



## *Hypericum perforatum*

Regulates depression

Hypericum perforatum is obtained from authentic medicinal material cultivation area of Longnan Li County, Gansu Province, China. Hypericum perforatum has been used to treat depression for hundreds of years in Germany [1]. Hypericin ( $C_{21}H_{20}O_{12}$ ) and hypericin ( $C_{30}H_{16}O_8$ ) are the most biologically active natural substances in Hypericum perforatum. Hygroxacin is the main cause for the anti-depressive effect of Hypericum perforatum [2]. The mechanism is that hygroxacin has a significant inhibitory effect on the synaptic reabsorption of the neurotransmitters 5-hydroxytryptamine(5-HT), norepinephrine (NE) and dopamine (DA) [5-6]. In addition, different from general antidepressants, hygroscopicin can inhibit synapse reabsorption of  $\gamma$ -aminobutyric acid (GABA) and L-glutamic acid (L-glu) [7].



## *Acanthopanax senticosus*

Promotes calmness and sleep

Acanthopanax senticosus is harvested from the 'capital of northern medicine', Yichun, Heilongjiang province of China. It grows in fertile, cold soil and is lightly affected by pests. Acanthopanax contains many active components and its acanthopanax saponins plays a role in the protection of the central nervous system by reducing the apoptosis of ischemic neurons, improving the survival rate of neurons and reducing the LDH and NO level [8-9]. In addition, acanthopanax can also promote calmness, treat insomnia and enhance sleep quality [11-16].



## *Paeonia suffruticosa* Andr.

Promote blood circulation, anti-inflammatory

Paeonia suffruticosa Andr. is sourced from Tongling, Anhui province of China which has the characteristics of rich contents, a strong fragrance, with a long-term resistance to insects and mold. Paeonol, the main ingredient of Paeonia suffruticosa, can inhibit the central nervous system and has sedative and hypnotic effect. Reports showed that paeonol can enhance the anticonvulsant effect of phenobarbital [17-19].

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