

Agarwal A, Bora D, Agarwal C, Kumar R, Choudhary V. CNS stimulant and antidepressant activity of seeds of *Abelmoschus esculentus* in rats. *Bull. Pharm. Res.* 2015;5(2):47-50.

**Abstract:** Depression is a common mental disorder, which affects the personal and social relations of a person. There are varieties of synthetic antidepressant and stimulant drugs available now a days, however, their effectiveness does not come up with the entire range of population suffering from this disorder. Moreover, the side effects and the drug interactions are major restrictions in their clinical applications. To avoid synthetic medications, herbal medicines are their reasonable substitute and hence widely used across the globe due to their wide applicability and therapeutic efficacy associated with least side effects, which in turn has initiated the scientific research regarding the antidepressant activity from plants. The present study was done with an objective to explore the CNS stimulant and antidepressant activity of *Abelmoschus esculentus* Linn. which is commonly used plant throughout the world. Extraction of defatted seeds was done using different solvents like chloroform, ethyl acetate, ethanol, water and decoction of roasted seeds. Among all the extracts, decoction and aqueous extracts showed maximum CNS stimulant and antidepressant activities.

**Key words:** CNS stimulant, Antidepressant, Herbal, *Abelmoschus esculentus* seeds.

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