseases : Depression : CK(1820) : AC(263), Depression: Postmenopausal : CK(14) : AC(3)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Natural Substance/Drug Synergy : CK(349) : AC(140)

Problem Substances : Fluoxetine (trade name Prozac) : CK(288) : AC(50), Sertraline : CK(10) : AC(1)

St. Johns Wort (AC 2) (CK 1)

St. John's Wort is as effective as Selective Serotonin Reuptake Inhibitors in the treatment of Depressive Disorder, with a greater safety rating.

Pubmed Data : Prog Neuropsychopharmacol Biol Psychiatry. 2009 Feb 1;33(1):118-27. Epub 2008 Nov 12. PMID: [19028540](#)

Article Published Date : Feb 01, 2009

Authors : Roja Rahimi, Shekoufeh Nikfar, Mohammad Abdollahi

Study Type : Review

Additional Links

Substances : St. Johns Wort : CK(191) : AC(54)

Diseases : Depression : CK(1820) : AC(263)

Additional Keywords : Superiority of Natural Substances versus Drugs : CK(1304) : AC(249)

St. John's Wort's cortisol reducing effect in brain may contribute to antidepressive effect

Pubmed Data : Eur Neuropsychopharmacol. 2004 Jan;14(1):7-10. PMID: [14659982](#)

Article Published Date : Jan 01, 2004

Authors : Mike Franklin, Alison Reed, Harald Murck

Additional Links

Substances : St. Johns Wort : CK(191) : AC(54)

Diseases : Cortisol: High : CK(564) : AC(66) , Depression : CK(1820) : AC(263)

Sulforaphane (AC 1) (CK 2)

Sulforaphane has antidepressant and anxiolytic like activities in stressed mice model of depression.

Pubmed Data : Behav Brain Res. 2015 Dec 22 ;301:55-62. Epub 2015 Dec 22. PMID: [26721468](#)

Article Published Date : Dec 21, 2015

Authors : Shuhui Wu, Qiang Gao, Pei Zhao, Yuan Gao, Yanjie Xi, Xiaoting Wang, Ying Liang, Haishui Shi, Yuxia Ma

Study Type : Animal Study

Additional Links

Substances : Sulforaphane : CK(533) : AC(262)

Diseases : Anxiety Disorders : CK(1215) : AC(180) , Depression : CK(1818) : AC(262)

Pharmacological Actions : Anti-Anxiety Agents : CK(334) : AC(56) , Anti-Inflammatory Agents : CK(4500) : AC(1574) , Antidepressive Agents : CK(986) : AC(157) , Interleukin-6 Downregulation : CK(1078) : AC(337) , Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(1752) : AC(641)

Thistle (AC 1) (CK 2)

Luteolin mediates the antidepressant-like effects of Cirsium japonicum in mice.

Pubmed Data : Arch Pharm Res. 2014 Feb ;37(2):263-9. Epub 2013 Aug 8. PMID: [23925560](#)

Article Published Date : Jan 31, 2014

Authors : June Bryan I de la Peña, Chong Ah Kim, Hye Lim Lee, Seo Young Yoon, Hee Jin Kim, Eun Young Hong, Gun Hee Kim, Jong Hoon Ryu, Yong Soo Lee, Kyeong Man Kim, Jae Hoon Cheong

Study Type : Animal Study

Additional Links

Substances : Luteolin : CK(104) : AC(78) , Thistle : CK(18) : AC(12)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Plant Extracts : CK(7288) : AC(2419)

Tryptophan (AC 3) (CK 30)

Increasing serotonin synthesis through tryptophan supplementation during the late luteal phase of the menstrual cycle has a beneficial effect in patients with premenstrual dysphoric disorder.

Pubmed Data : Biol Psychiatry. 1999 Feb 1;45(3):313-20. PMID: [10023508](#)

Article Published Date : Feb 01, 1999

Authors : S Steinberg, L Annable, S N Young, N Liyanage

Study Type : Human Study

Additional Links

Substances : Tryptophan : CK(258) : AC(30)

Diseases : Depression : CK(1820) : AC(263), Premenstrual syndrome : CK(230) : AC(23)

L-tryptophan is as effective as imipramine in treating depression.

Pubmed Data : Acta Psychiatr Scand. 1979 Sep;60(3):287-94. PMID: [386715](#)

Article Published Date : Sep 01, 1979

Authors : D Lindberg, U G Ahlfors, S J Dencker, K Fruensgaard, S Hanstén, K Jensen, E Ose, T A Pihkanen

Study Type : Human Study

Additional Links

Substances : Tryptophan : CK(258) : AC(30)

Diseases : Depression : CK(1820) : AC(263)

Additional Keywords : Natural Substances Versus Drugs : CK(1694) : AC(300)

Tryptophan-nicotinamide may be as effect as imipramine in the treatment of depression.

Pubmed Data : Acta Psychiatr Scand. 1979 Apr;59(4):395-414. PMID: [155389](#)

Article Published Date : Apr 01, 1979

Authors : G Chouinard, S N Young, L Annable, T L Sourkes

Study Type : Human Study

Additional Links

Substances : Niacin : CK(200) : AC(30) , Tryptophan : CK(258) : AC(30)

Diseases : Bipolar Disorder : CK(253) : AC(30) , Depression : CK(1820) : AC(263)

Additional Keywords : Drug: Imipramine : CK(12) : AC(2) , Drug-Plant-Vitamin Synergies : CK(965) : AC(266) , Natural Substances Versus Drugs : CK(1694) : AC(300)

Tualang Honey (AC 1) (CK 2)

Tualang honey supplementation may reverse the damage caused by stress exposure.

Pubmed Data : Noise Health. 2015 Mar-Apr;17(75):83-9. PMID: [25774610](#)

Article Published Date : Feb 28, 2015

Authors : Khairunnuur Fairuz Azman, Rahimah Zakaria, CheBadariah AbdAziz, Zahiruddin Othman, Badriya Al-Rahbi

Study Type : Animal Study

Additional Links

Substances : Tualang Honey : CK(2) : AC(1)

Diseases : Depression : CK(1820) : AC(263) , Stress : CK(611) : AC(101)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Valerian (AC 1) (CK 2)

Valerian extract has anxiety-reducing and anti-depressant effects, but is not a sedative and does not interfere with muscle function.

Pubmed Data : Phytomedicine. 2008 Jan;15(1-2):2-15. PMID: [18160026](#)

Article Published Date : Jan 01, 2008

Authors : Miguel Hattesoehl, Björn Feistel, Hartwig Sievers, Romanus Lehnfeld, Mirjam Hegger, Hilke Winterhoff

Study Type : Animal Study

Additional Links

Substances : Valerian : CK(129) : AC(22)

Diseases : Anxiety Disorders : CK(1215) : AC(180) , Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Drug-Plant-Vitamin Synergies : CK(965) : AC(266) , Plant Extracts : CK(7288) : AC(2419)

Vegetables: All (AC 1) (CK 20)

Fruit and vegetable consumption might be inversely associated with the risk of depression.

Pubmed Data : Nutrition. 2015 Sep 30. Epub 2015 Sep 30. PMID: [26691768](#)

Article Published Date : Sep 29, 2015

Authors : Xiaoqin Liu, Ying Yan, Fang Li, Dongfeng Zhang

Study Type : Meta Analysis

Additional Links

Substances : Fruit: All : CK(3530) : AC(769) , Vegetables: All : CK(1032) : AC(113)

Diseases : Depression : CK(1820) : AC(263)

Additional Keywords : Risk Reduction : CK(6136) : AC(658)

Vitamin D (AC 7) (CK 80)

Current evidence supports adjunctive use of SAME, methylfolate, omega-3, and vitamin D with antidepressants to reduce depressive symptoms.

Pubmed Data : Am J Psychiatry. 2016 Apr 26:appiajp201615091228. Epub 2016 Apr 26. PMID: [27113121](#)

Article Published Date : Apr 25, 2016

Authors : Jerome Sarris, Jenifer Murphy, David Mischoulon, George I Papakostas, Maurizio Fava, Michael Berk, Chee H Ng

Study Type : Meta Analysis, Review

Additional Links

Substances : Omega-3 Fatty Acids : CK(3268) : AC(387) , SAMe (S-adenosylmethionine) : CK(113) : AC(20), Vitamin D : CK(3113) : AC(441)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Low serum 25(OH)D was associated with higher depressive symptom scores.

Pubmed Data : Eur J Nutr. 2015 Jul 4. Epub 2015 Jul 4. PMID: [26141257](#)

Article Published Date : Jul 03, 2015

Authors : E M Brouwer-Brolsma, R A M Dhonukshe-Rutten, J P van Wijngaarden, N L van der Zwaluw, E Sohl, P H In't Veld, S C van Dijk, K M A Swart, A W Enneman, A C Ham, N M van Schoor, N van der Velde, A G Uitterlinden, P Lips, E J M Feskens, L C P G M de Groot

Study Type : Human Study

Additional Links

Substances : Vitamin D : CK(3113) : AC(441)

Diseases : Depression : CK(1820) : AC(263), Depressive Disorder : CK(405) : AC(57), Vitamin D Deficiency : CK(1634) : AC(171)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Gene Expression : CK(92) : AC(45), Risk Reduction : CK(6136) : AC(658)

Plasma vitamin D might have a preventive role against recurrent depressive symptoms.

Pubmed Data : Eur J Nutr. 2016 Jul 27. Epub 2016 Jul 27. PMID: [27464883](#)

Article Published Date : Jul 26, 2016

Authors : Caroline Collin, Karen E Assmann, Mélanie Deschasaux, Valentina A Andreeva, Cédric Lemogne, Nathalie Charnaux, Angela Sutton, Serge Hercberg, Pilar Galan, Mathilde Touvier, Emmanuelle Kesse-Guyot

Study Type : Human Study

Additional Links

Substances : Vitamin D : CK(3113) : AC(441)

Diseases : Depression : CK(1820) : AC(263), Depressive Disorder : CK(405) : AC(57), Vitamin D Deficiency : CK(1634) : AC(171)

These results support the hypothesis that higher serum 25(OH)D concentrations protect against depression.

Pubmed Data : Br J Nutr. 2015 May ;113(9):1418-26. PMID: [25989997](#)

Article Published Date : Apr 30, 2015

Authors : Tuija Jääskeläinen, Paul Knekt, Jaana Suvisaari, Satu Männistö, Timo Partonen, Katri Sääksjärvi, Niina E Kaartinen, Noora Kanerva, Olavi Lindfors

Study Type : Human Study

Additional Links

Substances : Vitamin D : CK(3113) : AC(441)

Diseases : Depression : CK(1820) : AC(263), Depressive Disorder : CK(405) : AC(57)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : 25-hydroxyvitamin D : CK(137) : AC(18), Risk Reduction : CK(6136) : AC(658)

Vitamin D deficiency may be a risk factor for late-life depression.

Pubmed Data : J Affect Disord. 2016 Mar 9 ;198:1-14. Epub 2016 Mar 9. PMID: [26998791](#)

Article Published Date : Mar 08, 2016

Authors : Olivia I Okereke, Ankura Singh

Study Type : Human Study

Additional Links

Substances : Vitamin D : CK(3113) : AC(441)

Diseases : Depression : CK(1820) : AC(263), Vitamin D Deficiency : CK(1634) : AC(171)

Additional Keywords : Vitamin D Deficiency : CK(1634) : AC(171)

Vitamin D is independently associated with depression and inflammation in overweight women both with and without PCOS.

Pubmed Data : Gynecol Endocrinol. 2014 Nov 4:1-4. Epub 2014 Nov 4. PMID: [25366261](#)

Article Published Date : Nov 03, 2014

Authors : L J Moran, H J Teede, A J Vincent

Study Type : Human Study

Additional Links

Substances : Vitamin D : CK(3113) : AC(441)

Diseases : Depression : CK(1818) : AC(262), Inflammation : CK(2863) : AC(839), Overweight : CK(3260) : AC(536), Vitamin D Deficiency : CK(1634) : AC(171)

Additional Keywords : 25-hydroxyvitamin D : CK(137) : AC(18), 25-hydroxyvitamin D : CK(137) : AC(18)

Vitamin D supplementation of patients with major depressive disorder for 8 week had beneficial effects.

Pubmed Data : J Nutr. 2015 Nov 25. Epub 2015 Nov 25. PMID: [26609167](#)

Article Published Date : Nov 24, 2015

Authors : Zahra Sepehrmanesh, Fariba Kolehdoz, Fatemeh Abedi, Navid Mazroii, Amin Assarian, Zatollah Asemi, Ahmad Esmailzadeh

Study Type : Human Study

Additional Links

Substances : Vitamin D : CK(3113) : AC(441)

Diseases : Depression : CK(1818) : AC(262), Insulin Resistance : CK(1656) : AC(340), Oxidative Stress : CK(3800) : AC(1357)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Vitamin E (AC 1) (CK 10)

Targeting inflammation through diet in patients after spinal cord injury could help with depressive symptoms.

Pubmed Data : J Neuroinflammation. 2015 ;12(1):204. Epub 2015 Nov 6. PMID: [26545369](#)

Article Published Date : Dec 31, 2014

Authors : David J Allison, David S Ditor

Study Type : Human Study

Additional Links

Substances : Chlorella (Algae) : CK(228) : AC(49), Coenzyme Q10 : CK(941) : AC(140), Curcumin : CK(4128) : AC(2171), DHA (Docosahexaenoic Acid) : CK(783) : AC(129), EPA (Eicosapentaenoic Acid) : CK(758) : AC(105), Selenium : CK(784) : AC(139), Vitamin E : CK(1656) : AC(290)

Diseases : Depression : CK(1818) : AC(262), Spinal Cord Inflammation : CK(10) : AC(1), Spinal Cord Injuries : CK(137) : AC(45)

Pharmacological Actions : Anti-Inflammatory Agents : CK(4499) : AC(1573), Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Dietary Modification : CK(315) : AC(47), Diseases that are Linked : CK(2285) : AC(299), Diseases that are Linked : CK(2285) : AC(299)

Zinc (AC 1) (CK 10)

Dietary Intake of zinc was Inversely associated with depression.

