

# Efficacy of *Nepeta Menthoides* Boiss and Buhse Freeze-Dried Aqueous Extract on Anxiety of Patients with Depression: A Double-Blind Randomized Controlled Clinical Trial

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## Abstract

**Background:** The efficacy and safety of *Nepeta menthoides* freeze-dried aqueous extract were assessed on the anxiety of patients suffering from depression.

**Methods:** Patients received either *N. menthoides* formulation (400 mg/BID) or Sertraline (50 mg/BID) for 4 weeks. The Beck Anxiety Inventory (BAI) scales were used to assess the anxiety in two-week intervals (2<sup>nd</sup>, 4<sup>th</sup>, and 6<sup>th</sup> weeks). Folin-Ciocalteu and Dowd methods were used to determine the formulation of total phenol and flavonoid contents.

**Results:** Compared with Sertraline, *N. menthoides* showed a higher reduction in BAI scores in the 2<sup>nd</sup> (16.52±8.07 vs. 21.38±10.98, P<0.05) and 4<sup>th</sup> week (11.55±6.74 vs. 20.47±11.53, P<0.05) along with a reduction in the recurrence rate and side effects. Total phenolic and flavonoid contents revealed in the presence of 127.09±0.43 mg GAE/g and 16.93±0.09 mg Q/g of extract.

**Conclusion:** *N. menthoides* could be effective in the control and introducing a delay in recurrence of anxiety in patients with depression.

**Keywords** • Anxiety • Depression • Herbal medicine • Medicine • Traditional