



## **Tranquilizer (Anziolytics and Sedatives)**

The market for Anxiolytics and Sedatives is growing at the rate of 12-14%. There is a huge potential for natural agents to relieve stress and induce sleep. Ingredient and Finished product marketers who can offer novel substances other than the usual Melatonin, Valerian or Hops can gain substantial market share. Listed below are plants from India that can help to counteract stress levels and to calm the mind naturally without the side effects normally associated with sleeping pills.

### **Mesua ferrea**

Nagkeshar botanically known as *Mesua ferrea* is a medium-sized to large evergreen tree with short trunk, found in the Himalayas. Various parts of these plants mainly including flowers, fruits are commonly used in the treatment of rheumatism, skin diseases, dysentery and bleeding piles etc. in the Indian systems of medicines. Xanthones constitute principle active constituents of the *Mesua ferrea*. Animal studies have revealed that these xanthones produce significant CNS depressant effect at a dose level of 200 mg/kg. Signs of CNS depression are characterized by sedation, decreased spontaneous motor activity and potentiation of pentobarbitone sleeping time in mice and rats. This supports the CNS calming effect of *Mesua ferrea*.

### **Nyctanthes arbor-tristis**

Coral jasmine botanically known as *Nyctanthes arbor-tristis* is a native of India occurring wildy in the sub-Himalayan regions. They contain an essential oil similar to that of jasmine. The decoction of the leaves of *Nyctanthes arbor tristis* is widely used in Ayurvedic system of medicine for the treatment of sciatica, arthritis, fevers, and various painful conditions and as laxative. In preclinical studies during the screening of water-soluble portion of the alcoholic extract of the *Nyctanthes arbor-tristis* leaves for CNS activities, following oral administration in rats at the dose levels of 4.0 mg/kg and 8.0 mg/kg it exhibited significant tranquilizing activity. The extract produced general depression of spontaneous motor activity, significantly increased pentobarbitone sleeping time. These activities are common to major tranquilizers and thus support the usage of the plant by Ayurvedic physicians in aforementioned conditions.

## **CONTACT US**

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