

5<sup>th</sup> International Conference and Exhibition on

# Pharmacology and Ethnopharmacology

March 23-25, 2017 Orlando, USA

## Was *Hawan* designed to fight anxiety-scientific basis?

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Anxiety is a psychiatric disorder with unknown neurobiology however neurotransmitters like Gamma-Amino Butyric Acid (GABA), Nor Epinephrine (NE) and serotonin (5-HT) play crucial roles in mediating anxiety. Present drug modules pose dependence risk to the patient; hence there is a great need to develop complementary therapies to fight this disorder. Aromatherapy has also been employed in ancient times for a number of mental disorders. *Mahamrituanjay Mantra*, *Om triambkum yajamahe, sughandhim puushtivardhanam, urvarukmev vandhanaat, mrityu mokshay mamritaat!!!!*, the part of Veda enlightens that aroma gives rise to good health (*sughandhim puushtivardhanam*). *Hawan* is a religious practice recommended for mental peace. *Hawan* is a process in which special herbs are offered in the fire of medicinal woods ignited in a specially designed fire pit. Analysis of literature demonstrates that the components of *Hawan* are having a number of volatile oils that are specifically useful for prevention and treatment of anxiety through some mechanism of action. Due to high temperature of fire the vapors of these oils from herbs enter into the central nervous system through nasal route. As per modern science and ancient texts on medicine, nasal drug delivery systems are the best for the diseases related to brain and head. The routine of performing *Hawan* might keep the threshold value of the therapeutic components in the body and help in preventing anxiety. In the present manuscript authors highlight and integrate the modern and ancient concepts for treatment and prevention of anxiety through scientific evidences.

### Biography

Ramandeep Kaur Romana completed her graduation in Nursing from Malwa College of Nursing, Kotkapura, India. Subsequently, she had about one and half years of extensive experience as bedside Nurse. Currently, she is pursuing her MSc in Clinical Research from University centre of excellence in research, Baba Farid University of Health and Sciences, Faridkot.

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