



LAVANDULA ANGUSTIFOLIA MILL. FOR THE TREATMENT OF MILD TO MODERATE DEPRESSION. A DOUBLE-BLIND, RANDOMIZED TRIAL IN COMPARISON WITH FLUOXETINE

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Depression is progressing worldwide rapidly and the need for an efficient treatment with low side effect is rising [1]. *Lavandula angustifolia* Mill is used traditionally for treatment of depression. Many textbooks of traditional Persian medicine refer to this herb for treatment of depression whilst there are no adequate clinical trials to support this claim [2,3]. The aim of this study was to evaluate the efficacy of *L. angustifolia* in comparison with fluoxetine for treatment of mild to moderate depression in an 8 week randomized, double-blind clinical trial. Thirty adult outpatients who met DSM-5 (Diagnostic and Statistical Manual of Mental Disorders, 5th edition) for major depression, randomly assigned in 2 groups to receive daily either *L. angustifolia* (2g) or fluoxetine (20 mg) and assessed in weeks 0, 2, 4 and 8 by the Hamilton Rating Scale for Depression (HAM-D) 17-item. Our study showed *L. angustifolia* were as effective as fluoxetine in the treatment of mild to moderate depression ($F= 0.183$, $df= 1$, $p= 0.672$). For investigation of the antidepressant effect of this herb in more detail designing large-scale trials is needed.

References

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