**Table 1.** Current evidence on during, form and rout of *E. amoenum* administration in neuropsychiatric disorders.

|  |  |  |
| --- | --- | --- |
| **Effectiveness in disorders** | **Preclinical evidence** | **Clinical evidence** |
| Depression | Aqueous extract for 2 weeks (oral) [81]  Aqueous extract for 15 days (oral) [82]  Syrup for 8 weeks [83] | Aqueous extract for 6 weeks (oral) [84] |
| Anxiety | Hydroalcoholic extract, 30 min before the test (i.p.) [85]  Ethanolic extract 30 min before the test (i.p.) [86]  Aqueous extract for 15 or 30 days (i.p.) [87]  hydroalcoholic extract 30 min before the test or for 7 days (i.p.) [88]  Herbal tea for a day [89]  Aqueous extract for 7 or 14 days [90] | Aqueous extract for 8 weeks (oral) [91] |
| Alzheimer’s Disease/Memory enhancer | Aqueous extract for 15 days (oral) [92]  Total anthocyanin extract 30 min before the induction of cerebral ischemia (i.p.) [93] | - |
| Meningitis |  | - |
| Obsessive compulsive disorder | - | Aqueous extract for 6 weeks (oral) [16] |
| Seizure | Methanolic extract 20 min before picrotoxin (i.p.) [94] | - |
| Pain | Methanolic extract 45 min before test (i.p.) [95] | - |