Pubmed Data : Biol Trace Elem Res. 2011 Sep 20. Epub 2011 Sep 20. PMID: [21932045](#)

Article Published Date : Sep 20, 2011

Authors : Teymoor Yary, Sanaz Aazami

Study Type : Human Study

Additional Links

Substances : [Zinc](#) : CK(941) : AC(139)

Diseases : [Depression](#) : CK(1820) : AC(263)

Category : Problem Substances

Analgesic: Non-opioid (AC 1) (CK 10)

Regular intake of non-opioid analgesics is associated with an increased risk of restless legs syndrome in patients maintained on antidepressants.

Pubmed Data : Eur J Med Res. 2002 Aug 30;7(8):368-78. PMID: [12204845](#)

Article Published Date : Aug 30, 2002

Authors : U Leutgeb, P Martus

Study Type : Human Study

Additional Links

Diseases : [Anxiety Disorders](#) : CK(1215) : AC(180), [Depression](#) : CK(1820) : AC(263), [Drug-Induced Toxicity](#) : CK(562) : AC(83), [Restless Legs Syndrome](#) : CK(91) : AC(8)

Problem Substances : [Analgesic: Non-opioid](#) : CK(20) : AC(2)

Antidepressants (AC 6) (CK 61)

Antidepressants do not seem to offer a clear advantage for children and adolescents.

Pubmed Data : Lancet. 2016 Jun 7. Epub 2016 Jun 7. PMID: [27289172](#)

Article Published Date : Jun 06, 2016

Authors : Andrea Cipriani, Xinyu Zhou, Cinzia Del Giovane, Sarah E Hetrick, Bin Qin, Craig Whittington, David Coghill, Yuqing Zhang, Philip Hazell, Stefan Leucht, Pim Cuijpers, Juncai Pu, David Cohen, Arun V Ravindran, Yiyun Liu, Kurt D Michael, Lining Yang, Lanxiang Liu, Peng Xie

Study Type : Meta Analysis

Additional Links

Diseases : Depression : CK(1820) : AC(263)

Additional Keywords : Adverse Events : CK(35) : AC(5) , Adverse Events : CK(35) : AC(5)

Problem Substances : Antidepressants : CK(571) : AC(74)

Curcumin could reverse the development of depression and enhance the outcome of antidepressants treatment in major depressive disorder.

Pubmed Data : J Clin Psychopharmacol. 2015 Aug ;35(4):406-10. PMID: [26066335](#)

Article Published Date : Jul 31, 2015

Authors : Jing-Jie Yu, Liu-Bao Pei, Yong Zhang, Zi-Yu Wen, Jian-Li Yang

Study Type : Human Study

Additional Links

Substances : Curcumin : CK(4128) : AC(2171)

Diseases : Depression : CK(1818) : AC(262)

Pharmacological Actions : Anti-Inflammatory Agents : CK(4499) : AC(1573) , Antidepressive Agents : CK(986) : AC(157) , Interleukin-1 beta downregulation : CK(452) : AC(199) , Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(1752) : AC(641)

Additional Keywords : Natural Substance/Drug Synergy : CK(349) : AC(140) , Significant Treatment Outcome : CK(3028) : AC(365)

Problem Substances : Antidepressants : CK(571) : AC(74)

In people with unipolar depression, antidepressant treatment is associated with an increased risk of subsequent mania/bipolar disorder.

Pubmed Data : BMJ Open. 2015;5(12):e008341. Epub 2015 Dec 14. PMID: [26667012](#)

Article Published Date : Dec 31, 2014

Authors : Rashmi Patel, Peter Reiss, Hitesh Shetty, Matthew Broadbent, Robert Stewart, Philip McGuire, Matthew Taylor

Study Type : Human Study

Additional Links

Diseases : Bipolar Disorder : CK(253) : AC(30) , Depression : CK(1820) : AC(263)

Additional Keywords : Increased Risk : CK(1375) : AC(171)

Problem Substances : Antidepressants : CK(571) : AC(74) , Selective Serotonin Reuptake Inhibitors (SSRIs) : CK(74) : AC(9)

Patients given antidepressants with poor dietary intake could be at risk of developing niacin/NAD deficiency which could worsen common psychiatric problems.

Pubmed Data : Med Hypotheses. 2014 Dec 30. Epub 2014 Dec 30. PMID: [25596911](#)

Article Published Date : Dec 29, 2014

Authors : Margaretha Viljoen, Annie Swanepoel, Priyesh Bipath

Study Type : Commentary

Additional Links

Diseases : [Depression : CK\(1820\) : AC\(263\)](#), [Nutritional Deficiencies : CK\(16\) : AC\(5\)](#)

Additional Keywords : [Drug-Nutrient Depletion : CK\(64\) : AC\(7\)](#), [Drug-Nutrient Depletion : CK\(64\) : AC\(7\)](#)

Problem Substances : [Antidepressants : CK\(571\) : AC\(74\)](#)

The addition of bright light therapy might be effective in rapidly ameliorating depressive core symptoms of vulnerable difficult-to-treat depressed outpatients.

Pubmed Data : Neuropsychiatr Dis Treat. 2015 ;11:2331-8. Epub 2015 Sep 9. PMID: [26396517](#)

Article Published Date : Dec 31, 2014

Authors : Giovanni Camardese, Beniamino Leone, Riccardo Serrani, Coco Walstra, Marco Di Nicola, Giacomo Della Marca, Pietro Bria, Luigi Janiri

Study Type : Human Study

Additional Links

Diseases : [Depression : CK\(1820\) : AC\(263\)](#), [Depression: Bipolar : CK\(10\) : AC\(1\)](#), [Unipolar Depression : CK\(10\) : AC\(1\)](#)

Therapeutic Actions : [Integrative Medicine : CK\(292\) : AC\(43\)](#), [Light Therapy : CK\(124\) : AC\(28\)](#)

Pharmacological Actions : [Antidepressive Agents : CK\(986\) : AC\(157\)](#)

Additional Keywords : [Significant Treatment Outcome : CK\(3028\) : AC\(365\)](#)

Problem Substances : [Antidepressants : CK\(571\) : AC\(74\)](#)

The treatment of depressed patients with paroxetine results in the significant reduction of 11. 2% in thyroxine during treatment.

Pubmed Data : Neuropsychobiology. 2000 ;42(3):135-8. PMID: [11015031](#)

Article Published Date : Dec 31, 1999

Authors : F König, B Hauger, C von Hippel, M Wolfersdorf, W P Kaschka

Study Type : Human Study

Additional Links

Diseases : [Depression : CK\(1820\) : AC\(263\)](#), [Hypothyroidism : CK\(582\) : AC\(89\)](#)

Problem Substances : [Antidepressants : CK\(571\) : AC\(74\)](#)

Adverse Pharmacological Actions : [Endocrine Disruptor: Thyroid : CK\(70\) : AC\(19\)](#), [Thyroid Suppressive : CK\(18\) : AC\(5\)](#)

Bisphenol A (AC 1) (CK 1)

Bisphenol A alters transcript levels of biomarker genes for Major Depressive Disorder in vascular endothelial cells and colon cancer cells.

Pubmed Data : Chemosphere. 2016 Jun ;153:75-7. Epub 2016 Mar 21. PMID: [27010169](#)

Article Published Date : May 31, 2016

Authors : Edna Ribeiro-Varandas, H Sofia Pereira, Wanda Viegas, Margarida Delgado

Study Type : In Vitro Study

Additional Links

Diseases : Depression : CK(1820) : AC(263), Psychiatric Disorders : CK(110) : AC(27)

Additional Keywords : Gene Expression : CK(92) : AC(45)

Problem Substances : Bisphenol A : CK(615) : AC(172)

Eszopiclone (AC 1) (CK 20)

There is a greater incidence of depression with hypnotic use than with placebo.

Pubmed Data : BMC Psychiatry. 2007;7:42. Epub 2007 Aug 21. PMID: [17711589](#)

Article Published Date : Jan 01, 2007

Authors : Daniel F Kripke

Study Type : Meta Analysis

Additional Links

Diseases : Depression : CK(1820) : AC(263)

Problem Substances : Eszopiclone : CK(60) : AC(3), Hypnotic Drugs : CK(124) : AC(14), Ramelteon : CK(50) : AC(3), Zaleplon : CK(60) : AC(3), Zolpidem (trade name Ambien) : CK(199) : AC(26)

Fenofibrates (AC 1) (CK 10)

Psychiatric adverse reactions associated with cholesterol-lowering drugs have been reported.

Pubmed Data : Drug Saf. 2007 ;30(3):195-201. PMID: [17343428](#)

Article Published Date : Jan 01, 2007

Authors : Michael Tatley, Ruth Savage

Study Type : Human Study

Additional Links

Diseases : Aggression : CK(163) : AC(17), Depression : CK(1818) : AC(262), Memory Disorders: Drug-Induced : CK(99) : AC(25), Psychiatric Disorders : CK(110) : AC(27), Statin-Induced Pathologies : CK(1636) : AC(326)

Pharmacological Actions : Anticholesteremic Agents : CK(1232) : AC(228)

Problem Substances : Fenofibrates : CK(133) : AC(19), Statin Drugs : CK(4163) : AC(498)

Adverse Pharmacological Actions : Neurotoxic : CK(1239) : AC(224)

Fluoxetine (trade name Prozac) (AC 14) (CK 132)

Bright light treatment, both as monotherapy and in combination with fluoxetine, was efficacious and well tolerated in the treatment of adults with nonseasonal Nonseasonal Major Depressive Disorder.

Pubmed Data : JAMA Psychiatry. 2016 Jan ;73(1):56-63. PMID: [26580307](#)

Article Published Date : Dec 31, 2015

Authors : Raymond W Lam, Anthony J Levitt, Robert D Levitan, Erin E Michalak, Amy H Cheung, Rachel Morehouse, Rajamannar Ramasubbu, Lakshmi N Yatham, Edwin M Tam

Study Type : Human Study

Additional Links

Diseases : Depression : CK(1820) : AC(263)

Therapeutic Actions : Light Therapy : CK(124) : AC(28)

Additional Keywords : Natural Substances Versus Drugs : CK(1694) : AC(300)

Problem Substances : Fluoxetine (trade name Prozac) : CK(288) : AC(50)

Comparative study of efficacy of l-5-hydroxytryptophan and fluoxetine in patients presenting with first depressive

episode.

Pubmed Data : Asian J Psychiatr. 2013 Feb ;6(1):29-34. Epub 2012 Jul 12. PMID: [23380314](#)

Article Published Date : Jan 31, 2013

Authors : Purushottam Jangid, Prerna Malik, Priti Singh, Minakshi Sharma, Anil Kumar D Gulia

Study Type : Human Study

Additional Links

Substances : 5-HTP (5-Hydroxytryptophan) : CK(74) : AC(10)

Diseases : Depression : CK(1820) : AC(263)

Additional Keywords : Natural Substances Versus Drugs : CK(1694) : AC(300)

Problem Substances : Fluoxetine (trade name Prozac) : CK(288) : AC(50)

Crocus sativus compares favorably in the treatment of mild to moderate depression.

Pubmed Data : J Ethnopharmacol. 2005 Feb 28 ;97(2):281-4. Epub 2005 Jan 6. PMID: [15707766](#)

Article Published Date : Feb 27, 2005

Authors : A A Noorbala, S Akhondzadeh, N Tahmacebi-Pour, A H Jamshidi

Study Type : Human Study

Additional Links

Substances : Saffron : CK(255) : AC(63)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Natural Substances Versus Drugs : CK(1694) : AC(300) , Phytotherapy : CK(1175) : AC(216), Plant Extracts : CK(7288) : AC(2419)

Problem Substances : Fluoxetine (trade name Prozac) : CK(288) : AC(50)

Geniposide possessed potent antidepressant-like properties that may be mediated by its effects on the HPA axis.

Pubmed Data : Eur Neuropsychopharmacol. 2015 Aug ;25(8):1332-41. Epub 2015 Apr 17. PMID: [25914157](#)

Article Published Date : Jul 31, 2015

Authors : Li Cai, Rong Li, Wen-jian Tang, Gang Meng, Xiang-Yang Hu, Ting-Ni Wu

Study Type : Animal Study

Additional Links

Substances : Gardenia : CK(7) : AC(4)

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Natural Substances Versus Drugs : CK(1694) : AC(300)

Problem Substances : Fluoxetine (trade name Prozac) : CK(288) : AC(50)

Hypericum extract is superior to fluoxetine in treating depressed patients.

Pubmed Data : Int J Neuropsychopharmacol. 2005 Jun ;8(2):215-21. Epub 2004 Sep 30. PMID: [15458612](#)

Article Published Date : May 31, 2005

Authors : Harald Murck, Maurizio Fava, Jonathan Alpert, Andrew A Nierenberg, David Mischoulon, Michael W Otto, John Zajecka, Marcus Mannel, Jerrold F Rosenbaum

Study Type : Human Study

Additional Links

Substances :

Diseases : Depression : CK(1820) : AC(263)

Therapeutic Actions : Placebo Effect : CK(192) : AC(19)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Phytotherapy : CK(1175) : AC(216), Plant Extracts : CK(7288) : AC(2419), Superiority of Natural Substances versus Drugs : CK(1304) : AC(249)

Problem Substances : Fluoxetine (trade name Prozac) : CK(288) : AC(50)

Hypericum perforatum compares favorable to fluoxetine in the treatment of mild to moderate depression.

