

# Herbal Medicines Effect on Depression Treatment

## Controlled Clinical Trial

### Purpose:

The main purpose of this study is to show how herbal medicines and traditional medications together decrease a patient's depression.

### Results:

**Clinical Significance** - Yes, the use of herbal medications is still considered controversial, but this research shows the advantages to using herbal medicine on depression. This study proved clinical significance because there were fewer side effects associated with the combination of herbal medicine and traditional. The only way it is not considered clinically significant is if the herbal medicine is used alone without traditional medications.

**Statistical Significance** - Yes, the results were statistically significant in showing how depression decreases with the use of herbal medications. The results of the combination of conventional and herbal medication showed greater significant results ( $P=0.482$ ) than the conventional medications alone ( $P=0.242$ ). Also, the length of stay between the two groups were very similar ( $P=0.969$ ) which was determined by the Survival Analysis.

### Strength of the Study:

Level of the Study: 2  
Quality of the Study: Good

## References:

Lin, L.-Y., Feng, B., Chen, J., Tan, Q.-R., Chen, Z.-X., Chen, W.-S., ... Zhang, Z.-J. (2015). Herbal medicine for hospitalized patients with severe depressive episode: A retrospective controlled study. *Journal of Affective Disorders*, 170, 71–77. doi: 10.1016/j.jad.2014.08.027

Yeung, K. S., Hernandez, M., Mao, J. J., Haviland, I., & Gubli, J. (2018). Herbal medicine for depression and anxiety: A systematic review with assessment of potential psycho-oncologic relevance. *Phytotherapy Research*, 32(5), 885–891. <https://onlinelibrary-wiley-com.ezproxy.libraries.wright.edu/doi/full/10.1002/ptr.6033>

## PICO Question:

In patients that suffer from depression, what is the effect of using herbal medications in comparison with traditional medications, on decreasing depression?

### Overview and Importance:

Millions of people are impacted by depression. Traditional depression medicines are costly, can cause unwanted side effects and need a prescription. Therefore, an alternative treatment should be available for the millions of people who experience depression.

## Implications to Practice:

The evidence shows that using herbal medications in conjunction with traditional medications greatly decreases patient harm/risk, along with having better patient outcomes. Patients prefer medication that is going to be healthier for them, and many patients prefer to use natural remedies instead of pharmacologic interventions.

## Recommendation for practice change:

It is recommended that patients use herbal medications accompanied with pharmacologic interventions. This is a healthier alternative, along with being a more effective way of treatment. Research shows which herbal medications are most effective for depression. Herbal medications should not be used without the accompaniment of pharmacologic interventions due to a lack of effectiveness.

## Meta Analysis/ Systematic Review

### Purpose:

The goal of the Meta Analysis/Systematic Review study was to identify the effects of herbal medicine for patients with depression.

### Sample:

The study included a sample of one hundred articles including thirty-eight herbal medications.

### Results:

**Significance** - The results of the study show a positive effectiveness of herbal medicine as a treatment of depression with minimal side effects. Overall, 45% of the studies reported that herbal medicine was effective at treating depression with minimal side effects compared to traditional depression medicine.

### Strength of the Study:

Level of Study: Level 1  
Quality of Study: Good

