

Short Communication

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Anticancer, Anxiolytic, Nootropic Effects of Convolvulus Pluricaulis

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ABSTRACT

Mental health disorders effect thinking, behave, mood etc. these can be schizophrenia, eating beh. Addictive beh, Depression, anxiety, feeling sad, down, fear, worry, guilt, anger, violence & suicidal thinking. Convolvulus is traditionally used to treat mental disorders insomnia, fatigue, low Energy.

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Convolvulus is used in Ayurveda for mental stimulation & rejuvenation brain therapy.

Classification of Convolvulus**Kingdom:** Plantae**Sub Kingdo:** Viridiplantae.**Infra Kingdom:** Streptophyta (Land plants)**Class:** Dicotyledon**Family:** Convolvulaceae**Order:** Solanales**Genu:** Convolvulus**Sub Species:** *Convolvulus prostrates* var. *deserti*

Parts of a Plant: Root, Leaves, Stem flowers. All parts are of medicinal use.

Actions

Anti anxiety, Memory improver, anti oxidant, anti epileptic, anti convulsant, conc improver, memory improver, anti depressive, anti stress.

It is also Diuretic, Anti inflammatory, tonic for uterus, stimulates digestive system, carminative & Antacid, Aphrodisiac. Bitter, Unctuous, Cool, Sweet, Brain tonic, Effective in Hematemesis, Anorexia nervosa. Hormonal changes, Neurotransmitter imbalance, Physical change in Brain can cause stress & depression, it has positive effects in brain chemical changes, balance is disturbed in Neurotransmitters, it increases Dopamine secretion & improves mental health, feel good. It also treats hypersensitivity, Autism, Attention Deficit Hyperactivity Disorder (ADHD), Headache, Overstress, mental load, overstudy, Dementia, memory loss, Mental fatigue, Hallucination, Moodiness, Dizziness, Indecisiveness, Anger, Vertigo, Mental fatigue, Excess sweating, Heat sensitivity, sense in head, Overwhelmed Irritability, restlessness, misc [1-10].

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