Pubmed Data : Rev Bras Psiquiatr. 2006 Mar ;28(1):29-32. Epub 2006 Mar 24. PMID: [16612487](#)

Article Published Date : Feb 28, 2006

Authors : Ricardo Alberto Moreno, Chei Tung Teng, Karla Mathias de Almeida, Hildeberto Tavares Junior

Study Type : Human Study

Additional Links

Substances :

Diseases : Depression : CK(1820) : AC(263)

Additional Keywords : Natural Substances Versus Drugs : CK(1694) : AC(300), Phytotherapy : CK(1175) : AC(216), Plant Extracts : CK(7288) : AC(2419), Superiority of Natural Substances versus Drugs : CK(1304) : AC(249)

Problem Substances : Fluoxetine (trade name Prozac) : CK(288) : AC(50)

In this study the efficacy of acupuncture for depression was superior to that of western medication with prozac.

Pubmed Data : Zhongguo Zhen Jiu. 2015 Feb ;35(2):123-6. PMID: [25854015](#)

Article Published Date : Jan 31, 2015

Authors : Zhou Xiufang, Yan Li, Zhenhua Zhou, Shuaiguo Pan

Study Type : Human Study

Additional Links

Diseases : Depression : CK(1820) : AC(263)

Therapeutic Actions : Acupuncture : CK(1939) : AC(222)

Additional Keywords : Significant Treatment Outcome : CK(3028) : AC(365), Therapeutic Action Superior to Drug Therapy : CK(464) : AC(49)

Problem Substances : Fluoxetine (trade name Prozac) : CK(288) : AC(50)

Saffron capsules showed the same antidepressant efficacy compared with fluoxetine in patients with a prior history of PCI who were suffering from depression.

Pubmed Data : J Affect Disord. 2014 Feb ;155:216-22. Epub 2013 Nov 16. PMID: [24289892](#)

Article Published Date : Jan 31, 2014

Authors : Nazila Shahmansouri, Mehdi Farokhnia, Seyed-Hesammeddin Abbasi, Seyed Ebrahim Kassaian, Ahmad-Ali Noorbala Tafti, Amirhossein Gougol, Habibeh Yekehtaz, Saeedeh Forghani, Mehran Mahmoodian, Sepideh Saroukhani, Akram Arjmandi-Beglar, Shahin Akhondzadeh

Study Type : Human Study

Additional Links

Substances : Saffron : CK(255) : AC(63)

Diseases : Depression : CK(1820) : AC(263), Depressive Disorder : CK(405) : AC(57)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Natural Substances Versus Drugs : CK(1694) : AC(300), Phytotherapy : CK(1175) : AC(216), Plant Extracts : CK(7288) : AC(2419), Superiority of Natural Substances versus Drugs : CK(1304) : AC(249)

Problem Substances : Fluoxetine (trade name Prozac) : CK(288) : AC(50)

St John's wort was significantly more effective than fluoxetine and showed a trend toward superiority over placebo

Pubmed Data : J Clin Psychopharmacol. 2005 Oct ;25(5):441-7. PMID: [16160619](#)

Article Published Date : Sep 30, 2005

Authors : Maurizio Fava, Jonathan Alpert, Andrew A Nierenberg, David Mischoulon, Michael W Otto, John Zajecka, Harald Murck, Jerrold F Rosenbaum

Study Type : Human Study

Additional Links

Substances :

Diseases : Depression : CK(1820) : AC(263)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Phytotherapy : CK(1175) : AC(216), Plant Extracts : CK(7288) : AC(2419), Superiority of Natural Substances versus Drugs : CK(1304) : AC(249)

Problem Substances : Fluoxetine (trade name Prozac) : CK(288) : AC(50)

The administration of soybean could enhance the response to SSRI anti depressants in menopausal women.

Pubmed Data : Acta Pol Pharm. 2014 Mar-Apr;71(2):323-7. PMID: [25272653](#)

Article Published Date : Feb 28, 2014

Authors : Rose E Nina Estrella, Adriana I Landa, José Vicente Lafuente, Pascual A Gargiulo

Study Type : Human Study

Additional Links

Substances : Soy : CK(1787) : AC(399)

Diseases : Depression : CK(1820) : AC(263), Depression: Postmenopausal : CK(14) : AC(3)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Natural Substance/Drug Synergy : CK(349) : AC(140)

Problem Substances : Fluoxetine (trade name Prozac) : CK(288) : AC(50), Sertraline : CK(10) : AC(1)

The results confirm the effectiveness of the aerobic training program as a complementary therapy to diminish depressive symptoms in patients suffering from moderate depression.

Pubmed Data : Percept Mot Skills. 2011 Jun ;112(3):761-9. PMID: [21853765](#)

Article Published Date : May 31, 2011

Authors : Pablo de la Cerda, Eduardo Cervelló, Armando Cocca, Jesús Viciano

Study Type : Human Study

Additional Links

Diseases : Depression : CK(1820) : AC(263)

Therapeutic Actions : Exercise: Aerobic : CK(147) : AC(17)

Additional Keywords : Exercise: Aerobic : CK(147) : AC(17)

Problem Substances : Fluoxetine (trade name Prozac) : CK(288) : AC(50)

Ziwuliuzhu acupuncture could be compared to oral administration of Prozac in efficiency, but superior in terms of the long-term HAMD score and safety.

Pubmed Data : Zhongguo Zhen Jiu. 2015 Feb ;35(2):119-22. PMID: [25854014](#)

Article Published Date : Jan 31, 2015

Authors : Yunting Sun, Yehua Bao, Shuling Wang, Jiamei Chu, Liping Li

Study Type : Human Study

Additional Links

Diseases : Depression : CK(1818) : AC(262), Stroke: Attenuation/Recovery : CK(345) : AC(74)

Therapeutic Actions : Acupuncture : CK(1939) : AC(222)

Additional Keywords : Therapeutic Action Superior to Drug Therapy : CK(464) : AC(49)

Problem Substances : Fluoxetine (trade name Prozac) : CK(288) : AC(50)

Fried Foods (AC 1) (CK 10)

Consumption of fast foods including ramen noodles, hamburger, pizza, fried food, and other processed foods was associated with increased risk of depression in adolescent girls.

Pubmed Data : J Pediatr Adolesc Gynecol. 2015 Apr 20. Epub 2015 Apr 20. PMID: [26324576](#)

Article Published Date : Apr 19, 2015

Authors : Tae-Hee Kim, Ji-Young Choi, Hae-Hyeog Lee, Yongsoon Park

Study Type : Human Study

Additional Links

Diseases : Depression : CK(1820) : AC(263)

Additional Keywords : Fast Food : CK(20) : AC(2) , Increased Risk : CK(1375) : AC(171) , Increased Risk : CK(1375) : AC(171)

Anti Therapeutic Actions : Angioplasty : CK(40) : AC(4)

Problem Substances : Fried Foods : CK(20) : AC(1)

Gliadin (AC 1) (CK 10)

Positive serum antigliadin antibodies without celiac disease have been associated with rheumatoid arthritis and depression in the elderly.

Pubmed Data : Scand J Gastroenterol. 2010 Oct;45(10):1197-202. PMID: [20545470](#)

Article Published Date : Oct 01, 2010

Authors : Anitta Ruuskanen, Katri Kaukinen, Pekka Collin, Heini Huhtala, Raisa Valve, Markku Mäki, Liisa Luostarinen

Study Type : Human Study

Additional Links

Diseases : Celiac Disease : CK(1612) : AC(232) , Celiac Disease: Diagnostic Considerations : CK(104) : AC(14), Depression : CK(1820) : AC(263), Rheumatoid Arthritis : CK(706) : AC(117)

Additional Keywords : Antigliadin Antibodies (AGA) : CK(10) : AC(1)

Problem Substances : Gliadin : CK(819) : AC(116)

Hydrocarbons (AC 1) (CK 10)

Urinary heavy metal, phthalates and polyaromatic hydrocarbons were associated with adult depression.

Pubmed Data : Environ Sci Pollut Res Int. 2015 Jul 1. Epub 2015 Jul 1. PMID: [26126689](#)

Article Published Date : Jun 30, 2015

Authors : Ivy Shiue

Study Type : Human Study

Additional Links

Diseases : Depression : CK(1820) : AC(263), Heavy Metal Toxicity : CK(903) : AC(285)

Additional Keywords : Increased Risk : CK(1375) : AC(171)

Problem Substances : Hydrocarbons : CK(48) : AC(20), Phthalates : CK(252) : AC(44)

Hypnotic Drugs (AC 1) (CK 20)

There is a greater incidence of depression with hypnotic use than with placebo.

Pubmed Data : BMC Psychiatry. 2007;7:42. Epub 2007 Aug 21. PMID: [17711589](#)

Article Published Date : Jan 01, 2007

Authors : Daniel F Kripke

Study Type : Meta Analysis

Additional Links

Diseases : Depression : CK(1820) : AC(263)

Problem Substances : Eszopiclone : CK(60) : AC(3), Hypnotic Drugs : CK(124) : AC(14), Ramelteon : CK(50) : AC(3), Zaleplon : CK(60) : AC(3), Zolpidem (trade name Ambien) : CK(199) : AC(26)

Monosodium Glutamate (MSG) (AC 1)

(CK 2)

MSG-treated rats are more susceptible to develop anxiogenic and depressive like behavior.

Pubmed Data : Life Sci. 2014 Jun 27 ;107(1-2):27-31. Epub 2014 May 5. PMID: [24802127](#)

Article Published Date : Jun 26, 2014

Authors : Caroline B Quines, Suzan G Rosa, Juliana T Da Rocha, Bibiana M Gai, Cristiani F Bortolatto, Marta Maria M F Duarte, Cristina W Nogueira

Study Type : Animal Study

Additional Links

Diseases : [Anxiety Disorders](#) : CK(1215) : AC(180), [Depression](#) : CK(1820) : AC(263)

Additional Keywords : [Increased Risk](#) : CK(1375) : AC(171)

Problem Substances : [Monosodium Glutamate \(MSG\)](#) : CK(100) : AC(32)

Adverse Pharmacological Actions : [Anxiogenic](#) : CK(4) : AC(2)

Nicotine (AC 1) (CK 10)

Nicotine exposure during adolescence induces a depression-like state in adulthood.

Pubmed Data : Neuropsychopharmacology. 2009 May;34(6):1609-24. Epub 2008 Dec 17. PMID: [19092782](#)

Article Published Date : May 01, 2009

Authors : Sergio D Iñiguez, Brandon L Warren, Eric M Parise, Lyonna F Alcantara, Brittney Schuh, Melissa L Maffeo, Zarko Manojlovic, Carlos A Bolaños-Guzmán

Study Type : Human Study

Additional Links

Diseases : [Adolescent Diseases](#) : CK(40) : AC(4), [Depression](#) : CK(1820) : AC(263)

Problem Substances : [Nicotine](#) : CK(56) : AC(8), [Tobacco: Smoking](#) : CK(142) : AC(16)

Paroxetine (trade names Seroxat,

Paxil) (AC 1) (CK 3)

Hair loss associated with paroxetine treatment has been reported.

Pubmed Data : Clin Neuropharmacol. 1999 Jul-Aug;22(4):246-7. PMID: [10442258](#)

Article Published Date : Jul 01, 1999

Authors : G Zalsman, J Sever, H Munitz

Study Type : Human: Case Report

Additional Links

Diseases : Depression : CK(1820) : AC(263), Hair Loss : CK(69) : AC(24)

Problem Substances : Paroxetine (trade names Seroxat, Paxil) : CK(3) : AC(1)

Phthalates (AC 1) (CK 10)

Urinary heavy metal, phthalates and polyaromatic hydrocarbons were associated with adult depression.

Pubmed Data : Environ Sci Pollut Res Int. 2015 Jul 1. Epub 2015 Jul 1. PMID: [26126689](#)

Article Published Date : Jun 30, 2015

Authors : Ivy Shiue

Study Type : Human Study

Additional Links

Diseases : Depression : CK(1820) : AC(263), Heavy Metal Toxicity : CK(903) : AC(285)

Additional Keywords : Increased Risk : CK(1375) : AC(171)

Problem Substances : Hydrocarbons : CK(48) : AC(20), Phthalates : CK(252) : AC(44)

Ramelteon (AC 1) (CK 20)

There is a greater incidence of depression with hypnotic use than with placebo.

Pubmed Data : BMC Psychiatry. 2007;7:42. Epub 2007 Aug 21. PMID: [17711589](#)

Article Published Date : Jan 01, 2007

Authors : Daniel F Kripke

Study Type : Meta Analysis

Additional Links

Diseases : [Depression](#) : CK(1820) : AC(263)

Problem Substances : [Eszopiclone](#) : CK(60) : AC(3), [Hypnotic Drugs](#) : CK(124) : AC(14), [Ramelteon](#) : CK(50) : AC(3), [Zaleplon](#) : CK(60) : AC(3), [Zolpidem \(trade name Ambien\)](#) : CK(199) : AC(26)

Selective Serotonin Reuptake Inhibitors (SSRIs) (AC 3) (CK 22)

Citalopram induced depressive-like behaviour in the offspring of control mothers in this rat study.

Pubmed Data : Eur J Neurosci. 2016 Feb ;43(4):590-600. Epub 2016 Jan 13. PMID: [26669896](#)

Article Published Date : Jan 31, 2016

Authors : Inbar Zohar, Shai Shoham, Marta Weinstock

Study Type : Animal Study

Additional Links

Diseases : [Depression](#) : CK(1820) : AC(263)

Additional Keywords : [Transgenerational Epigenetic Modification](#) : CK(67) : AC(31)

Anti Therapeutic Actions : [Prenatal Stress](#) : CK(50) : AC(7)

Problem Substances : [Selective Serotonin Reuptake Inhibitors \(SSRIs\)](#) : CK(74) : AC(9)

Adverse Pharmacological Actions : [Neurotoxic](#) : CK(1239) : AC(224)

In people with unipolar depression, antidepressant treatment is associated with an increased risk of subsequent mania/bipolar disorder.

