

The use of Millepertuis (*Hypericum perforatum*) for treatment of Depression: Facts and Perspectives.

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Millepertuis is a plant with yellow flowers. Leaves present a punctuated aspect resulting of presence of secreting glands. Its popular name is St Jean Herbal. The use of Millepertuis is very old. It was employed to treat burns and wounds. At the end of the 19th century beneficial action of this plant like an herbal antidepressant was revealed.

In Germany this plant is regarded today as antidepressant and is obtained on medical ordinance. Moreover the ESCOP in 1989 and the Commission Europeen, 1975 recognize the use of millepertuis for depressive disorders anxiety and nervous agitation. WHO in 1986 recognizes this plant for treatment of light to moderate depression?

According to Canadian publication of Laval University millepertuis is effective for treatment of light to moderate depression

Millepertuis is:

Effective in treatment of symptoms tiredness, inactivity insomnia and can make increase cognitive functions.

As effective as tricyclic antidepressants and a Selective Serotonin Uptake inhibitor but causing less side effects.

Is Like diazepam for menopausal depression

Effective in youthful depression among patients of 10 to 35 years old, like fluoxetine for depression at old people with sleep improvement.

Research and technology need to enhance and confirm these results in others cultural settings for a promising leafy solutions to psychological ailments.

Key words: Millepertuis, Depression, Anxiety