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Ameliorative effect of *Hordeum vulgare* extract in anxiety

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Description of the Plant: *Hordeum vulgare* is an important medicinal plant in the folk medicine of India, Australia, South Africa, Nepal and USA for the treatment of various disorders.

Materials & Methods: Powdered materials of the plant part were subjected to aqueous extraction with water. Extracts were evaluated for their anxiolytic effects using social interaction, light/dark arena tests in rats.

Results: In the present study, it was found that the aqueous extracts (250 and 500 mg/kg) of leaf plant of *Hordeum vulgare* and fluoxetine showed an increase in the number of crossings and time spent in the light compartment while decrease in the time spent in the dark compartment which shows the reduction in the anxiety in light/dark model. In the social interaction test, both sniffing and crawling parameters were increased by the extract and fluoxetine groups as compared to the control group animals, but there was a decrease in the aggressive behaviour of the animals. This demonstrates the reduction in the anxiety. These allied parameters helped to assess the anxiolytic potential of *Hordeum vulgare*.

Conclusion: Results indicate that AEHV has a wide range of anxiolytic properties and avers a new drug evaluation on anxiety.

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