Pubmed Data : BMJ Open. 2015;5(12):e008341. Epub 2015 Dec 14. PMID: [26667012](#)

Article Published Date : Dec 31, 2014

Authors : Rashmi Patel, Peter Reiss, Hitesh Shetty, Matthew Broadbent, Robert Stewart, Philip McGuire, Matthew Taylor

Study Type : Human Study

Additional Links

Diseases : [Bipolar Disorder](#) : CK(253) : AC(30), [Depression](#) : CK(1820) : AC(263)

Additional Keywords : Increased Risk : CK(1375) : AC(171)

Problem Substances : Antidepressants : CK(571) : AC(74), Selective Serotonin Reuptake Inhibitors (SSRIs) : CK(74) : AC(9)

Prenatal SSRI exposure was associated with increased rates of depression diagnoses in early adolescence.

Pubmed Data : J Am Acad Child Adolesc Psychiatry. 2016 May ;55(5):359-66. Epub 2016 Mar 3. PMID: [27126849](#)

Article Published Date : Apr 30, 2016

Authors : Heli Malm, Alan S Brown, Mika Gissler, David Gyllenberg, Susanna Hinkka-Yli-Salomäki, Ian W McKeague, Myrna Weissman, Priya Wickramaratne, Miia Artama, Jay A Gingrich, Andre Sourander

Study Type : Human Study

Additional Links

Diseases : Depression : CK(1820) : AC(263), Fetal Origin of Adult Disease : CK(101) : AC(22), Prenatal Chemical Exposures : CK(445) : AC(110)

Additional Keywords : Increased Risk : CK(1375) : AC(171)

Problem Substances : Selective Serotonin Reuptake Inhibitors (SSRIs) : CK(74) : AC(9)

Sertraline (AC 5) (CK 34)

An extract of Dill had significant antidepressant and analgesic effects compared with the drug references without any adverse effects.

Pubmed Data : Am J Ther. 2016 Feb 11. Epub 2016 Feb 11. PMID: [26872137](#)

Article Published Date : Feb 10, 2016

Authors : Latifa El Mansouri, Dalila Bousta, Amal El Youbi-El Hamsas, Smahane Boukhira, Hassane Akdime

Study Type : Animal Study

Additional Links

Substances : Dill : CK(85) : AC(26)

Diseases : Chronic Pain : CK(183) : AC(29), Depression : CK(1820) : AC(263)

Pharmacological Actions : Analgesics : CK(1279) : AC(209), Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Plant Extracts : CK(7288) : AC(2419), Superiority of Natural Substances versus Drugs : CK(1304) : AC(249), Superiority of Natural Substances versus Drugs : CK(1304) : AC(249)

Problem Substances : Sertraline : CK(10) : AC(1)

In depressed monkeys treated with sertraline the coronary artery atherosclerosis was 4.9 times higher than in untreated depressed monkeys and 6.5 times higher in nondepressed monkeys.

Pubmed Data : Psychosom Med. 2015 Mar 30. Epub 2015 Mar 30. PMID: [25829239](#)

Article Published Date : Mar 29, 2015

Authors : Carol A Shively, Thomas C Register, Susan E Appt, Thomas B Clarkson

Study Type : Animal Study

Additional Links

Diseases : Atherosclerosis : CK(578) : AC(146), Depression : CK(1820) : AC(263)

Additional Keywords : Increased Risk : CK(1375) : AC(171)

Problem Substances : Sertraline : CK(10) : AC(1)

R. rosea, although less effective than sertraline, may possess a more favorable risk to benefit ratio for individuals with mild to moderate depression.

Pubmed Data : Phytomedicine. 2015 Mar 15 ;22(3):394-9. Epub 2015 Feb 23. PMID: [25837277](#)

Article Published Date : Mar 14, 2015

Authors : Jun J Mao, Sharon X Xie, Jarcy Zee, Irene Soeller, Qing S Li, Kenneth Rockwell, Jay D Amsterdam

Study Type : Human Study

Additional Links

Substances : Rhodiola (Tibetan Ginseng) : CK(156) : AC(35)

Diseases : Depression : CK(1820) : AC(263), Depressive Disorder : CK(405) : AC(57)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Natural Substances Versus Drugs : CK(1694) : AC(300)

Problem Substances : Sertraline : CK(10) : AC(1)

The administration of soybean could enhance the response to SSRI anti depressants in menopausal women.

Pubmed Data : Acta Pol Pharm. 2014 Mar-Apr;71(2):323-7. PMID: [25272653](#)

Article Published Date : Feb 28, 2014

Authors : Rose E Nina Estrella, Adriana I Landa, José Vicente Lafuente, Pascual A Gargiulo

Study Type : Human Study

Additional Links

Substances : Soy : CK(1787) : AC(399)

Diseases : Depression : CK(1820) : AC(263), Depression: Postmenopausal : CK(14) : AC(3)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Natural Substance/Drug Synergy : CK(349) : AC(140)

Problem Substances : Fluoxetine (trade name Prozac) : CK(288) : AC(50), Sertraline : CK(10) : AC(1)

Simvastatin (AC 2) (CK 11)

Simvastatin may adversely affect mood and testosterone in men.

Pubmed Data : Psychoneuroendocrinology. 2003 Feb ;28(2):181-94. PMID: [12510011](#)

Article Published Date : Feb 01, 2003

Authors : Markku T Hyypä, Erkki Kronholm, Arja Virtanen, Aila Leino, Antti Jula

Study Type : Human Study

Additional Links

Diseases : Depression : CK(1818) : AC(262), Low Testosterone : CK(433) : AC(78), Statin-Induced Pathologies : CK(1636) : AC(326)

Pharmacological Actions : Anticholesteremic Agents : CK(1232) : AC(228)

Problem Substances : Simvastatin : CK(754) : AC(153)

Adverse Pharmacological Actions : Endocrine Disruptor : CK(485) : AC(91)

Some patients on simvastatin could be vulnerable to depression, violence, or suicide during the initial treatment period.

Pubmed Data : Psychiatry Res. 2005 Feb 28 ;133(2-3):197-203. PMID: [15740995](#)

Article Published Date : Feb 28, 2005

Authors : Jan Vevera, Zdeněk Fisar, Tomáš Kvasnicka, Hanus Zdenek, Lucie Stárková, Richard Ceska, Hana Papezová

Study Type : Review

Additional Links

Diseases : Depression : CK(1818) : AC(262), Statin-Induced Pathologies : CK(1636) : AC(326), Suicidal Behavior : CK(115) : AC(16), Violence : CK(153) : AC(16)

Pharmacological Actions : Anticholesteremic Agents : CK(1232) : AC(228)

Problem Substances : Simvastatin : CK(754) : AC(153)

Statin Drugs (AC 2) (CK 20)

Psychiatric adverse reactions associated with cholesterol-lowering drugs have been reported.

Pubmed Data : Drug Saf. 2007 ;30(3):195-201. PMID: [17343428](#)

Article Published Date : Jan 01, 2007

Authors : Michael Tatley, Ruth Savage

Study Type : Human Study

Additional Links

Diseases : Aggression : CK(163) : AC(17), Depression : CK(1818) : AC(262), Memory Disorders: Drug-Induced : CK(99) : AC(25), Psychiatric Disorders : CK(110) : AC(27), Statin-Induced Pathologies : CK(1636) : AC(326)

Pharmacological Actions : Anticholesteremic Agents : CK(1232) : AC(228)

Problem Substances : Fenofibrates : CK(133) : AC(19), Statin Drugs : CK(4163) : AC(498)

Adverse Pharmacological Actions : Neurotoxic : CK(1239) : AC(224)

Statin drugs are associated with adverse mental effects.

Pubmed Data : Tidsskr Nor Laegeforen. 1997 Sep 20 ;117(22):3210-3. PMID: [9411859](#)

Article Published Date : Sep 20, 1997

Authors : I Buajordet, S Madsen, H Olsen

Study Type : Human Study

Additional Links

Diseases : Aggression : CK(163) : AC(17), Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1818) : AC(262), Impotence : CK(13) : AC(2), Sleep Disorders : CK(280) : AC(31), Statin-Induced Pathologies : CK(1636) : AC(326)

Pharmacological Actions : Anticholesteremic Agents : CK(1232) : AC(228)

Problem Substances : Statin Drugs : CK(4163) : AC(498)

Adverse Pharmacological Actions : Neurotoxic : CK(1239) : AC(224)

Sugar Sweetened Beverages (AC 1) (CK 10)

High glycemic index diets could be a risk factor for depression in postmenopausal women.

Pubmed Data : Am J Clin Nutr. 2015 Aug ;102(2):454-63. Epub 2015 Jun 24. PMID: [26109579](#)

Article Published Date : Jul 31, 2015

Authors : James E Gangwisch, Lauren Hale, Lorena Garcia, Dolores Malaspina, Mark G Opler, Martha E Payne, Rebecca C Rossom, Dorothy Lane

Study Type : Human Study

Additional Links

Diseases : [Depression](#) : CK(1820) : AC(263), [High Fructose Diet](#) : CK(82) : AC(22)

Additional Keywords : [High Fructose Diet](#) : CK(82) : AC(22)

Problem Substances : [Sugar Sweetened Beverages](#) : CK(375) : AC(36)

Tobacco: Smoking (AC 1) (CK 10)

Nicotine exposure during adolescence induces a depression-like state in adulthood.

Pubmed Data : Neuropsychopharmacology. 2009 May;34(6):1609-24. Epub 2008 Dec 17. PMID: [19092782](#)

Article Published Date : May 01, 2009

Authors : Sergio D Iñiguez, Brandon L Warren, Eric M Parise, Lyonna F Alcantara, Brittney Schuh, Melissa L Maffeo, Zarko Manojlovic, Carlos A Bolaños-Guzmán

Study Type : Human Study

Additional Links

Diseases : [Adolescent Diseases](#) : CK(40) : AC(4), [Depression](#) : CK(1820) : AC(263)

Problem Substances : [Nicotine](#) : CK(56) : AC(8), [Tobacco: Smoking](#) : CK(142) : AC(16)

Zaleplon (AC 1) (CK 20)

There is a greater incidence of depression with hypnotic use than with placebo.

Pubmed Data : BMC Psychiatry. 2007;7:42. Epub 2007 Aug 21. PMID: [17711589](#)

Article Published Date : Jan 01, 2007

Authors : Daniel F Kripke

Study Type : Meta Analysis

Additional Links

Diseases : Depression : CK(1820) : AC(263)

Problem Substances : Eszopiclone : CK(60) : AC(3) , Hypnotic Drugs : CK(124) : AC(14) , Ramelteon : CK(50) : AC(3) , Zaleplon : CK(60) : AC(3) , Zolpidem (trade name Ambien) : CK(199) : AC(26)

Zolpidem (trade name Ambien) (AC 1) (CK 20)

There is a greater incidence of depression with hypnotic use than with placebo.

Pubmed Data : BMC Psychiatry. 2007;7:42. Epub 2007 Aug 21. PMID: [17711589](#)

Article Published Date : Jan 01, 2007

Authors : Daniel F Kripke

Study Type : Meta Analysis

Additional Links

Diseases : Depression : CK(1820) : AC(263)

Problem Substances : Eszopiclone : CK(60) : AC(3) , Hypnotic Drugs : CK(124) : AC(14) , Ramelteon : CK(50) : AC(3) , Zaleplon : CK(60) : AC(3) , Zolpidem (trade name Ambien) : CK(199) : AC(26)

Category : Therapeutic Actions

Acupressure (AC 1) (CK 10)

Acupressure with massage has a beneficial effect on fatigue and depression in patients with end-stage renal disease.

Pubmed Data : Biol Pharm Bull. 2007 Aug;30(8):1557-60. PMID: [15136963](#)

Article Published Date : Aug 01, 2007

Authors : Yi-Ching Cho, Shiow-Luan Tsay

Study Type : Human Study

Additional Links

Diseases : Depression : CK(1820) : AC(263), End-Stage Renal Disease : CK(335) : AC(3), Fatigue : CK(291) : AC(46), Kidney Failure: Chronic : CK(148) : AC(21)

Therapeutic Actions : Acupressure : CK(301) : AC(29), Massage/Therapeutic Touch : CK(810) : AC(81)

Acupressure: Auricular (AC 1) (CK 10)

Combined therapy of acupuncture and auricular acupressure efficacy is superior to fluoxetine in the treatment of depression in breast cancer patients.

Pubmed Data : Zhongguo Zhen Jiu. 2014 Oct ;34(10):956-60. PMID: [25543421](#)

Article Published Date : Sep 30, 2014

Authors : Bin Xiao, Zhan-hua Liu

Study Type : Human Study

Additional Links

Diseases : Breast Cancer : CK(3492) : AC(1052), Depression : CK(1818) : AC(262)

Therapeutic Actions : Acupressure: Auricular : CK(30) : AC(3), Acupuncture : CK(1939) : AC(222)

Additional Keywords : Significant Treatment Outcome : CK(3028) : AC(365), Therapeutic Action Superior to Drug Therapy : CK(464) : AC(49)

Acupuncture (AC 10) (CK 100)

Acupuncture compares favorably to fluoxetine hcl (Prozac) in the treatment of depression, without the adverse side effects.

Pubmed Data : Zhongguo Zhen Jiu. 2009 Jul;29(7):521-4. PMID: [19835116](#)

Article Published Date : Jul 01, 2009

Authors : Yi-Cong Xie, Yu-Hong Li

Study Type : Human Study

Additional Links

Diseases : [Depression](#) : CK(1820) : AC(263)

Therapeutic Actions : [Acupuncture](#) : CK(1939) : AC(222)

Additional Keywords : [Prozac Alternatives](#) : CK(10) : AC(1), [Superiority of Natural Substances versus Drugs](#) : CK(1304) : AC(249)

Acupuncture is a promising intervention for patients with chronic anxiety symptoms that have proven resistant to other forms of treatment.

