

Herbal and Alternative Medicine News

Depression May be Linked with Changing Brain Structures, Try these Herbal Remedies

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Depression is one of the most common ailments in India and around the world and now it has been directly linked with changing structures of the brain. According to a new study published in Scientific Reports conducted by University of Edinburgh depression could lead to changes in brain's structure.

- **Ashwagandha** is believed to relieve you from stress and anxiety due to the presence of active compounds like steroidal lactones and alkaloids that provide antidepressant properties.
- **Brahmi** acts as an adaptogen, which simply means that it helps the body adapt to new or stressful situations. It keeps you calm and give some respite from anxiety and nervousness.
- **Jatamasi** is known to have anti-depressant, anti-stress and anti-fatigue properties. The roots of

Jatamasi give therapeutic effect to mood swings and stress disorders.

- **Pudina** or peppermint has menthol in it which helps keep mind calm and further gives it a cooling effect.

Take a coffee or tea break to protect your liver

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New study indicates that drinking even a few cups a day may prevent hardening of the liver

Source:sciencedaily.com

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