

سافرومود®



SaffroMood

A Natural Antidepressant



گیاهان GREEN
سبز PLANTS
زندگی OF LIFE

Depression

Depression is considered as one of the prevalent diseases in the twenty first century, spreading increasingly thorough the world. Its prevalence is estimated up to %21 in some of the developed countries.

Based on the definition provided by American Psychiatric Association, depression is a heterogeneous disorder often accompanied by physiological behavioral and psychological symptoms. The patients with the disease are often resistant against synthetic antidepressants even at high doses, while there have been multiple reported side effects including dry mouth, constipation, inability to drive, sexual dysfunction, blurred vision, confusion, fatigue, heart problems, digestive disorders, obesity or thinness and forgetfulness.

In complementary and alternative medicine, effective herbal remedies are suggested to be of a higher quality, confirmed by the patients' improvement and acceptance. A good antidepressant drug should possess some attributes to be considered ideal:

- 1 - Having rapid onset: all antidepressant medications need at least 2 to 3 weeks to show their initial effect.
- 2 - Achieving therapeutic effects at a certain blood level.
- 3 - Having no or limited side effects.
- 4 - Enjoying minimal drug interactions.
- 5 - Developing low toxic potentials in case of consuming at high doses
- 6 - Showing broad-spectrum antidepressant effects.

Given the points above, the available drugs are not supposed to be ideal; as depression treatment takes several months or several years, consumers of those drugs are always unhappy and worried. Therefore, greater efficacy and less toxicity are needed. In the past three decades, extensive researches worldwide have been conducted on the herbs with antidepressant and anti-anxiety effects. Some plant extracts are effective sources for new drugs to treat depression.

Green Plants of Life Co., in collaboration with the Medicine Faculty of Tehran University, Tehran

Psychiatric Research Center, Roozbeh Psychiatric Hospital of Tehran, Institute of Medicinal Plants, AriaMedySina Research Institute under supervision of Dr. Shahin Akhund-Zadeh and his colleagues, has conducted some clinical trials in this area and could, of course after long-term research done during multiple years, innovatively produce an effective beneficial herbal drug called SaffroMood for treating mild to moderate depressions, which lacks the side effects of chemical drugs.

SaffroMood capsule

SaffroMood is an herbal antidepressant, produced and supplied after clinical trials by Green Plants of Life Co. as gelatin capsules containing 150 mg of dry standardized extract of Saffron based on the determined ingredients with vitamin B6.

Clinical trials on hydroalcoholic extract of saffron

In animal phase, there have been extensive tests on the antidepressant effects of saffron, but it was for the first time that large-scale scientific studies have been conducted by the company via interactive and randomized clinical trials on humans.

In these studies, on one hand, saffron extract in parallel with the placebo was reviewed for the treatment of mild to moderate depressions during six weeks; consequently, 30 mg of the extract showed better results compared to the placebo and there was no difference reported between the side effects of the two groups (Diagram 1).

In other studies, the antidepressant effects of fluoxetine capsule with the dose of 10 mg taken twice a day were

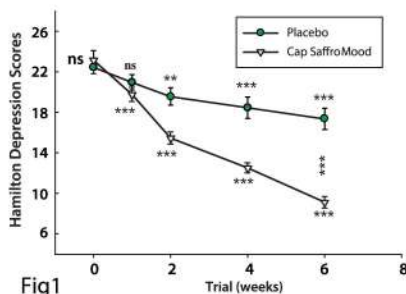


Fig1



compared with those of the determined hydroalcoholic extract of saffron with the dose of 15 mg taken twice a day during six weeks for the patients with mild to moderate depressions and the clinical improvements were the same in the two groups, while there was a significant difference in their side effects and the consumers of saffron extract did not experience any particular side effects (Diagram 2).

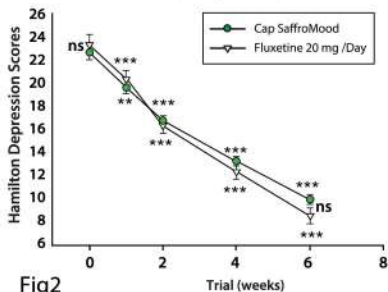


Fig2

In the later study, the antidepressant effects of Imipramine tablet with the daily dose of 100 mg and those of determined hydroalcoholic extract with the daily dose of 30 mg were compared. The clinical improvement in the patients consuming the extract was comparable to those consuming Imipramine (Diagram 3).

All of the studies were evaluated based on the 17 items Hamilton scale which is a valid instrument for

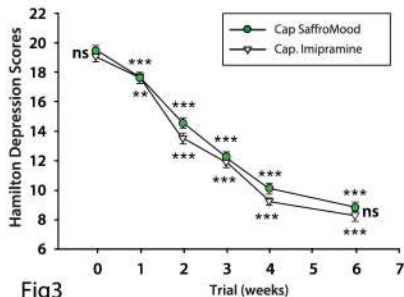


Fig3

assessing the severity of depression. According to the researches, crocin and safranal in saffron hydroalcoholic extract have antidepressant effects through inhibiting the reuptake of dopamine and norepinephrine and also serotonin.

The results of the mentioned studies have been reported in five papers published in international journals. In addition, the paper on the application of saffron in treatment of depression was approved and published in **Kaplan and Sadock's Pocket Handbook of Clinical Psychiatry, 2009.**

It was also for the first time that a French company used the Iranian researches and produced Saframyl for depression treatment in 2008, patented by European Pharmacopoeia and supplied in the pharmaceutical market.

Saffron: Saffron is the most expensive spice in the world. In addition to its traditional status as a spice, in the recent studies, the potential effects as an anti-cancer and memory enhancer, pain reliever, anti spasmodic stomach, digestion aid, vision improver, and libido stimulator are given. It also relieves renal colic pain, reduces stomach pain, stress and depression and improves humans' mood.

Some medical herbs reference books, including Avicenna's The Canon of Medicine, mentioned the above antidepressant effects.

SaffroMood capsule indications: prevention, reduction and improvement in depressive disorders

Dosage: 2 times a day - one capsule before breakfast and one capsule before dinner

Side effects: at the mentioned dose, no side effects have been reported.

References:

- 1: Akhondzadeh S, Fallah-Pour H, Afkham K, Jamshidi AH, Khalighi-Cigaroudi F. Comparison of Crocus sativus L. and imipramine in the treatment of mild to moderate depression: a pilot double-blind randomized trial [ISRCTN45683816]. BMC Complement Altern Med 2004 4:12.
- 2: Noorbala AA, Akhondzadeh S, Tahmacebi-Pour N, Jamshidi AH. Hydro-alcoholic extract

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