Pubmed Data : [Acupunct Med. 2015 Apr ;33\(2\):98-102. Epub 2015 Jan 16. PMID: 25595195](#)

Article Published Date : Mar 31, 2015

Authors : Nick Errington-Evans

Study Type : Human Study

Additional Links

Diseases : [Anxiety Disorders](#) : CK(1215) : AC(180), [Depression](#) : CK(1820) : AC(263)

Therapeutic Actions : [Acupuncture](#) : CK(1939) : AC(222)

Pharmacological Actions : [Anti-Anxiety Agents](#) : CK(334) : AC(56)

Additional Keywords : [Significant Treatment Outcome](#) : CK(3028) : AC(365), [Significant Treatment Outcome](#) : CK(3028) : AC(365)

Acupuncture is effective in improving post-stroke depression in post-stroke depression patients.

Pubmed Data : [Zhen Ci Yan Jiu. 2010 Aug;35\(4\):303-6. PMID: 21090335](#)

Article Published Date : Aug 01, 2010

Authors : Jia-Ping Wu

Study Type : Human Study

Additional Links

Diseases : [Depression](#) : CK(1818) : AC(262), [Stroke: Attenuation/Recovery](#) : CK(345) : AC(74)

Therapeutic Actions : [Acupuncture](#) : CK(1939) : AC(222)

Acupuncture is effective to attenuate stress and stimulate lymphocyte proliferation in the elderly.

Pubmed Data : [Neurosci Lett. 2010 Oct 22;484\(1\):47-50. Epub 2010 Aug 13. PMID: 20709154](#)

Article Published Date : Oct 22, 2010

Authors : Tiago S Pavão, Priscila Vianna, Micheli M Pillat, Amanda B Machado, Moisés E Bauer

Study Type : Human Study

Additional Links

Diseases : Aging: Immunosenescence : CK(52) : AC(13) , Anxiety Disorders : CK(1215) : AC(180) , Depression : CK(1820) : AC(263) , Elderly: Age Specific Diseases : CK(442) : AC(38)

Therapeutic Actions : Acupuncture : CK(1939) : AC(222)

Pharmacological Actions : Immunostimulatory : CK(260) : AC(57)

Acupuncture was associated with a significantly greater improvement in depression, pain, and physical and mental health functioning.

Pubmed Data : Med Care. 2014 Dec ;52(12 Suppl 5):S57-64. PMID: [25397825](#)

Article Published Date : Nov 30, 2014

Authors : Charles C Engel, Elizabeth H Cordova, David M Benedek, Xian Liu, Kristie L Gore, Christine Goertz, Michael C Freed, Cindy Crawford, Wayne B Jonas, Robert J Ursano

Study Type : Human Study

Additional Links

Diseases : Depression : CK(1820) : AC(263) , Post-Traumatic Stress Disorders (PTSD) : CK(183) : AC(25)

Therapeutic Actions : Acupuncture : CK(1939) : AC(222) , Acupuncture : CK(1939) : AC(222)

Additional Keywords : Combat Disorders : CK(10) : AC(1) , Significant Treatment Outcome : CK(3028) : AC(365) , Significant Treatment Outcome : CK(3028) : AC(365)

Combined therapy of acupuncture and auricular acupressure efficacy is superior to fluoxetine in the treatment of depression in breast cancer patients.

Pubmed Data : Zhongguo Zhen Jiu. 2014 Oct ;34(10):956-60. PMID: [25543421](#)

Article Published Date : Sep 30, 2014

Authors : Bin Xiao, Zhan-hua Liu

Study Type : Human Study

Additional Links

Diseases : Breast Cancer : CK(3492) : AC(1052) , Depression : CK(1818) : AC(262)

Therapeutic Actions : Acupressure: Auricular : CK(30) : AC(3) , Acupuncture : CK(1939) : AC(222)

Additional Keywords : Significant Treatment Outcome : CK(3028) : AC(365) , Therapeutic Action Superior to Drug Therapy : CK(464) : AC(49)

Combining therapeutic acupuncture with structured salutogenic dialogue appears to have greater intermediate-term effects than usual primary care in reducing anxiety and depression.

Pubmed Data : BMC Complement Altern Med. 2014 ;14:210. Epub 2014 Jun 30. PMID: [24980440](#)

Article Published Date : Dec 31, 2013

Authors : Tina Arvidsdotter, Bertil Marklund, Charles Taft

Study Type : Human Study

Additional Links

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263), Depressive Disorder : CK(405) : AC(57), Psychological Distress : CK(10) : AC(1)

Therapeutic Actions : Acupuncture : CK(1939) : AC(222), Integrative Medicine : CK(292) : AC(43)

In this study the efficacy of acupuncture for depression was superior to that of western medication with prozac.

Pubmed Data : Zhongguo Zhen Jiu. 2015 Feb ;35(2):123-6. PMID: [25854015](#)

Article Published Date : Jan 31, 2015

Authors : Zhou Xiufang, Yan Li, Zhenhua Zhou, Shuaiguo Pan

Study Type : Human Study

Additional Links

Diseases : Depression : CK(1820) : AC(263)

Therapeutic Actions : Acupuncture : CK(1939) : AC(222)

Additional Keywords : Significant Treatment Outcome : CK(3028) : AC(365), Therapeutic Action Superior to Drug Therapy : CK(464) : AC(49)

Problem Substances : Fluoxetine (trade name Prozac) : CK(288) : AC(50)

It was suggested that vagal stabilization effect by acupuncture may be associated with the therapeutic mechanism in depression.

Pubmed Data : Complement Ther Clin Pract. 2015 Aug ;21(3):193-200. Epub 2015 Jul 6. PMID: [26256139](#)

Article Published Date : Jul 31, 2015

Authors : Yoshihiro Noda, Takuji Izuno, Yoshie Tsuchiya, Shunsuke Hayasaka, Kiiko Matsumoto, Hirohiko Murakami, Arata Ito, Yukari Shinse, Aya Suzuki, Motoaki Nakamura

Study Type : Human Study

Additional Links

Diseases : Depression : CK(1820) : AC(263), Hypertension : CK(2843) : AC(395)

Therapeutic Actions : Acupuncture : CK(1939) : AC(222)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157), Antihypertensive Agents : CK(1026) : AC(151)

Ziwuliuzhu acupuncture could be compared to oral administration of Prozac in efficiency, but superior in terms of the long-term HAMD score and safety.

Pubmed Data : Zhongguo Zhen Jiu. 2015 Feb ;35(2):119-22. PMID: [25854014](#)

Article Published Date : Jan 31, 2015

Authors : Yunting Sun, Yehua Bao, Shuling Wang, Jiamei Chu, Liping Li

Study Type : Human Study

Additional Links

Diseases : Depression : CK(1818) : AC(262), Stroke: Attenuation/Recovery : CK(345) : AC(74)

Therapeutic Actions : Acupuncture : CK(1939) : AC(222)

Additional Keywords : Therapeutic Action Superior to Drug Therapy : CK(464) : AC(49)

Problem Substances : Fluoxetine (trade name Prozac) : CK(288) : AC(50)

Aromatherapy (AC 2) (CK 20)

40 arthritic patients divided into 2 groups, one was treated with an essential oil blend which decreased pain and depression levels.

Pubmed Data : Taehan Kanho Hakhoe Chi. 2005 Feb ;35(1):186-94. PMID: [15778570](#)

Article Published Date : Jan 31, 2005

Authors : Myung-Ja Kim, Eun-Sook Nam, Seun-In Paik

Study Type : Human Study

Additional Links

Substances : Eucalyptus : CK(77) : AC(29), Marjoram : CK(21) : AC(7), Rosemary : CK(216) : AC(77)

Diseases : Depression : CK(1820) : AC(263), Rheumatoid Arthritis : CK(706) : AC(117)

Therapeutic Actions : Aromatherapy : CK(652) : AC(65)

Lavender fragrance had a beneficial effect on insomnia and depression in women college students.

Pubmed Data : Br J Pharmacol. 1999 Sep;128(2):380-4. PMID: [16520572](#)

Article Published Date : Sep 01, 1999

Authors : Inn-Sook Lee, Gyung-Joo Lee

Study Type : Human Study

Additional Links

Substances : Lavender : CK(363) : AC(45)

Diseases : Depression : CK(1820) : AC(263), Insomnia : CK(518) : AC(64)

Therapeutic Actions : Aromatherapy : CK(652) : AC(65)

Aromatherapy Massage (AC 1) (CK 10)

Essential oil hand massage was used with hospice patients with terminal cancer with a positive effect on pain and depression.

Pubmed Data : Taehan Kanho Hakhoe Chi. 2008 Aug ;38(4):493-502. PMID: [18753801](#)

Article Published Date : Jul 31, 2008

Authors : So Young Chang

Study Type : Human Study

Additional Links

Substances : Bergamot : CK(22) : AC(3), Frankincense : CK(22) : AC(1), Lavender : CK(363) : AC(45)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263), Pain : CK(825) : AC(134)

Therapeutic Actions : Aromatherapy Massage : CK(80) : AC(8)

Cognitive Behavioural Approaches (AC 1) (CK 10)

Cognitive group therapy and aerobic exercise are effective in treating depression.

Pubmed Data : Glob J Health Sci. 2016 ;8(10):54171. Epub 2016 Feb 24. PMID: [27302433](#)

Article Published Date : Dec 31, 2015

Authors : Khirollah Sadeghi, Seyed Majid Ahmadi, Seyed Mojtaba Ahmadi, Mansour Rezaei, Javad Miri, Alireza Abdi, Firoozeh Khamoushi, Mahin Salehi, Khadijeh Jamshidi

Study Type : Human Study

Additional Links

Diseases : Depression : CK(1820) : AC(263)

Therapeutic Actions : Cognitive Behavioural Approaches : CK(50) : AC(5), Exercise: Aerobic : CK(147) : AC(17)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Color Therapy (AC 1) (CK 10)

Mood color choice helps to predict response to hypnotherapy in patients with irritable bowel syndrome.

Pubmed Data : BMC Complement Altern Med. 2010;10:75. Epub 2010 Dec 7. PMID: [21138549](#)

Article Published Date : Jan 01, 2010

Authors : [No authors listed]

Study Type : Human Study

Additional Links

Diseases : [Anxiety Disorders](#) : CK(1215) : AC(180), [Depression](#) : CK(1820) : AC(263), [Irritable Bowel Syndrome](#) : CK(709) : AC(91)

Therapeutic Actions : [Color Therapy](#) : CK(10) : AC(1), [Positive Mood](#) : CK(10) : AC(1)

Dancing (AC 1) (CK 10)

Dance movement therapy improves emotional responses and modulates neurohormones in adolescents with mild depression.

Pubmed Data : J Agric Food Chem. 2009 Sep 23;57(18):8258-65. PMID: [16287635](#)

Article Published Date : Sep 23, 2009

Authors : Young-Ja Jeong, Sung-Chan Hong, Myeong Soo Lee, Min-Cheol Park, Yong-Kyu Kim, Chae-Moon Suh

Study Type : Human Study

Additional Links

Diseases : [Depression](#) : CK(1820) : AC(263)

Therapeutic Actions : [Dancing](#) : CK(240) : AC(23)

Dietary Modification: Mediterranean

Diet (AC 1) (CK 10)

A Mediterranean dietary pattern protects against depressive disorders.

Pubmed Data : Arch Gen Psychiatry. 2009 Oct;66(10):1090-8. PMID: [19805699](#)

Article Published Date : Oct 01, 2009

Authors : Almudena Sánchez-Villegas, Miguel Delgado-Rodríguez, Alvaro Alonso, Javier Schlatter, Francisca Lahortiga, Lluís Serra Majem, Miguel Ángel Martínez-González

Study Type : Human Study

Additional Links

Diseases : Depression : CK(1820) : AC(263), Depressive Disorder : CK(405) : AC(57)

Therapeutic Actions : Dietary Modification: Mediterranean Diet : CK(652) : AC(75)

Electroacupuncture (AC 2) (CK 20)

Electroacupuncture is superior to fluoxetine (Prozac) in improving the TH1/TH2 cytokine ratios in depressed patients.

Pubmed Data : Pharmacopsychiatry. 2009 Sep;42(5):182-8. Epub 2009 Sep 1. PMID: [19724980](#)

Article Published Date : Sep 01, 2009

Authors : C Song, U Halbreich, C Han, B E Leonard, H Luo

Study Type : Human Study

Additional Links

Diseases : Depression : CK(1820) : AC(263), Immune Dysregulation: TH1/TH2 imbalance : CK(168) : AC(43)

Therapeutic Actions : Electroacupuncture : CK(374) : AC(54)

Additional Keywords : Superiority of Natural Substances versus Drugs : CK(1304) : AC(249)

Electroacupuncture produced a significant improvement in fatigue, anxiety and depression in a 12 week intervention.

Pubmed Data : Cancer. 2014 Dec 1 ;120(23):3744-51. Epub 2014 Jul 30. PMID: [25077452](#)

Article Published Date : Nov 30, 2014

Authors : Jun J Mao, John T Farrar, Deborah Bruner, Jarcy Zee, Marjorie Bowman, Christina Seluzicki, Angela DeMichele, Sharon X Xie

Study Type : Human Study

Additional Links

Diseases : [Anxiety Disorders](#) : CK(1215) : AC(180), [Breast Cancer](#) : CK(3492) : AC(1052), [Depression](#) : CK(1818) : AC(262), [Fatigue: Cancer-Associated](#) : CK(25) : AC(4)

Therapeutic Actions : [Electroacupuncture](#) : CK(374) : AC(54)

Exercise (AC 3) (CK 31)

A 4-week training of aerobic exercise significantly improves functional capacity in patients with major depressive disorder.

Pubmed Data : PLoS One. 2016 ;11(5):e0154195. Epub 2016 May 6. PMID: [27152523](#)

Article Published Date : Dec 31, 2015

Authors : Cristiana Carvalho Siqueira, Leandro L Valiengo, André F Carvalho, Paulo Roberto Santos-Silva, Giovanni Missio, Rafael T de Sousa, Georgia Di Natale, Wagner F Gattaz, Ricardo Alberto Moreno, Rodrigo Machado-Vieira

Study Type : Human Study

Additional Links

Diseases : [Depression](#) : CK(1820) : AC(263), [Depressive Disorder](#) : CK(405) : AC(57)

Therapeutic Actions : [Exercise](#) : CK(1223) : AC(191)

Pharmacological Actions : [Antidepressive Agents](#) : CK(986) : AC(157)

Additional Keywords : [Antidepressive Agents](#) : CK(986) : AC(157)

Physical exercise is an effective intervention for depression.

