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Vitamin G: The medicinal aspects of green space and forest medicine (Shinrin Yoku)

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In modern lifestyle, we are everyday faced with unprecedented amounts of stress and stress related health issues, ranging from hypertension, insomnia, burn out, just to name a few. One of the contributors of stress in modern life is living in an extremely toxic and artificial environment, far away from nurturing presence of nature and forest. As if on cue, there has been cutting edge research around the world that has been established immediate and high impact therapeutic nature of intimate engagement between human beings and their originally natural abode - "*The forest*". This presentation introduces the audience to the founding principles of "*Shinrin Yoku*", a Japanese modality of forest medicine and also provides review of latest findings and suggested engagements for practitioners to support their patients. The presentation will also present a synthesis of other complementary modalities that can mitigate the modern lifestyle diseases and introduces the path breaking concepts of Vitamin G. The presentation will specifically aim to extend the understanding of natural medicine beyond the ingestible herbs rather focus on the forest medicine as a therapeutic and recuperative modality, based on the communication and energy exchange between natural elements and human beings.

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Pharmacognostic and anti-anxiety studies on leaves of *Gmelina asiatica* (Linn.)

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Gmelina asiatica is a rich source of flavonoids which play important role in neuroprotection, consist of flavonoid quercetagetin and kaempferol which are reported to have anxiolytic property. Methanolic extract of 400 mg/kg increase the number of entries in open arm and time spent in open arm in elevated plus maze and when compared with control, it clearly indicated that methanolic extract exert an anxiolytic activity in plus maze at a dose of 200 mg/kg and 400 mg/kg. The methanol extract increased the number of entries and time spent in light compartment as compared to control which showed the anxiolytic property of plant. Phytochemical screening and TLC evidenced that flavonoid comprises major group of compounds present in active extract and anxiolytic activity of plant can be due to the presence of flavonoids.

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