INTRODUCTION: Stress is a common phenomenon that is experienced by every individual. When stress become extreme it is harmful for the body, and hence to be treated. Stress is involved in the pathogenesis of a variety of diseases that includes psychiatric disorders such as depression and anxiety, immunosuppression, endocrine disorders including diabetes peptic ulcer, hypertension, cognitive dysfunction and ulcerative colitis.

Stress has close connections with various dysfunctions of the body. It is a response of the body to the diverse aversive assaults, which threaten internal homeostasis. It is known to alter the physiological homeostasis of the organism and results in breakdown of integrated adaptational processes in response to extreme environmental stimulus.

Body reacts to such a situation by eliciting various autonomic, endocrinal and visceral responses in variety of situations, for e.g. release of hormones like cortisol and adrenalin. Disruptions of gastric mucosal integrity have been reported during stress. Both peripheral and central mechanisms seem to regulate these changes. These lead to an increased heart rate, B.P. and metabolic rate, all intended to increase the overall performance and ability of body to overcome challenge. But beyond threshold these factors can be damaging. Stress has been postulated to be involved in pathogenesis of variety of diseased states, for eg, psychiatric disorders like depression and anxiety, immunosuppression, endocrine disorders including diabetes mellitus, male impotency, cognitive dysfunction, peptic ulcer, hypertension and ulcerative colitis.

In other words Stress is the body’s reaction to any stimuli that disturb its equilibrium. When the equilibrium of various hormones is altered the effect of these changes can be detrimental to the immune system. A stressful event can trigger the "fight-or-flight" response, causing hormones such as adrenaline and cortisol to surge through the body. A little bit of stress, known as "acute stress,"
can be exciting—it keeps us active and alert. But long-term, or "chronic stress," can have detrimental effects on health. You may not be able to control the stressors in your world, but you can alter your reaction to them.7, 8

Herbal formulations have been in use for many years not only in Asian countries but also globally humans well being. They claimed to enhance physical endurance, mental functions. The potential utility of safer and cheaper herbal medicines as anti-stress agents have been reported as they can withstand stress without altering the physiological functions of the body.9

**Appraisal of stressors:**

It must be pointed out that stress alone does not necessarily determine how well or poorly the immune system will function. The important factor is the individual’s ability to cope with stress. How an individual perceives a stressful event may be more important than the existence of the stress itself. Individuals with high stress levels and excellent coping skills may have minimal effects on the functioning of their immune systems. A low level of stress in individuals who have poor coping skills may have significant alterations in their immune functioning, increasing their susceptibility to disease. The actual amount of stress is not important for determining its effect on the immune system. An individual’s coping skills are the important factor for determining the immune system’s response to stress.10 **Fig.1.**

**FIG.1: APPRAISAL OF STRESSORS**

The effect of stress on the immune system:
The stress hormones released by the adrenals during episodes of fear and anxiety also affect white blood cells, the infection-fighting army within our blood. Initially, the surge of brain and adrenal hormones that accompanies stress causes an increase in circulating white blood cells. When cortisol remains high, however, white blood cell numbers are reduced. As stress, anxiety, or depression continue unabated over weeks or months, output of the adrenal hormone cortisol is consistently high and white blood cell numbers remain reduced.11