Pubmed Data : J Affect Disord. 2016 May 20 ;202:67-86. Epub 2016 May 20. PMID: [27253219](#)

Article Published Date : May 19, 2016

Authors : Siri Kvam, Catrine Lykkedrang Kleppe, Inger Hilde Nordhus, Anders Hovland

Study Type : Meta Analysis

Additional Links

Diseases : [Depression](#) : CK(1820) : AC(263)

Therapeutic Actions : [Exercise](#) : CK(1223) : AC(191)

Pharmacological Actions : [Antidepressive Agents](#) : CK(986) : AC(157)

Physical exercise modulates a different population of gut bacteria compared to food restriction or rich diet.

Pubmed Data : CNS Neurol Disord Drug Targets. 2015 ;14(10):1312-4. PMID: [26556075](#)

Article Published Date : Dec 31, 2014

Authors : Ti-Fei Yuan, Nuno Barbosa Ferreira Rocha, Flávia Paes, Oscar Arias-Carrión, Sergio Machado, Alberto Souza de Sá Filho

Study Type : Review

Additional Links

Diseases : [Depression](#) : CK(1820) : AC(263)

Therapeutic Actions : [Exercise](#) : CK(1223) : AC(191)

Additional Keywords : [Exercise](#) : CK(1223) : AC(191)

Exercise: Aerobic (AC 2) (CK 20)

Cognitive group therapy and aerobic exercise are effective in treating depression.

Pubmed Data : Glob J Health Sci. 2016 ;8(10):54171. Epub 2016 Feb 24. PMID: [27302433](#)

Article Published Date : Dec 31, 2015

Authors : Khirollah Sadeghi, Seyed Majid Ahmadi, Seyed Mojtaba Ahmadi, Mansour Rezaei, Javad Miri, Alireza Abdi, Firoozeh Khamoushi, Mahin Salehi, Khadijeh Jamshidi

Study Type : Human Study

Additional Links

Diseases : [Depression](#) : CK(1820) : AC(263)

Therapeutic Actions : [Cognitive Behavioural Approaches](#) : CK(50) : AC(5) , [Exercise: Aerobic](#) : CK(147) : AC(17)

Pharmacological Actions : [Antidepressive Agents](#) : CK(986) : AC(157)

The results confirm the effectiveness of the aerobic training program as a complementary therapy to diminish depressive symptoms in patients suffering from moderate depression.

Pubmed Data : Percept Mot Skills. 2011 Jun ;112(3):761-9. PMID: [21853765](#)

Article Published Date : May 31, 2011

Authors : Pablo de la Cerda, Eduardo Cervelló, Armando Cocca, Jesús Viciano

Study Type : Human Study

Additional Links

Diseases : [Depression](#) : CK(1820) : AC(263)

Therapeutic Actions : [Exercise: Aerobic](#) : CK(147) : AC(17)

Additional Keywords : [Exercise: Aerobic](#) : CK(147) : AC(17)

Problem Substances : [Fluoxetine \(trade name Prozac\)](#) : CK(288) : AC(50)

Exercise: Green (AC 3) (CK 21)

Higher residential greenness was associated with reduced depressive symptoms during pregnancy.

Pubmed Data : J Epidemiol Community Health. 2015 Nov 11. Epub 2015 Nov 11. PMID: [26560759](#)

Article Published Date : Nov 10, 2015

Authors : R R C McEachan, S L Prady, G Smith, L Fairley, B Cabieses, C Gidlow, J Wright, P Dadvand, D van Gent, M J Nieuwenhuijsen

Study Type : Human Study

Additional Links

Diseases : [Depression](#) : CK(1820) : AC(263)

Therapeutic Actions : [Exercise: Green](#) : CK(121) : AC(12)

Additional Keywords : [Risk Reduction](#) : CK(6136) : AC(658)

This review reveals a multiplicity of mechanisms by which contact with nature might promote health.

Pubmed Data : Front Psychol. 2015 ;6:1093. Epub 2015 Aug 25. PMID: [26379564](#)

Article Published Date : Dec 31, 2014

Authors : Ming Kuo

Study Type : Review

Additional Links

Diseases : [Anxiety Disorders](#) : CK(1215) : AC(180), [Attention Deficit Hyperactivity Disorder](#) : CK(164) : AC(18), [Cancers: All](#) : CK(14297) : AC(4542), [Cardiovascular Diseases](#) : CK(7018) : AC(887), [Depression](#) : CK(1818) : AC(262), [Diabetes Mellitus: Type 2](#) : CK(3344) : AC(592)

Therapeutic Actions : [Exercise: Green](#) : CK(121) : AC(12)

Pharmacological Actions : [Immunomodulatory](#) : CK(1284) : AC(355)

Additional Keywords : [Immunomodulatory](#) : CK(1284) : AC(355)

forest-walking program may have positive effects on

improving physical activity, health promotion behavior, and quality of life.

Pubmed Data : J Korean Acad Nurs. 2016 Feb ;46(1):140-8. PMID: [26963423](#)

Article Published Date : Jan 31, 2016

Authors : Kyung Sook Bang, In Sook Lee, Sung Jae Kim, Min Kyung Song, Se Eun Park

Study Type : Human Study

Additional Links

Diseases : [Depression](#) : CK(1820) : AC(263)

Therapeutic Actions : [Exercise](#): [Green](#) : CK(121) : AC(12)

Guided Imagery (AC 1) (CK 1)

Review: Preliminary evidence supports the use of guided imagery in a wide range of diseases.

Pubmed Data : Annu Rev Nurs Res. 1999 ;17:57-84. PMID: [10418653](#)

Article Published Date : Jan 01, 1999

Authors : L S Eller

Study Type : Review

Additional Links

Diseases : [Anxiety Disorders](#) : CK(1215) : AC(180), [Chemotherapy-Induced Toxicity](#) : CK(1016) : AC(317), [Depression](#) : CK(1820) : AC(263), [Hypertension](#) : CK(2843) : AC(395), [Pain](#) : CK(825) : AC(134), [Stress](#) : CK(611) : AC(101)

Therapeutic Actions : [Guided Imagery](#) : CK(51) : AC(1)

Homeopathic Treatment (AC 1) (CK 10)

Patients GPs who prescribe homeopathy in addition to conventional medicine reported use of fewer

psychotropic drugs.

Pubmed Data : BMC Complement Altern Med. 2016 ;16(1):125. Epub 2016 May 4. PMID: [27145957](#)

Article Published Date : Dec 31, 2015

Authors : Lamiae Grimaldi-Bensouda, Lucien Abenhaim, Jacques Massol, Didier Guillemot, Bernard Avouac, Gerard Duru, France Lert, Anne-Marie Magnier, Michel Rossignol, Frederic Rouillon, Bernard Begaud,

Study Type : Human Study

Additional Links

Substances : Homeopathic Medicine: All : CK(927) : AC(100)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263)

Therapeutic Actions : Homeopathic Treatment : CK(658) : AC(72), Integrative Medicine : CK(292) : AC(43)

Additional Keywords : Integrative Medicine : CK(292) : AC(43)

Hormone Replacement Therapy (AC 1) (CK 10)

These findings support the hypothesis that migraine is a consequence of a loss of neurohormonal and metabolic integrity.

Pubmed Data : Neuro Endocrinol Lett. 2015 ;36(5):421-9. PMID: [26707041](#)

Article Published Date : Dec 31, 2014

Authors : Sergey A Dzugan, Konstantine S Dzugan

Study Type : Human Study

Additional Links

Substances : Magnesium : CK(1516) : AC(193)

Diseases : Depression : CK(1820) : AC(263), Fatigue : CK(291) : AC(46), Fibromyalgia : CK(618) : AC(66), Headache: Migraine : CK(651) : AC(76), Insomnia : CK(518) : AC(64)

Therapeutic Actions : Hormone Replacement Therapy : CK(10) : AC(1)

Additional Keywords : Hormone Replacement Therapy : CK(10) : AC(1), Significant Treatment Outcome : CK(3028) : AC(365)

Horticultural Therapy (Gardening) (AC 3) (CK 30)

Fascination and Being Away (from normal the setting) play a role in the the therapeutic action of horticultural therapy in clinical depression.

Pubmed Data : J Adv Nurs. 2010 Sep;66(9):2002-13. Epub 2010 Jul 2. PMID: [20626473](#)

Article Published Date : Sep 01, 2010

Authors : Marianne Thorsen Gonzalez, Terry Hartig, Grete Grindal Patil, Egil W Martinsen, Marit Kirkevold

Study Type : Human Study

Additional Links

Diseases : [Depression](#) : CK(1820) : AC(263)

Therapeutic Actions : [Horticultural Therapy \(Gardening\)](#) : CK(73) : AC(7)

Horticultural therapy has therapeutic value in the treatment of depression.

Pubmed Data : Res Theory Nurs Pract. 2009;23(4):312-28. PMID: [19999748](#)

Article Published Date : Jan 01, 2009

Authors : Marianne Thorsen Gonzalez, Terry Hartig, Grete Grindal Patil, Egil W Martinsen, Marit Kirkevold

Study Type : Human Study

Additional Links

Diseases : [Depression](#) : CK(1820) : AC(263)

Therapeutic Actions : [Horticultural Therapy \(Gardening\)](#) : CK(73) : AC(7)

Horticultural therapy has therapeutic value in the treatment of depression. Horticulture therapy mediates emotional, cognitive and/or sensory motor functional improvement, increased social participation, health, well-being and life satisfaction.

Pubmed Data : J Appl Genet. 2007;48(3):189-98. PMID: [15513768](#)

Article Published Date : Jan 01, 2007

Authors : Ingrid Söderback, Marianne Söderström, Elisabeth Schäländer

Study Type : Human Study

Additional Links

Diseases : Depression : CK(1820) : AC(263)

Therapeutic Actions : Horticultural Therapy (Gardening) : CK(73) : AC(7)

Hydrotherapy (AC 1) (CK 10)

Adapted cold shower as a potential treatment for depression.

Pubmed Data : Med Hypotheses. 2008 ;70(5):995-1001. Epub 2007 Nov 13. PMID: [17993252](#)

Article Published Date : Jan 01, 2008

Authors : Nikolai A Shevchuk

Study Type : Human Study

Additional Links

Diseases : Depression : CK(1820) : AC(263)

Therapeutic Actions : Hydrotherapy : CK(32) : AC(5)

Hypnosis (AC 1) (CK 10)

Obstinate mental disorders may respond to hypnosis techniques.

Pubmed Data : Am J Psychother. 2009;63(2):133-46. PMID: [19711767](#)

Article Published Date : Jan 01, 2009

Authors : Joseph Meyerson, Joseph Myerson, Andres Konichezy

Study Type : Human Study

Additional Links

Diseases : Depression : CK(1820) : AC(263), Obsessive-Compulsive Disorder : CK(168) : AC(24)

Therapeutic Actions : Hypnosis : CK(150) : AC(15)

Integrative Medicine (AC 4) (CK 40)

Combining therapeutic acupuncture with structured salutogenic dialogue appears to have greater intermediate-term effects than usual primary care in reducing anxiety and depression.

Pubmed Data : BMC Complement Altern Med. 2014 ;14:210. Epub 2014 Jun 30. PMID: [24980440](#)

Article Published Date : Dec 31, 2013

Authors : Tina Arvidsdotter, Bertil Marklund, Charles Taft

Study Type : Human Study

Additional Links

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263), Depressive Disorder : CK(405) : AC(57), Psychological Distress : CK(10) : AC(1)

Therapeutic Actions : Acupuncture : CK(1939) : AC(222), Integrative Medicine : CK(292) : AC(43)

Mindfulness-based cognitive therapy appears to be a viable adjunct in the management of treatment-resistant depression.

Pubmed Data : Psychother Psychosom. 2016 ;85(2):99-110. Epub 2016 Jan 26. PMID: [26808973](#)

Article Published Date : Dec 31, 2015

Authors : Stuart J Eisendrath, Erin Gillung, Kevin L Delucchi, Zindel V Segal, J Craig Nelson, L Alison McInnes, Daniel H Mathalon, Mitchell D Feldman

Study Type : Human Study

Additional Links

Diseases : Depression : CK(1820) : AC(263)

Therapeutic Actions : Integrative Medicine : CK(292) : AC(43), Mindfulness Training : CK(60) : AC(5)

Patients GPs who prescribe homeopathy in addition to conventional medicine reported use of fewer psychotropic drugs.

Pubmed Data : BMC Complement Altern Med. 2016 ;16(1):125. Epub 2016 May 4. PMID: [27145957](#)

Article Published Date : Dec 31, 2015

Authors : Lamiae Grimaldi-Bensouda, Lucien Abenhaim, Jacques Massol, Didier Guillemot,

Bernard Avouac, Gerard Duru, France Lert, Anne-Marie Magnier, Michel Rossignol, Frederic Rouillon, Bernard Begaud,

Study Type : Human Study

Additional Links

Substances : Homeopathic Medicine: All : CK(927) : AC(100)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263)

Therapeutic Actions : Homeopathic Treatment : CK(658) : AC(72), Integrative Medicine : CK(292) : AC(43)

Additional Keywords : Integrative Medicine : CK(292) : AC(43)

The addition of bright light therapy might be effective in rapidly ameliorating depressive core symptoms of vulnerable difficult-to-treat depressed outpatients.

