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## Comparison of anxiolytic effects of the homeopathic complex Vita-C 15 when compared with *Aconitum Napellus* in the acutely stressed C57BL6 mice

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Anxiety, phobias and stress are the main mental health problems among the Malaysian population, with global prevalence varying from 8% to 18%. Even so, less than 30% who suffer these disturbances seek treatment. The objective of this study is to evaluate and compare the anxiolytic effects of *Aconitum napellus* and homeopathic complex Vita-C 15 in the acutely stressed C57BL6 mice by using the fecal corticoid test, open field test (OFT) and c-fos, NMDAR 2B, NPY 1R and NPY 2R activity through the hippocampus. A double blinded randomized controlled study is conducted at Animal Laboratory of Cyberjaya University College of Medical Sciences (CUCMS). All the animals are acclimatized to constant laboratory conditions for 14 days before starting the experiments. Prior to the experiment, a pilot study is performed to identify the most suitable and ideal potency for the homeopathic remedy of *Aconitum napellus*. The animals are tested (n=3) per group on the potency of 6 C, 30 C and 200 C. The treatments are carried out over 9 days. 48 male C57BL6 mice (n=6), 4-5 weeks of age are used. They are randomly selected and divided into two groups. Group I is the healthy control group of mice which are not exposed to acute stress. Group II (stress group); comprise of mice expose to acute restraint stress. Prior to restraint stress, the treatments given are *Aconitum napellus* 30 cH, Homeopathic complex Vita-C 15, Diazepam, and placebo. Then the results are evaluated by fecal CORT test and open field test by comparing the anxiolytics between pre-test and post-test. *Aconitum napellus* 30 cH and Homeopathic complex Vita-C 15 are expected to be more effective and can reduce the occurrence of anxiety in the acutely stressed C57BL6 mice. Thus research into prevention and supportive therapies is necessary and beneficial for this disorder.

### Biography

Siaw Min Liew has her expertise in the research on anxiety, depression and stress under the treatment and management of Traditional and Complementary Medicine (Homeopathy) and evaluation and passion in improving the mental health and wellbeing. She is currently pursuing her Postgraduate study of Master of Medical Science (MSc) on the comparison of homeopathic and conventional intervention on anxiety and stress.

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