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Exploratory behavior studies in Rats treated with fruit extract of *Pyrus Communis* Linn

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Context: Fruits are an excellent source of many nutrients, such as minerals, fiber, vitamin and health-promoting phytochemicals, many of which are still being identified. *Pyrus communis* L. is a valuable fruit that has been widely used since prehistoric times. It is a wealth of many antioxidants that combat various degenerative diseases and provide a number of health benefits.

Objective: The present study was designed and conducted with the aim to evaluate the anxiolytic activity of *Pyrus communis* fruit extract using the animal model. **Methodology:** The hydro-alcoholic fruit extract of *Pyrus communis* was evaluated for their phytochemical constituents and the total content of flavonoid was determined by the aluminium chloride colorimetric method. Quercetin was used as a standard drug. The anxiolytic activity was evaluated using the open field test and forced swim test (FST).

Result: The result showed that fruit extract exhibits the positive anxiolytic effect in open field ($p < 0.05$), and FST ($p < 0.001$), when compared with escitalopram. The phytochemical analysis of *Pyrus communis* fruit extract revealed the presence of several bioactive compounds such as flavonoids, sugars, and phenolics.

Conclusion: The present finding suggests that *Pyrus communis* fruit extract has significant anxiolytic potential. However, further studies are needed to identify the active principles and their relationship to biological activities.

Speaker Biography

Wajiha Iffat is presently working as assistant professor in Faculty of pharmacy and pharmaceutical sciences, Dow college of pharmacy, DUHS. She did her graduation (B.Pharm) and post-graduation degree in pharmacy from University of Karachi. She also holds D.H.M.S degree. She has obtained M.B.A. (marketing) from K.U.B.S, Karachi University in 2010. She has recently obtained her Ph.D. degree in Pharmaceutics, under the supervision of Prof. Dr. Harris Shoaib from department of Pharmaceutics, Faculty of Pharmacy and Pharmaceutical Sciences, University of Karachi. She started her professional career by working as production control inspector in Abbott Laboratories (Pak) Ltd. She has also worked as trainer in project "a well-managed GP clinic program" that was launched by IOBM in collaboration with Snofi Aventis. She started her academic career in 2006 as lecturer. She joined Dow college of Pharmacy in 2008. Apart from academic activities, she was actively engaged as quality management system coordinator where her main task was to improve the quality of education system. She has also served as lead auditor and auditor in DUHS. She has also served as focal person in execution of various co-curricular and extra-curricular activities. She has around 50 publications to her credit. Her main research interest includes formulation development and optimization, method development and validation, marketing and management, pharmaco-economics and pharmacy practice. She has attended and presented in seminars and symposiums organized by various academics institution.

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