

The Importance and Effects of Traditional Medicine in the Treatment of Depression

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Annotation: Depression is a multigenetic or multifactorial syndrome. Directed to the central nervous system (CNS), single-purpose and conventional antidepressants are inadequate and far from ideal. Traditional medicine has been used from history to the present, particularly for the treatment of depression. Its holistic, multi-medicinal, multi-purpose nature that is well suitable to the therapeutic method of systemic medicine in the treatment of depression.

Keywords: Depression, multigenetic and multifactorial syndrome, traditional medicine, depression treatment, central nervous system.

Depression (in medicine) — sadness in the spirit of self-doubt, depressed mood, despair, falling into a "mould" of imagination, decreased desire, limitation of actions. It is observed in many mental illnesses. Chronic extreme fatigue, mental illness (depression of exhaustion), sadness (reactive depression) can cause depression. Symptoms of depression appear differently. In some types, it is difficult to think, answer questions, sometimes even act. The patient looks sad, at the same time loses appetite and loses weight, heart rate and blood pressure change, headache, constipation, dry skin or sweat; women do not menstruate; sleep is disturbed; work ability decreases. In some types of depression, the patient accuses himself of lack of will, thinks that he has suffered from illness, suffering, is unnecessary for his family, considers him a sinner, etc. Depression is accompanied by metabolic disorders and endocrine diseases. A person with depression is likely to make suicide, so the patient should be kept in under control. Treatment measures are prescribed depending on the symptoms of the disease.

Depression is a chronic, widespread, and debilitating mental illness that affects 15 to 20 percent of the world's population. According to the latest World Health Organization report, depression is the leading cause of disability and contributes significantly to the overall burden of the disease. Therefore, the development of effective antidepressants has great social, economic and health benefits.

Depression is not a combined syndrome, it has several main mechanisms. It is impossible to determine the specific factor that causes or stops depression in all patients (Villas Boas et al., 2019). Thus, the best treatment might be to seek a specific cause for each patient and then apply personalized treatment to correct dysfunction in the body that causes depressive symptoms, not just alleviating depression.

Treatment of depression in traditional medicine; traditional antidepressants with single goals are insufficient and far from ideal. Traditional medicine has historically been used in clinical practice to this day, particularly in Asia, to treat depression. In traditional medicine, it is a holistic medicine that emphasizes the integrity of the body and the environmental impact on internal homeostasis. In traditional medicine, depression is thought to be caused by a lack of "vital energy" caused by circulatory disorders, inflammation, or dysfunction of many physiological systems in the body, such as "moisture and phlegm." "Enhancing "vital energy" is its healing principle, but it is also necessary to correct imbalances in other physiological systems by stimulating blood circulation, limiting inflammation, or removing "sputum and moisture".

Over the past two decades, efforts have been made to understand traditional medicine in the treatment of depression; however, many key questions regarding their mechanisms of action must be addressed. Previous studies have focused on revealing the mechanism of action at the molecular level using single plant molecules or single herb extracts, as the structural complexity of the whole formula and drug interactions often prevent the opening of the mechanism of molecular action. However, it is crucial to combine the mechanism of action from the molecular level to the system level in order to explain the structural mechanism of action of the plant formula. A remarkable advancement in our understanding of the neurobiology of depression provides an opportunity to interpret the mechanism of action of plant formulations at the systems level.

We must admit that while efforts have been made to identify specific interactions in the central nervous system, the lack of an integrated database that includes all interactions between pathological factors across biological systems in the pathophysiology of depression is a major problem. In order to determine the interaction of pathological factors in different biological systems, it is necessary to study in depth the effect of other biological systems on the central nervous system. With such a database, we can take our research from the molecular level to the system level, which in turn can facilitate the integration of other biological systems with the central nervous system in the treatment of depression.

In conclusion, the integration of molecular-level research into systems levels not only represents a trend in the study of traditional medicine, but also helps us to understand the mechanism of systemic action of herbal formulas. With many techniques available in systems biology, neurobiology, and pharmacology, the study of traditional medicine can develop approaches for the systemic and effective treatment of future medications or depression.

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