



























108. Chen, J., et al. "A review of dietary Ziziphus jujuba fruit (jujube): Developing health food supplements for brain protection. *Evid-Based Compl Alt.* 2017; 2017: 3019568."
109. Wightman, Emma L., et al. "Acute effects of a polyphenol-rich leaf extract of mangifera indica l.(zyname) on cognitive function in healthy adults: A double-blind, placebo-controlled crossover study." *Nutrients* 12.8 (2020): 2194. <https://doi.org/10.3390/nu12082194>
110. Ishola, Ismail O., OlufunshoAwodele, and Chinedum O. Eluogu. "Potentials of Mangifera indica in the treatment of depressive-anxiety disorders: possible mechanisms of action." *Journal of Complementary and Integrative Medicine* 13.3 (2016): 275-287. <https://doi.org/10.1515/jcim-2015-0047>
111. Cao, Changfu, MeiqingSu, and Feng Zhou. "Mangiferin inhibits hippocampal NLRP3 inflammasome and exerts antidepressant effects in a chronic mild stress mice model." *Behavioural Pharmacology* 28.5 (2017): 356-364. <https://doi.org/10.1097/FBP.0000000000000305>
112. Bouayed, Jaouad. "Polyphenols: a potential new strategy for the prevention and treatment of anxiety and depression." *Current Nutrition & Food Science* 6.1 (2010): 13-18. <https://doi.org/10.2174/157340110790909608>
113. Maggu, A., et al. "In vivo antianxiety and antidepressant activity of almonds (*P. amygdalus*) and walnuts (*J. regia*)." *Int J Food Sci Nutr* 4.1 (2019): 51-54.
114. Kulkarni, Kirti S., S. B. Kasture, and S. A. Mengi. "Efficacy study of *Prunus amygdalus* (almond) nuts in scopolamine-induced amnesia in rats." *Indian Journal of Pharmacology* 42.3 (2010): 168. <https://doi.org/10.4103/0253-7613.66841>
115. Kulkarni, Mrugaya P., and R. Juvekar Archana. "Anti-anxiety effects of leaves of *Nelumbo nucifera* Garen. in mice." *Pharmacol Online* 2 (2009): 292-299.
116. Prasad, Devarakonda Krishna, and Shimoga Nagaraj Sriharsha. "Evaluation of anxiolytic activity of leaf extracts of *Nelumbo nucifera* in laboratory rodents." *International Journal of Pharmacy and Biological Sciences* 5 (2015): 24-30.
117. Rajput, Muhammad Ali, and RafeeqAlam Khan. "Phytochemical screening, acute toxicity, anxiolytic and antidepressant activities of the *Nelumbo nucifera* fruit." *Metabolic brain disease* 32.3 (2017): 743-749. <https://doi.org/10.1007/s11011-017-9963-x>
118. Zhao, Ya-Nan, et al. "*Nelumbo nucifera* Gaertn Stems (Hegeng) Improved Depression Behavior in CUMS Mice by Regulating NCAM and GAP-43 Expression." *Evidence-Based Complementary and Alternative Medicine* 2020 (2020). <https://doi.org/10.1155/2020/3056954>