

# 11<sup>th</sup> International Conference on Depression, Anxiety and Stress Management

January 27-28, 2025

Webinar

Pargat Singh, J Psychiatry 2025, Volume 28

## A dive into natural leads against depression from family lamiaceae

**Pargat Singh**

Chitkara College of Pharmacy, Chitkara University, Punjab, India

One of the most significant herbal families, the Lamiaceae, has a vast range of plants having biological and therapeutic uses. Due to its curative and preventative qualities, species of the Lamiaceae family have a long history of usage in flavouring, food preservation, and medicine. The family comprising around 236 genera is known for the herbaceous plant species enriched in aromatic compounds. The review focuses on the potential antidepressant properties, active ingredients, and potential mechanisms of action of plant species found in the vivid genus of the Lamiaceae family. The insights emphasized in this review will contribute to the body of knowledge on the unique effects of Lamiaceae plants on depression. It is possible to do more research on the plant species covered under each genus to identify and isolate potentially active substances that may have commercial application in medicinal industry.

### Biography

Pargat Singh is a dedicated PhD scholar at Chitkara College of Pharmacy, Chitkara University Punjab, India. His area of specialization revolves around the intricate study of depression and its treatment through the use of natural plants. With a deep passion for research, he focuses on understanding the biochemical pathways involved in depression, aiming to discover alternative, plant-based remedies that offer a holistic approach to mental health treatment. His work is driven by the belief that natural remedies can play a significant role in alleviating mental health disorders with fewer side effects compared to synthetic drugs. His commitment to the field of depression research and his innovative approach to integrating natural plant-based solutions make him a promising scholar in the domain of mental health and Pharmacognosy.

**Received:** October 12, 2024; **Accepted:** October 13, 2024; **Published:** January 28, 2025