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*Topic of Research:* Evaluation of efficacy of Sharbat Ahmad Shahi in treatment  
of Mild to Moderate cases of Depression: An open label  
clinical study

### **Findings**

We evaluated the efficacy of *Sharbat Ahmad Shahi* on scientific parameters in cases of Depressive disorders. The study was conducted as single arm clinical trial enrolling 80 eligible patients of mild to moderate depression. Test drug *Sharbat Ahmad Shahi* was given as 20 ml twice daily, orally for 6 weeks. Pre and post treatments depression was assessed by Hamilton Depression Rating Scale (HDRS). Clinical Global Impression scale (CGI-I) was also used for assessing improvement. In 20 selected patients, serum Brain Derived Neurotrophic Factor (BDNF) level was evaluated using ELISA based kit.

Significant statistical difference was observed in pre and post treatment HDRS scores and serum BDNF levels ( $p < 0.001$ ) using paired 't' test. Complete remission was reported in 28 cases and those did not remit also showed positive responses. Efficacy of test drug was also observed on CGI-I Scale with strong correlation with HDRS improvement. No significant adverse change appeared clinically as well as in safety parameters.

Unani polyherbal formulation *Sharbat Ahmad Shahi* is found effective in mild to moderate case of major depressive disorder and increases serum BDNF level in cases of depression. The antidepressant action of *Sharbat Ahmad Shahi* is probably due to improvement in BDNF which is responsible for better survival capability and functions of serotonin producing neuronal cells.