

Adaptogens in Mental and Behavioral Disorders

[Alexander G Panossian](#)¹

Affiliations

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Abstract

This article focuses on the most extensively studied adaptogens: *Rhodiola rosea*, *Eleutherococcus senticosus*, and *Schisandra chinensis*. Clinical studies, evidence for stress-protective and stimulative effects, and molecular mechanisms of action on metabolic and other processes regulated by the neuroendocrine system are discussed.

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