**Description**

**A COMPOSITION FOR TREATING ANXIETY AND DEPRESSION**

**Technical Field**

The invention relates to a composition formed for treating anxiety and depression.

**State of the Art**

Meditation and group therapies may be given as the examples of the currently employed depression treatments and the drugs acting via the serotonin metabolism may be given as the example of the supportive medicaments. Since the tricyclic antidepressants disrupt the cyclical production of serotonin and deplete at an early stage the limited serotonin production potential of the body, they have very serious side effects such as depression, serious mental disorders and irreversible suicidality. Even though the use of stimulants (such as amphetamine derivatives), being also a risky alternative, yields positive results in the short term, the tolerance developed by the user within a short time and the damage to the dopaminergic system caused by these substances may cause the tendency to violate and the increase in the general aggressiveness, in addition to the above-mentioned possible side effects of the tricyclic antidepressants.

According to the invention no. WO 1999/066914 entitled "Prevention of alterations due to anxiety states or depression", a neuroprotective composition is disclosed for the prevention and/or therapeutic treatment of nervous and behavioral alterations due to anxiety states or depression that may take the form of a dietary supplement, dietetic support or of an actual medicine which comprises as characterizing active ingredients aceyl L-carnitine and hypericin.

Also, the invention no. WO 2006/099783 entitled "A pharmaceutical composition for treating depression and method for preparation thereof” provides a pharmaceutical composition for treating depression and method for preparation thereof. The pharmaceutical composition comprises Radix Ginseng, Radix Glycyrrhizae, and/or their aqueous or alcoholic extract. Fructus Jujubae or its aqueous or alcoholic extract can also be included in the pharmaceutical composition.

As a result, the presence of the need for a composition for treating the anxiety and depression and the inadequacy of the existing solutions have made it necessary to perform an improvement in the relevant art.

**Object of the Invention**

In order to eliminate the disadvantages of the state of the art, an object of the invention is to treat the anxiety and depression.

Another object of the invention is to suppress the release of catecholamine from the chromaffin cells to prevent agitation, obsession and depression.

Another object of the invention is to increase the GABA level in the brain to prevent depression.

Another object of the invention is to trigger the release of beta-endorphin to prevent depression.

Another object of the invention is to increase the sensitivity of the serotonin receptors to prevent depression.

Another object of the invention is to increase the release of beta-endorphin to prevent depression.

In order to achieve the aforesaid advantages, the invention is a composition for treating the anxiety and depression, said composition being obtained by the components selected from the group comprising 20-(s)-B-D-ginsenoside rg3, 7-beta-puerarin that are used individually or in combinations.

The structural and characteristic features and all the advantages of the invention will become more clearly understood from the detailed description provided below and therefore, the evaluation must be made taking this detailed description into consideration.

**Detailed Description of the Invention**

The invention is a composition for treating anxiety and depression. The composition according to the invention contains 20-(s)-B-D-ginsenoside rg3, 7-beta-puerarin.

Ginsenoside rg3, an ingredient of the composition according to the invention, suppresses the release of catecholamine from the chromaffin cells to prevent agitation, obsession and depression. Ginsenoside rg3 also increases the level of GABA in the brain to prevent depression. Ginsenoside rg3 also triggers the release of beta-endorphin to prevent depression.

7-beta-puerarin, other ingredient of the invention, increases the sensitivity of the serotonin receptors to prevent depression. 7-beta-puerarin also increases the release of beta-endorphin to prevent depression.

Said formulation is obtained by a mixture of the aforesaid components according to the following ratios by weight:

80-20% 20-(s)-B-D-ginsenoside rg3,

20-80% 7-beta-puerarin.

The composition is obtained from the aforesaid components selected from the aforesaid group and used according to the mentioned weight ratio ranges individually or in combinations.

Said invention also encompasses the use of said composition for treating the anxiety and depression and the manufacture thereof for this purpose.

**CLAIMS**

1. A composition for treating the anxiety and depression, said composition being obtained by the components selected from the group comprising 20-(s)-B-D-ginsenoside rg3, 7-beta-puerarin that are used individually or in combinations.
2. A composition according to Claim 1 characterized in that it comprises 80-20% by weight 20-(s)-B-D-ginsenoside rg3.
3. A composition according to Claim 1 characterized in that it comprises 20-80% by weight 7-beta-puerarin.
4. Use of the components according to Claims 1 to 3 obtained individually or in combinations from the group consisting of 20-(s)-B-D-ginsenoside rg3, 7-beta-puerarin for the manufacture of a composition for treating the anxiety and depression.

**ABSTRACT**

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The invention relates to a composition formed for treating anxiety and depression.

No figure.