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Comparison of anxiolytic effects of the homeopathic complex Vita-C 15 in compared with Aconitum Napellus in the acutely stressed C57BL6 mice

Siaw Min Liew
Cyberjaya University College of Medical Sciences, Malaysia

Anxiety, phobias and stress are the main mental health problems among the Malaysian population, with global prevalence varying from 8% to 18%. Even so, less than 30% who suffer these disturbances seek treatment. The objective of this study was to evaluate and compare the anxiolytic effects of Aconitum napellus and homeopathic complex Vita-C 15 in the acutely stressed C57BL6 mice by using the fecal corticoid test, open field test (OFT) and c-fos, NMDAR 2B, NPY 1R and NPY 2R activity through the hippocampus. A double blinded randomized controlled study is conducted at Animal Laboratory of Cyberjaya University College of Medical Sciences (CUCMS). All the animals were acclimatized to constant laboratory conditions for 14 days before starting the experiments. Prior to the experiment, a pilot study was performed to identify the most suitable and ideal potency for the homeopathic remedy of Aconitum napellus. The animals were tested (n=3) per group on the potency of 6 C, 30 C and 200 C. The treatments were carried out over nine days. Forty-eight male C57BL6 mice (n=6), 4-5 weeks of age were used. They were randomly selected and divided into two groups. Group I was the healthy control group of mice which were not exposed to acute stress. Group II (stress group); comprised of mice exposed to acute restraint stress. Prior to restraint stress, the treatments given were Aconitum napellus 30 cH, homeopathic complex Vita-C 15, diazepam, and placebo. Then the results were evaluated by fecal CORT test and open field test by comparing the anxiolytics between pre-test and post-test. Aconitum napellus 30 cH and homeopathic complex Vita-C 15 were expected to be more effective and could reduce the occurrence of anxiety in the acutely stressed C57BL6 mice. Thus research into prevention and supportive therapies is necessary and beneficial for this disorder.

charisliew88@gmail.com