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## Comparison of anxiolytic effects of the homeopathic complex vitamin-C 15 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 Vit-C 15 in the acutely stressed C57BL6 mice by using the 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. 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 ideal potency for the homeopathic remedy of *Aconitum napellus*. The animals are tested (n=3) per group on the potency of 6C, 30C and 200C. The treatments are carried out over 9 days. Forty-eight 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 Vit-C 15, Diazepam and placebo. The results are evaluated and compared by CORT test, open field test and immunochemistry test. *Aconitum napellus* and Homeopathic complex Vit-C 15 are expected to have anxiolytic effects in the acutely stressed C57BL6 mice. Together, these findings suggest a potential role of stress hormones, such as corticosterone (CORT) in mice, in the pathology and treatment of anxiety and stress. Thus research into prevention and supportive therapies is necessary and beneficial for this disorder.

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