



Conference Abstract

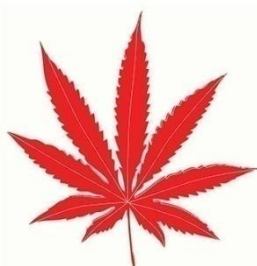
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Conference Abstract

AN APPLE A DAY KEEPS A DOCTOR AWAY; AN APPLE CIDER VINEGAR A DAY KEEPS THE DEPRESSION AWAY

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ABSTRACT

Background: Apple cider vinegar is a natural acidic juice that has many beneficial effects, as it is a vital source of several vitamins, contains sufficient quantities of acetic acid and citric acid and trace elements which have been proved by several practical observations and hypothesis but few scientific evidences. The model experiment is carried to investigate the Anti-depressant activity of apple cider vinegar. As it helps to improve depressed state by metabolizing the proteins into amino acids that results in creation of tryptophan that has a critical role in production of serotonin that acts as mood elevating neurotransmitter which fights against the depressed mood and gives an energetic feeling!

Methodology: The experiment was carried on 3 groups of mice, each group containing 10 mice; as control, treated and standard (avg. weight 25 gm). The control group was kept on distilled water *ad libitum*; treated mice were on *ad-libitum* apple cider vinegar diluted with water in the dilution of 500mg/liter for 10 days and standard group was treated with Fluoxetine in the dose of 30mg/kg. The test method used for evaluating anti-depressant activity is Forced Swimming Test where depression was induced by forced swimming and their behavioral responses, including immobility and struggling were observed during 10 minutes.

Results: The result were evaluated by one-way ANOVA followed by the Post Hoc Tukey test, Where P-value, *** $p < 0.001$ was considered to be significant. The test results show that the treated group showed significant increase in struggling time of FST.

Conclusions: Based on statistical analysis we can surly conclude that apple cider vinegar can turn down the depression and if we use it in our regular diet, then we can combat through depression which is prevalent in our society. As it showed an insignificant difference in result comparative to standard.

Keywords: Apple Cider vinegar, Depression, Forced Swimming Test.

