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Comparison of anxiolytic effects of the homeopathic complex vita-C 15 with *Aconitum napellus* versus diazepam in the acutely stressed C57BL6 mice

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Introduction & Aim: 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 is 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 faecal and serum corticoid test and open field test (OFT).

Methods: A double blinded randomized controlled study was conducted at SPF animal facility of Brain Research Institute Monash Sunway (BRIMS) - Jeffrey Cheah School of Medicine and Health Sciences of Sunway University Malaysia. All the animals were acclimatized to constant laboratory conditions for 14 days before starting the experiments. The treatments were carried out over seven days. 48 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); comprise of mice expose 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 faecal and serum CORT test and open field test by comparing the anxiolytics effects between pre-test and post-test.

Results: The results showed higher levels of serum CORT and a significant increase in FCM than CON animals in acutely stressed animals on day seven ($p<0.05$). Acutely stressed animals demonstrated treated mice spent more time in the center had more entries into the center of the open field ($p<0.001$) and more active as measured in distance traveled in the center and traveled greater distance overall ($p<0.001$). Thus, research into prevention and supportive therapies is necessary and beneficial for this disorder.

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