View full text

Review > World J Biol Psychiatry. 2018 Sep;19(6):412-420.
doi: 10.1080/15622975.2017.1331046. Epub 2017 Jun 19.

Silexan in anxiety disorders: Clinical data and pharmacological background

Siegfried Kasper [1], Walter E Müller [2], Hans-Peter Volz [3], Hans-Jürgen Möller [4], Egon Koch [5], Angelika Dienel [5]

Affiliations

PMID: 28511598 DOI: 10.1080/15622975.2017.1331046

Abstract

Silexan is a lavender oil preparation available in 80-mg capsules. Here we review clinical trials investigating its anxiolytic efficacy, safety and tolerability in humans, as well as preclinical investigations supporting this therapeutic use.

Besides three selected publications reporting preclinical investigations, seven clinical trials are included, of which five had a treatment duration of 6 or 10 weeks. Primary outcome measure was the HAM-A total score reduction, while single items were assessed with regard to effects on concomitant depressive symptoms and on quality of sleep.

In patients with subthreshold (subsyndromal) anxiety or generalised anxiety disorder (GAD), an anxiolytic effect of Silexan was evident after 2 weeks. HAM-A total score reductions between baseline and end of treatment were significantly superior to placebo in patients with subthreshold anxiety and comparable with those achieved under lorazepam or paroxetine in patients with GAD. In addition, Silexan had beneficial effects on typical concomitant symptoms of anxiety disorders, such as impaired sleep, somatic complaints, co-morbid depression or decreased quality of life. Except for mild gastrointestinal symptoms, Silexan did not induce any adverse effects and did not cause drug interactions, sedation or withdrawal symptoms at daily doses of 80 or 160 mg.

Silexan is a safe and effective treatment in anxiety disorders.

Silexan; anxiety disorder; clinical trial; lavender oil; pharmacology.

Related information

MedGen

LinkOut - more resources

Full Text Sources

Taylor & Francis

Other Literature Sources

scite Smart Citations

Medical

Genetic Alliance

MedlinePlus Health Information

Research Materials

NCI CPTC Antibody Characterization Program