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# Passionflower in the treatment of generalized anxiety: a pilot double-blind randomized controlled trial with oxazepam

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## Abstract

**Objective:** Passionflower (*Passiflora incarnata*) is a folk remedy for anxiety. A double-blind randomized trial compared the efficacy of *Passiflora incarnata* extract with oxazepam in the treatment of generalized anxiety disorder.

**Methods:** The study was performed on 36 out-patients diagnosed with GAD using DSM IV criteria. Patients were allocated in a random fashion: 18 to the *Passiflora* extract 45 drops/day plus placebo tablet group, and 18 to oxazepam 30 mg/day plus placebo drops for a 4-week trial.

**Results:** *Passiflora* extract and oxazepam were effective in the treatment of generalized anxiety disorder. No significant difference was observed between the two protocols at the end of trial. Oxazepam showed a rapid onset of action. On the other hand, significantly more problems relating to impairment of job performance were encountered with subjects on oxazepam.

**Conclusion:** The results suggest that *Passiflora* extract is an effective drug for the management of generalized anxiety disorder, and the low incidence of impairment of job performance with *Passiflora* extract compared to oxazepam is an advantage. A large-scale trial is justified.

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