Pubmed Data : Neuropsychiatr Dis Treat. 2015 ;11:2331-8. Epub 2015 Sep 9. PMID: [26396517](#)

Article Published Date : Dec 31, 2014

Authors : Giovanni Camardese, Beniamino Leone, Riccardo Serrani, Coco Walstra, Marco Di Nicola, Giacomo Della Marca, Pietro Bria, Luigi Janiri

Study Type : Human Study

Additional Links

Diseases : Depression : CK(1820) : AC(263), Depression: Bipolar : CK(10) : AC(1), Unipolar Depression : CK(10) : AC(1)

Therapeutic Actions : Integrative Medicine : CK(292) : AC(43), Light Therapy : CK(124) : AC(28)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Significant Treatment Outcome : CK(3028) : AC(365)

Problem Substances : Antidepressants : CK(571) : AC(74)

Laughter/Humor (AC 1) (CK 10)

Laughter Yoga is at least as effective as group exercise program in improvement of depression and life satisfaction of elderly depressed women.

Pubmed Data : Int J Geriatr Psychiatry. 2010 Sep 16. Epub 2010 Sep 16. PMID: [20848578](#)

Article Published Date : Sep 16, 2010

Authors : Mahvash Shahidi, Ali Mojtahed, Amirhossein Modabbernia, Mohammad Mojtahed, Abdollah Shafiabady, Ali Delavar, Habib Honari

Study Type : Human Study

Additional Links

Diseases : Depression : CK(1820) : AC(263), Elderly: Age Specific Diseases : CK(442) : AC(38)

Therapeutic Actions : Laughter/Humor : CK(178) : AC(23), Therapeutic Breathing : CK(182) : AC(20), Yoga : CK(1020) : AC(112)

Light Therapy (AC 2) (CK 20)

Bright light treatment, both as monotherapy and in combination with fluoxetine, was efficacious and well tolerated in the treatment of adults with nonseasonal Nonseasonal Major Depressive Disorder.

Pubmed Data : JAMA Psychiatry. 2016 Jan ;73(1):56-63. PMID: [26580307](#)

Article Published Date : Dec 31, 2015

Authors : Raymond W Lam, Anthony J Levitt, Robert D Levitan, Erin E Michalak, Amy H Cheung, Rachel Morehouse, Rajamannar Ramasubbu, Lakshmi N Yatham, Edwin M Tam

Study Type : Human Study

Additional Links

Diseases : Depression : CK(1820) : AC(263)

Therapeutic Actions : Light Therapy : CK(124) : AC(28)

Additional Keywords : Natural Substances Versus Drugs : CK(1694) : AC(300)

Problem Substances : Fluoxetine (trade name Prozac) : CK(288) : AC(50)

The addition of bright light therapy might be effective in rapidly ameliorating depressive core symptoms of vulnerable difficult-to-treat depressed outpatients.

Pubmed Data : Neuropsychiatr Dis Treat. 2015 ;11:2331-8. Epub 2015 Sep 9. PMID: [26396517](#)

Article Published Date : Dec 31, 2014

Authors : Giovanni Camardese, Beniamino Leone, Riccardo Serrani, Coco Walstra, Marco Di Nicola, Giacomo Della Marca, Pietro Bria, Luigi Janiri

Study Type : Human Study

Additional Links

Diseases : Depression : CK(1820) : AC(263), Depression: Bipolar : CK(10) : AC(1), Unipolar Depression : CK(10) : AC(1)

Therapeutic Actions : Integrative Medicine : CK(292) : AC(43), Light Therapy : CK(124) : AC(28)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Significant Treatment Outcome : CK(3028) : AC(365)

Massage/Therapeutic Touch (AC 3) (CK 40)

Acupressure with massage has a beneficial effect on fatigue and depression in patients with end-stage renal disease.

Pubmed Data : Biol Pharm Bull. 2007 Aug;30(8):1557-60. PMID: [15136963](#)

Article Published Date : Aug 01, 2007

Authors : Yi-Ching Cho, Shioh-Luan Tsay

Study Type : Human Study

Additional Links

Diseases : Depression : CK(1820) : AC(263), End-Stage Renal Disease : CK(335) : AC(3), Fatigue : CK(291) : AC(46), Kidney Failure: Chronic : CK(148) : AC(21)

Therapeutic Actions : Acupressure : CK(301) : AC(29), Massage/Therapeutic Touch : CK(810) : AC(81)

Massage therapy is significantly associated with alleviated depressive symptoms.

Pubmed Data : J Clin Psychiatry. 2010 Jul;71(7):894-901. Epub 2010 Mar 23. PMID: [20361919](#)

Article Published Date : Jul 01, 2010

Authors : Wen-Hsuan Hou, Pai-Tsung Chiang, Tun-Yen Hsu, Su-Ying Chiu, Yung-Chieh Yen

Study Type : Meta Analysis

Additional Links

Diseases : Depression : CK(1820) : AC(263)

Therapeutic Actions : Massage/Therapeutic Touch : CK(810) : AC(81)

The use of lavender and bergamot oils in massage are helpful in relieving depression and anxiety.

Pubmed Data : Nat Prod Commun. 2011 Aug ;6(8):1199-204. PMID: [21922934](#)

Article Published Date : Aug 01, 2011

Authors : Tapanee Hongratanaworakit

Study Type : Human Study

Additional Links

Substances : Bergamot : CK(22) : AC(3), Lavender : CK(363) : AC(45)

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263)

Therapeutic Actions : Massage/Therapeutic Touch : CK(810) : AC(81)

Additional Keywords : Blood Pressure : CK(12) : AC(2)

Meditation (AC 1) (CK 10)

Mindfulness meditation alleviates depressive symptoms in women with fibromyalgia.

Pubmed Data : Arthritis Rheum. 2007 Feb 15;57(1):77-85. PMID: [17266067](#)

Article Published Date : Feb 15, 2007

Authors : Sandra E Sephton, Paul Salmon, Inka Weissbecker, Christi Ulmer, Andrea Floyd, Katherine Hoover, Jamie L Studts

Study Type : Human Study

Additional Links

Diseases : Depression : CK(1820) : AC(263), Fibromyalgia : CK(618) : AC(66)

Therapeutic Actions : Meditation : CK(334) : AC(36), Mindfulness Training : CK(60) : AC(5)

Mindfulness Training (AC 3) (CK 30)

Mindfulness meditation alleviates depressive symptoms in women with fibromyalgia.

Pubmed Data : Arthritis Rheum. 2007 Feb 15;57(1):77-85. PMID: [17266067](#)

Article Published Date : Feb 15, 2007

Authors : Sandra E Sephton, Paul Salmon, Inka Weissbecker, Christi Ulmer, Andrea Floyd, Katherine Hoover, Jamie L Studts

Study Type : Human Study

Additional Links

Diseases : Depression : CK(1820) : AC(263), Fibromyalgia : CK(618) : AC(66)

Therapeutic Actions : Meditation : CK(334) : AC(36), Mindfulness Training : CK(60) : AC(5)

Mindfulness meditation and guided imagery relaxation in can help patients with acute depression.

Pubmed Data : Behav Cogn Psychother. 2015 Jul 20:1-10. Epub 2015 Jul 20. PMID: [26190664](#)

Article Published Date : Jul 19, 2015

Authors : Ana Costa, Thorsten Barnhofer

Study Type : Human Study

Additional Links

Diseases : [Depression](#) : CK(1820) : AC(263)

Therapeutic Actions : [Mindfulness Training](#) : CK(60) : AC(5)

Pharmacological Actions : [Antidepressive Agents](#) : CK(986) : AC(157)

Mindfulness-based cognitive therapy appears to be a viable adjunct in the management of treatment-resistant depression.

Pubmed Data : Psychother Psychosom. 2016 ;85(2):99-110. Epub 2016 Jan 26. PMID: [26808973](#)

Article Published Date : Dec 31, 2015

Authors : Stuart J Eisendrath, Erin Gillung, Kevin L Delucchi, Zindel V Segal, J Craig Nelson, L Alison McInnes, Daniel H Mathalon, Mitchell D Feldman

Study Type : Human Study

Additional Links

Diseases : [Depression](#) : CK(1820) : AC(263)

Therapeutic Actions : [Integrative Medicine](#) : CK(292) : AC(43) , [Mindfulness Training](#) : CK(60) : AC(5)

Music (AC 1) (CK 20)

Meta-analysis: music listening is effective in reducing depressive symptoms in adults.

Pubmed Data : Complement Ther Med. 2011 Dec ;19(6):332-48. Epub 2011 Sep 22. PMID: [22036525](#)

Article Published Date : Dec 01, 2011

Authors : Moon Fai Chan, Zi Yang Wong, N V Thayala

Study Type : Meta Analysis

Additional Links

Diseases : [Depression](#) : CK(1820) : AC(263)

Therapeutic Actions : [Music](#) : CK(412) : AC(47)

Pharmacological Actions : [Antidepressive Agents](#) : CK(986) : AC(157)

Placebo Effect (AC 2) (CK 20)

Higher anxiety at study entry predicted placebo response in randomized controlled trials on menopausal symptoms.

Pubmed Data : Menopause. 2009 Jul-Aug;16(4):792-6. PMID: [19587583](#)

Article Published Date : Jul 01, 2009

Authors : Margaret Diana van Die, Helena J Teede, Kerry M Bone, John E Reece, Henry G Burger

Study Type : Human Study

Additional Links

Diseases : [Anxiety Disorders](#) : CK(1215) : AC(180), [Depression](#) : CK(1820) : AC(263), [Menopausal Syndrome](#) : CK(285) : AC(44)

Therapeutic Actions : [Placebo Effect](#) : CK(192) : AC(19)

Additional Keywords : [Phytotherapy](#) : CK(1175) : AC(216), [Placebo Response](#) : CK(10) : AC(1), [Post Hoc Analysis](#) : CK(10) : AC(1), [Predictors](#) : CK(10) : AC(1)

Hypericum extract is superior to fluoxetine in treating depressed patients.

Pubmed Data : Int J Neuropsychopharmacol. 2005 Jun ;8(2):215-21. Epub 2004 Sep 30. PMID: [15458612](#)

Article Published Date : May 31, 2005

Authors : Harald Murck, Maurizio Fava, Jonathan Alpert, Andrew A Nierenberg, David Mischoulon, Michael W Otto, John Zajecka, Marcus Mannel, Jerrold F Rosenbaum

Study Type : Human Study

Additional Links

Substances :

Diseases : [Depression](#) : CK(1820) : AC(263)

Therapeutic Actions : [Placebo Effect](#) : CK(192) : AC(19)

Pharmacological Actions : [Antidepressive Agents](#) : CK(986) : AC(157)

Additional Keywords : [Phytotherapy](#) : CK(1175) : AC(216), [Plant Extracts](#) : CK(7288) : AC(2419), [Superiority of Natural Substances versus Drugs](#) : CK(1304) : AC(249)

Problem Substances : [Fluoxetine \(trade name Prozac\)](#) : CK(288) : AC(50)

Positive Mood (AC 1) (CK 10)

Mood color choice helps to predict response to hypnotherapy in patients with irritable bowel syndrome.

Pubmed Data : BMC Complement Altern Med. 2010;10:75. Epub 2010 Dec 7. PMID: [21138549](#)

Article Published Date : Jan 01, 2010

Authors : [No authors listed]

Study Type : Human Study

Additional Links

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263), Irritable Bowel Syndrome : CK(709) : AC(91)

Therapeutic Actions : Color Therapy : CK(10) : AC(1), Positive Mood : CK(10) : AC(1)

Reiki Therapy (AC 1) (CK 10)

Significant differences were observed between the experimental and treatment groups on measures of pain, depression, and anxiety

Pubmed Data : Res Gerontol Nurs. 2010 Jul ;3(3):187-99. Epub 2010 Jun 30. PMID: [20635803](#)

Article Published Date : Jun 30, 2010

Authors : Nancy E Richeson, Judith A Spross, Katherine Lutz, Cheng Peng

Study Type : Human Study

Additional Links

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263), Pain : CK(825) : AC(134)

Therapeutic Actions : Reiki Therapy : CK(105) : AC(13)

Sauna Therapy (AC 1) (CK 10)

These findings suggest that Waon therapy may be a useful and safe treatment for chronic fatigue syndrome.

Pubmed Data : Intern Med. 2015 ;54(3):333-8. PMID: [25748743](#)

Article Published Date : Dec 31, 2014

Authors : Yuji Soejima, Takao Munemoto, Akinori Masuda, Yuuki Uwatoko, Masaaki Miyata, Chuwa Tei

Study Type : Human Study

Additional Links

Diseases : Anxiety Disorders : CK(1215) : AC(180), Chronic Fatigue Syndrome : CK(265) : AC(39), Depression : CK(1820) : AC(263)

Therapeutic Actions : Sauna Therapy : CK(126) : AC(16)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Significant Treatment Outcome : CK(3028) : AC(365)

Shinrin-yoku (taking in the atmosphere of the forest) (AC 4) (CK 31)

Forest bathing has beneficial effects on cardiovascular and metabolic parameters in middle-aged males.

Pubmed Data : Evid Based Complement Alternat Med. 2016 ;2016:2587381. Epub 2016 Jul 14. PMID: [27493670](#)

Article Published Date : Dec 31, 2015

Authors : Qing Li, Maiko Kobayashi, Shigeyoshi Kumeda, Toshiya Ochiai, Takashi Miura, Takahide Kagawa, Michiko Imai, Zhiyu Wang, Toshiaki Otsuka, Tomoyuki Kawada

Study Type : Human Study

Additional Links

Diseases : Anxiety : CK(16) : AC(4), Cardiovascular Disease: Prevention : CK(3094) : AC(415), Depression : CK(1820) : AC(263)

Therapeutic Actions : Shinrin-yoku (taking in the atmosphere of the forest) : CK(172) : AC(19)

Pharmacological Actions : Adiponectin upregulation : CK(51) : AC(11), Anti-Anxiety Agents : CK(334) : AC(56), Antidepressive Agents : CK(986) : AC(157), Dopamine Agents : CK(12) : AC(2)

Forest therapy can help to improve psychological and physiological symptoms of chronic widespread pain.

