

Short Communication

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Manic Shift Due to Ginseng Extract in The Patient with Depression

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The standardized ginseng extract which is herbal medicinal product has been used worldwide to improve physical and mental performance [1]. The ginseng extract isolated from steroidal saponins has immune suppressive and antidepressant effects [2,3]. This is the first case reported of manic shift due to Ginseng Extract in the patient with depression. Informed consent was obtained from the patient and her daughter.

A 58 year old woman diagnosed with depression has been followed up over 18 months. The patient receive duloxetine 60 mg/day, sulpirid 50 mg/day and supportive dynamic psychotherapy. Also, the patient had atherosclerotic cardiovascular disease and takes a metoprolol. At the last interview, she admitted to the clinic for complaints of talkativeness and nervousness. On psychiatric examination, speed of speech increased compared with previous interviews, behavioral activation and affective arousal were noted. She seemed happier and more energetic. Young Mania Rating Scale total score:11.

The patient has taken 1 tablet of Ginseng Extract G115 (17,4 mg) every day for the last three to four weeks. Causality assessment relies a chronological relationship between ginseng and the appearance of manic symptoms. Furthermore, improvement in the manic symptoms after ginseng discontinuation provides evidence that this side effect due to ginseng. The antidepressant effect of ginseng extract G115 has been shown in animal models [4]. It has been hypothesized that ginseng extract enhances brain derived neurotrophic factor (BDNF) in hippocampus and prefrontal cortex and regulates the interaction between monoamine system and BDNF [4]. The patient's use of duloxetine could also contribute to mood changes or induce activation in susceptible individuals. Additionally, the patient's history of cardiovascular disease could influence her mood states. The patient also applied to the family doctor in this week because of painful vesicles localized right calf muscle. Local and oral antiviral drugs for herpes zoster were prescribed. Several studies have reported an immunomodulatory and immunosuppressive effects of ginseng extract [1-5]. The pathogenesis of depression includes the result of changes immunoinflammatory homeostasis [5]. Patients with depression have been demonstrated increased peripheral inflammatory cytokines [5]. Reduced IL-2, IL-6, and TNF- α levels were observed after different antidepressants including sertraline treatment. Ginseng extract may be able to improve depression via suppressing neuroinflammation [5]. The patients using ginseng extracts should

consult their healthcare providers. Patients should be informed about potential manic symptoms and stopping ginseng use.

References

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