

Anti – stress Effects of *Nelumbo nucifera* in ICR Mice

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The aim of this study is to investigate anti-stress effect of *Nelumbo nucifera* extract (NNE) in immobilization - stressed ICR mice. Stress exposure has induced adrenal gland weight, plasma glucose and level in NNE. The experiments were performed with the use of 9 weeks of age male ICR mice (20-25g) at the time of first treatment with NNE. Animals of the normal group were not exposed to any stress and the control group were exposed to stress. The rats of NNE and Diazepam (BZ) supplementary group were orally administered once a day, 100 mg of NNE, 5 mg of BZ extract/kg body weight and they were exposed to stress. Animals were given supplements for 7 days without stress, and then were given supplements for 5 days with restraining. NNE was effective in decreasing scopolamine induced deficit in passive avoidance test and levels of blood corticosterone which was increased by stress in the mice.

Key words : *Nelumbo nucifera*; Stress; Diazepam;