

## Manic depression and use of herbs

Manic depression, also called bipolar disorder, while not curable, is treatable with a variety of prescription drugs. However, many individuals with manic depression soon become disillusioned with these drugs, mostly because of the harsh side effects that accompany them.

But there are some herbal alternatives and complementary treatments that a person with manic depression may want to try. There are several keys though to using these herbs. First, you need to inform your physician that you intend to supplement your current dietary regimen with herbs. Be sure to be specific and tell him which ones. While herbs are 100 percent natural, that doesn't mean that the use of these herbs won't produce an unexpected reaction when mixed with your prescription drugs.

Before you embark on your program, you may want to consult a professional herbalist. She may be able to help you choose not only the specific herb for your symptoms, but the serving size for your manic depression symptoms as well.

When a person has manic depression, much attention is paid to the manic episodes, those incidents when your energy level runs high – too high – and could very well be marked with irritability and even delusions of grandeur.

However, many people experience more depressed episodes than manic ones. And for these depressed times, many herbalists recommend the herb St. John's Wort. It's a natural mood elevator. You can easily find it these days in just about any grocery store in addition to your area health food stores or on the internet.

The National Institute of Mental Health has conducted studies on St. John's Wort in various stages of depression, including manic depression. The NIMH discovered that many individuals were significantly helped through the use of this herb.

Another good natural antidepressant is licorice. You may want to try it as a treatment for your depressive episode of manic depression. Ginseng is also another excellent choice when you're suffering from the problems of manic depression. It's also a great weapon against the daily battle of many stressors.

If you're looking for a "pick me up", for your manic depression, you may also want to investigate the use of Gota Kola. It not only stimulates the circulation to the brain, but it also helps build the physical body with the energy it needs. And some days that's a good thing for a person with manic depression.

If interested in the use of herbal aids for helping to treat your manic depression, you may also want to consider the use of the following herbs: ginkgo biloba, Echinacea and ginseng.

## About the Author

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