Pubmed Data : Int J Environ Res Public Health. 2016 ;13(3). Epub 2016 Feb 24. PMID: [26927141](#)

Article Published Date : Dec 31, 2015

Authors : Jin-Woo Han, Han Choi, Yo-Han Jeon, Chong-Hyeon Yoon, Jong-Min Woo, Won Kim

Study Type : Human Study

Additional Links

Diseases : Chronic Pain : CK(183) : AC(29), Depression : CK(1820) : AC(263), Quality of Life: Poor : CK(438) : AC(45)

Therapeutic Actions : Shinrin-yoku (taking in the atmosphere of the forest) : CK(172) : AC(19)

Additional Keywords : Significant Treatment Outcome : CK(3028) : AC(365)

Forest therapy may have preventive effects on lifestyle-related diseases.

Pubmed Data : Nihon Eiseigaku Zasshi. 2014 ;69(2):117-21. PMID: [24858507](#)

Article Published Date : Dec 31, 2013

Authors : Qing Li, Tomoyuki Kawada

Study Type : Review

Additional Links

Diseases : Cancers: All : CK(14297) : AC(4542), Depression : CK(1818) : AC(262), Hypertension : CK(2843) : AC(395)

Therapeutic Actions : Shinrin-yoku (taking in the atmosphere of the forest) : CK(172) : AC(19)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157), Antihypertensive Agents : CK(1026) : AC(151), Prophylactic Agents : CK(129) : AC(31)

Shinrin-yoku may help to decrease the risk of psychosocial stress-related diseases.

Pubmed Data : Public Health. 2007 Jan ;121(1):54-63. Epub 2006 Oct 20. PMID: [17055544](#)

Article Published Date : Dec 31, 2006

Authors : E Morita, S Fukuda, J Nagano, N Hamajima, H Yamamoto, Y Iwai, T Nakashima, H Ohira, T Shirakawa

Study Type : Human Study

Additional Links

Diseases : Anxiety Disorders : CK(1215) : AC(180), Depression : CK(1820) : AC(263)

Therapeutic Actions : Shinrin-yoku (taking in the atmosphere of the forest) : CK(172) : AC(19)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Additional Keywords : Risk Reduction : CK(6136) : AC(658)

Sunlight exposure (AC 1) (CK 10)

Decreased sunlight exposure is associated with an increased probability of cognitive impairment among depressed individuals.

Pubmed Data : Cell Mol Life Sci. 2009 Aug;66(16):2759-71. Epub 2009 Jul 5. PMID: [19638195](#)

Article Published Date : Aug 01, 2009

Authors : Shia T Kent, Leslie A McClure, William L Crosson, Donna K Arnett, Virginia G Wadley, Nalini Sathiakumar

Study Type : Human Study

Additional Links

Diseases : [Cognitive Decline/Dysfunction](#) : CK(1138) : AC(212), [Depression](#) : CK(1820) : AC(263)

Therapeutic Actions : [Sunlight exposure](#) : CK(455) : AC(49)

Therapeutic Breathing (AC 1) (CK 10)

Laughter Yoga is at least as effective as group exercise program in improvement of depression and life satisfaction of elderly depressed women.

Pubmed Data : Int J Geriatr Psychiatry. 2010 Sep 16. Epub 2010 Sep 16. PMID: [20848578](#)

Article Published Date : Sep 16, 2010

Authors : Mahvash Shahidi, Ali Mojtahed, Amirhossein Modabbernia, Mohammad Mojtahed, Abdollah Shafiabady, Ali Delavar, Habib Honari

Study Type : Human Study

Additional Links

Diseases : [Depression](#) : CK(1820) : AC(263), [Elderly: Age Specific Diseases](#) : CK(442) : AC(38)

Therapeutic Actions : [Laughter/Humor](#) : CK(178) : AC(23), [Therapeutic Breathing](#) : CK(182) : AC(20), [Yoga](#) : CK(1020) : AC(112)

Yoga (AC 4) (CK 40)

Laughter Yoga is at least as effective as group exercise program in improvement of depression and life satisfaction of elderly depressed women.

Pubmed Data : Int J Geriatr Psychiatry. 2010 Sep 16. Epub 2010 Sep 16. PMID: [20848578](#)

Article Published Date : Sep 16, 2010

Authors : Mahvash Shahidi, Ali Mojtahed, Amirhossein Modabbernia, Mohammad Mojtahed, Abdollah Shafiabady, Ali Delavar, Habib Honari

Study Type : Human Study

Additional Links

Diseases : [Depression](#) : CK(1820) : AC(263), [Elderly: Age Specific Diseases](#) : CK(442) : AC(38)

Therapeutic Actions : [Laughter/Humor](#) : CK(178) : AC(23), [Therapeutic Breathing](#) : CK(182) : AC(20), [Yoga](#) : CK(1020) : AC(112)

One month practice of integrated yoga may reduce depression and improve immunity in HIV-1 infected adults.

Pubmed Data : Int J Yoga. 2016 Jan-Jun;9(1):57-61. PMID: [26865772](#)

Article Published Date : Dec 31, 2015

Authors : Rosy Naoroibam, Kashinath G Metri, Hemant Bhargav, R Nagaratna, H R Nagendra

Study Type : Human Study

Additional Links

Diseases : [Depression](#) : CK(1820) : AC(263), [HIV Infections](#) : CK(655) : AC(213)

Therapeutic Actions : [Yoga](#) : CK(1020) : AC(112)

Pharmacological Actions : [Antidepressive Agents](#) : CK(986) : AC(157), [Immunomodulatory](#) : CK(1284) : AC(355)

Prenatal yoga was found to be a feasible and acceptable intervention and was associated with reductions in symptoms of anxiety and depression.

Pubmed Data : Complement Ther Clin Pract. 2015 Aug ;21(3):166-72. Epub 2015 Jun 9. PMID: [26256135](#)

Article Published Date : Jul 31, 2015

Authors : Kyle Davis, Sherryl H Goodman, Jenn Leiferman, Mary Taylor, Sona Dimidjian

Study Type : Human Study

Additional Links

Diseases : [Anxiety Disorders](#) : CK(1215) : AC(180), [Depression](#) : CK(1820) : AC(263)

Therapeutic Actions : Yoga : CK(1020) : AC(112)

Pharmacological Actions : Anti-Anxiety Agents : CK(334) : AC(56) , Antidepressive Agents : CK(986) : AC(157)

Yoga may facilitate neuroplasticity through stress reduction in depressed patients.

Pubmed Data : Int Rev Psychiatry. 2016 May 13:1-6. Epub 2016 May 13. PMID: [27174729](#)

Article Published Date : May 12, 2016

Authors : G H Naveen, Shivarama Varambally, Jagadisha Thirthalli, Mukund Rao, Rita Christopher, B N Gangadhar

Study Type : Human Study

Additional Links

Diseases : Depression : CK(1820) : AC(263)

Therapeutic Actions : Yoga : CK(1020) : AC(112)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157) , Neuroplasticity enhancement : CK(44) : AC(12)

Category : Problematic Actions

Angioplasty (AC 1) (CK 10)

Consumption of fast foods including ramen noodles, hamburger, pizza, fried food, and other processed foods was associated with increased risk of depression in adolescent girls.

Pubmed Data : J Pediatr Adolesc Gynecol. 2015 Apr 20. Epub 2015 Apr 20. PMID: [26324576](#)

Article Published Date : Apr 19, 2015

Authors : Tae-Hee Kim, Ji-Young Choi, Hae-Hyeog Lee, Yongsoon Park

Study Type : Human Study

Additional Links

Diseases : Depression : CK(1820) : AC(263)

Additional Keywords : Fast Food : CK(20) : AC(2) , Increased Risk : CK(1375) : AC(171) , Increased Risk : CK(1375) : AC(171)

Anti Therapeutic Actions : Angioplasty : CK(40) : AC(4)

Chemotherapy (AC 1) (CK 20)

There are high rates of behavioral symptoms in breast cancer survivors, particularly those treated with chemotherapy

Pubmed Data : J Clin Oncol. 2011 Aug 8. Epub 2011 Aug 8. PMID: [21825266](#)

Article Published Date : Aug 08, 2011

Authors : Julienne E Bower, Patricia A Ganz, Michael R Irwin, Lorna Kwan, Elizabeth C Breen, Steve W Cole

Study Type : Meta Analysis

Additional Links

Diseases : Chemotherapy-Induced Toxicity : CK(1016) : AC(317) , Depression : CK(1818) : AC(262) , Fatigue : CK(291) : AC(46) , Inflammation : CK(2863) : AC(839) , Insomnia : CK(518) : AC(64)

Anti Therapeutic Actions : Chemotherapy : CK(321) : AC(56)

Problem Substances : Chemotherapy : CK(394) : AC(60)

Adverse Pharmacological Actions : Inflammatory : CK(234) : AC(66) , Tumor necrosis factor α (TNF α) up-regulation : CK(42) : AC(4)

Electromagnetic Fields (AC 1) (CK 10)

Inhabitants living nearby mobile phone base stations are at risk for developing neuropsychiatric problems and some changes in the performance of neurobehavioral functions either by facilitation or inhibition.

Pubmed Data : Neurotoxicology. 2007 Mar;28(2):434-40. Epub 2006 Aug 1. PMID: [16962663](#)

Article Published Date : Mar 01, 2007

Authors : G Abdel-Rassoul, O Abou El-Fateh, M Abou Salem, A Michael, F Farahat, M El-Batanouny, E Salem

Study Type : Human Study

Additional Links

Diseases : [Depression](#) : CK(1820) : AC(263), [Psychiatric Disorders](#) : CK(110) : AC(27)

Anti Therapeutic Actions : [Electromagnetic Fields](#) : CK(164) : AC(25)

Nocebo Effect (AC 1) (CK 10)

Long-term psychosocial consequences of false-positive screening mammography.

Pubmed Data : Ann Fam Med. 2013 Mar-Apr;11(2):106-15. PMID: [23508596](#)

Article Published Date : Feb 28, 2013

Authors : John Brodersen, Volkert Dirk Siersma

Study Type : Human Study

Additional Links

Diseases : [Breast Cancer: Diagnosis](#) : CK(80) : AC(7), [Depression](#) : CK(1820) : AC(263)

Additional Keywords : [False Positives](#) : CK(10) : AC(1)

Anti Therapeutic Actions : [Nocebo Effect](#) : CK(103) : AC(13), [X-ray Mammography](#) : CK(379) : AC(54)

Prenatal Stress (AC 1) (CK 2)

Citalopram induced depressive-like behaviour in the offspring of control mothers in this rat study.

Pubmed Data : Eur J Neurosci. 2016 Feb ;43(4):590-600. Epub 2016 Jan 13. PMID: [26669896](#)

Article Published Date : Jan 31, 2016

Authors : Inbar Zohar, Shai Shoham, Marta Weinstock

Study Type : Animal Study

Additional Links

Diseases : [Depression](#) : CK(1820) : AC(263)

Additional Keywords : [Transgenerational Epigenetic Modification](#) : CK(67) : AC(31)

Anti Therapeutic Actions : [Prenatal Stress](#) : CK(50) : AC(7)

Problem Substances : [Selective Serotonin Reuptake Inhibitors \(SSRIs\)](#) : CK(74) : AC(9)

Adverse Pharmacological Actions : Neurotoxic : CK(1239) : AC(224)

Stress (AC 1) (CK 2)

Antidepressant-like effect of flaxseed secoisolariciresinol diglycoside in ovariectomized mice subjected to unpredictable chronic stress.

Pubmed Data : Metab Brain Dis. 2012 Dec 22. Epub 2012 Dec 22. PMID: [23263992](#)

Article Published Date : Dec 21, 2012

Authors : Xing Ma, Rui Wang, Xin Zhao, Chong Zhang, Jiao Sun, Jianxin Li, Lu Zhang, Tuo Shao, Lina Ruan, Liang Chen, Ying Xu, Jianchun Pan

Study Type : Animal Study

Additional Links

Substances : Flaxseed : CK(451) : AC(89)

Diseases : Depression : CK(1820) : AC(263), Ovariectomy Associated Adverse Changes : CK(18) : AC(7), Postmenopausal Disorder: Brain/Nervous System Pathology : CK(10) : AC(1)

Pharmacological Actions : Antidepressive Agents : CK(986) : AC(157)

Anti Therapeutic Actions : Stress : CK(30) : AC(9)

Western Diet (AC 1) (CK 10)

A pro-inflammatory diet was associated with a significantly higher risk of depression in a Mediterranean population.

Pubmed Data : Br J Nutr. 2015 Sep 7:1-9. Epub 2015 Sep 7. PMID: [26344165](#)

Article Published Date : Sep 06, 2015

Authors : Almudena Sánchez-Villegas, Miguel Ruíz-Canela, Carmen de la Fuente-Arrillaga, Alfredo Gea, Nitin Shivappa, James R Hébert, Miguel A Martínez-González

Study Type : Human Study

Additional Links

Diseases : Depression : CK(1820) : AC(263)

Additional Keywords : [Increased Risk](#) : CK(1375) : AC(171)

Anti Therapeutic Actions : [Western Diet](#) : CK(131) : AC(35)

X-ray Mammography (AC 1) (CK 10)

Long-term psychosocial consequences of false-positive screening mammography.

Pubmed Data : Ann Fam Med. 2013 Mar-Apr;11(2):106-15. PMID: [23508596](#)

Article Published Date : Feb 28, 2013

Authors : John Brodersen, Volkert Dirk Siersma

Study Type : Human Study

Additional Links

Diseases : [Breast Cancer: Diagnosis](#) : CK(80) : AC(7) , [Depression](#) : CK(1820) : AC(263)

Additional Keywords : [False Positives](#) : CK(10) : AC(1)

Anti Therapeutic Actions : [Nocebo Effect](#) : CK(103) : AC(13) , [X-ray Mammography](#) : CK(379) : AC(54)

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