

Antianxiety Activity of *Tylophora Indica* on Ethanol Induced Anxiety in Wistar Albino Rats

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Background

The non-medical usage of habit-forming drugs is not a new phenomenon. Its pattern and trends may have differed, but it has been with us for generations. The problem in recent times has reached precarious magnitudes. Chronic alcohol consumption plays a pivotal role in habit formation. Its usage has proven to cause behavioral abnormalities.

Aims & Objectives

To investigate the anxiolytic activity of ethanolic extract of *Tylophora indica*, an indigenous medicinal plant on ethanol induced anxiety behaviour in Wistar albino rats.

Material & Methods

Anxiety was induced by administering 7.5% v/v

Ethanol in rats for 14 days orally. This was confirmed after 14 days by using Elevated plus maze, an established model of anxiety. The duration of time spent in open arm of the maze (in seconds) was noted in the test. It was observed that animals which received ethanol spent less time in open arm, than the normal rats. The anxiolytic activity of the ethanolic extract of *Tylophora indica* was assessed using another set of animals, which received concomitant administration of alcohol and the plant extract.

Results & Conclusions

It was noteworthy that animals which received plant extract spent more time in open arm, than the ethanol alone administered rats. Based on our findings we conclude that *Tylophora indica* has an anxiolytic activity. Key Words: Ethanol, Anxiety, Wistar albino rats, *Tylophora indica*, ethanolic extract, Anxiolytic.