

# Herbs for Depression

In this video, I'll review a few herbs that have scientific support for improving depression. I'll dive further into principles of using herbs, as well as safety concerns. Remember that herbs should be discussed with a medical professional before starting them! I'll focus on 5 herbs: saffron, turmeric, St. John's Wort, Korean ginseng, and roseroot.

## References and further reading

- Liu, L., Liu, C., Wang, Y., Wang, P., Li, Y., & Li, B. (2015). Herbal medicine for anxiety, depression and insomnia. *Current neuropharmacology*, 13(4), 481-493.

## Glossary

Neurovegetative Symptoms

Saffron

Turmeric

Serotonin Syndrome

Cytochrome P450 system (CYP450)

Korean Ginseng

Rose Root (*Rhodiola rosea*)

Monoamines

Monoamine Oxidase (MAO)

St. John's Wort (*Hypericum perforatum*)