**TABLE 1: SOME IMPORTANT HERBAL DRUGS TO REDUCE STRESS**

<table>
<thead>
<tr>
<th>S.no</th>
<th>Plants name</th>
<th>Common name</th>
<th>Chemical constituents</th>
<th>Pharmacological uses</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Tannic and gallic acids. Palasonin, sitosterol, amyrin, monospermin, lectins and lactone.</td>
<td>Antidiabetic, hepatoprotective, anti-inflammatory, anti convulsant, anti diarrhoeal, antihelmintic, antioxidant aphrodisiac, antifilarial, antistress, antiobesity</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Flower: monospermin, butrin and isobutrin13</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Seeds: Fatty acids and sitosterol. Roots : sitosterol and three triterpenes A, B, and C.19</td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td><em>Centella asiatica</em></td>
<td>Indian pennywort</td>
<td>pentacyclic triterpenoids : asiaticoside, brahmoside, asiatic acid, and brahmic,</td>
<td>Adaptogen, antibacterial, antiviral, anti-inflammatory, antiulcerogenic,</td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th></th>
<th>Scientific Name</th>
<th>Common Name</th>
<th>Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Celestrus paniculatus</td>
<td>Black oil plant</td>
<td>Seeds: fatty acids and alkaloids</td>
</tr>
<tr>
<td>6</td>
<td>Anemarrhena asphodeloides</td>
<td>Zhi Mu</td>
<td>Rhizome: Sarsasapogenin, saponins, xanthone glycosides, isoflavonoids, and anthraquinone</td>
</tr>
<tr>
<td>7</td>
<td>Oenothera biennis</td>
<td>Evening primrose</td>
<td>Terpenoids, steroids, flavonoids, carbohydrates, lipids, linoleic acid, oleic acid, stearic acid, palmitic acid and saturated fatty acids</td>
</tr>
<tr>
<td>8</td>
<td>Verbascum thapsus</td>
<td>Mullein</td>
<td>Flavonoids, phenylethanol glycosides, tri terpenes, saponins, polysaccharides, phenolic acids, phytosterols</td>
</tr>
<tr>
<td>9</td>
<td>Cuminum cyminum</td>
<td>Jeera</td>
<td>Fatty acids, triacylglycerols, polysaccharides, lignin, cuminaldehyde, limonene, pinene, linoolo, flavonoids, isoflavonoids</td>
</tr>
<tr>
<td>10</td>
<td>Ginko biloba</td>
<td>Maidenhair</td>
<td>leaves: flavonoid, glycosides (containing quercetin, kaempherol, isorhamnetin terpenoids (ginkoides A, B, C, and J, bilabalide) organic acids</td>
</tr>
<tr>
<td>11</td>
<td>Mikania cordata</td>
<td>Mile-a-minute</td>
<td>coumarins sesquiterpenes, sesquiterpenes lactones, diterpenes, phytosterols/ terpenoids and flavonoids</td>
</tr>
<tr>
<td>12</td>
<td>Phyllanthus emblica</td>
<td>Amla</td>
<td>Fruit: hydrolysable tannins (emblicanin A and B), alkaloids, phenolic compounds, minerals, protein and amino acids: (glutamic acid, proline, aspartic acid, alanine, cystine and lysine). Vitamin C, Flavonoids: quercetin, kaempherol</td>
</tr>
<tr>
<td>13</td>
<td>Alchornea cordifolia</td>
<td>Senegal</td>
<td>Leaves: alkaloids, saponins, unsaturated and carbonyl compounds, terpenoids, Root: steroid glycosides, flavonoids, tannins, saponins, carbohydrates phenolic acids, gallic acid, protocatechuic acid, quercetin, quercetin arabinose and galactose glycosides</td>
</tr>
<tr>
<td>15</td>
<td>Tribulus terrestris</td>
<td>Gokharu</td>
<td>saponins, flavonoids, glycosides, alkaloids, and tannins</td>
</tr>
</tbody>
</table>
Natural therapies to reduce stress:
Mind-body medicine has also been shown to reduce stress and enhance well-being. These mind-body techniques help change the way individuals think about the problem, which gives them more control over their responses made to the stress. This enables individuals to manage and even reduce their stress because they are able to assert control over their reactions and behaviors to the stress. In addition, when individuals realize their ability to control their behaviors and, more importantly, their attitudes, they have more control over their stress overall. It becomes essential for individuals to learn how to control their thoughts, attitudes, and behaviors when encountering stressful situations. Following are some natural therapies to reduce stress.

- Relaxation techniques
- Exercise
- Breathing
- Yoga
- Meditation
- Division of labor
- Assertiveness
- Alcohol and drugs
- Caffeine
- Nutrition
- Time management
- Seek professional help

Current Scenario:
Herbal medicines are being used by about 80% of the world population primarily in the developing countries for primary health care. They have stood the test of time for their safety, efficacy, cultural acceptability and lesser side effects. The chemical constituents present in them are a part of the physiological functions of living flora and hence they are believed to have better compatibility with the human body.

Herbal plants are the main source of medicine. Two of the largest users of medicinal plants are China and India. Traditional Chinese Medicine uses over 5000 plant species; India uses about 7000. According to Export-Import Bank, the international market for medicinal plant related trade having a growth rate of 7% per annum. China’s share in world herbal market is US$ 6 billion while India’s share is only US$1 billion. India exports crude drugs mainly to developed countries viz. USA, Germany, France, Switzerland, UK and Japan. There is an enormous scope for India also to emerge as a major player in the global herbal product based medicine.

CONCLUSION: Plants have been used since prehistoric times for treatment of various ailments. In this review, the few herbal plants have been discussed which are previously explored by the various researchers for their antistress activity. It
can be concluded that in the heart of the nature there are still so many plants, that have potent anti stress activity, and their utilities in current scenario need to be unveiled, so that they can also be used as herbal medication for betterment of human being. Ayurveda and modern medicine techniques must be coupled in order to bring out high quality herbal antistress products with rapid onset of action and good bioavailability. Further new research in the field of stress reveals a close relationship between emotional and nervous processes and the immune system.

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