

Review Article

Therapeutic effects of *Lavandula angustifolia*

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Abstract

Several medicines are used in the nervous system disorders. Since there are several adverse effects of neurological medicines are reported, traditional and complementary medicine itself as new alternative regimen, which require further knowledge about the herbal medicine which the core center of complementary medicine. *Lavandula angustifolia* with the formal name of *Lavandula Officinalis* has many effects including widespread effect on central and peripheral nervous system, including anti-inflammatory, anti-apoptosis, antioxidant, antimutagenic, and neuroprotective effects. It shows analgesic effects and can alleviate pain, tolerance and dependency similar to morphine. *Lavandula angustifolia* has anti-inflammatory effect. Also this plant affects on cellular mechanisms like oxidative reactions (decrease of oxidative stress), apoptosis (anti-apoptosis), and nitric oxide production decrease of no production), anti-mutation and anti-cancer by this plant is reported. It seems that effects of *Lavandula* are mediated through Calcium-Calmodulin and its kinase dependent.

Keywords: Medicinal herb, Traditional medicine, *Lavandula angustifolia*, Nervous system, Calcium - Calmodulin

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