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(57) Abstract :

ABSTRACT The present invention relates to a polyherbal composition for reducing anxiety-like behavior, comprising hydroalcoholic extracts of *Foeniculum vulgare* (fennel), *Embllica officinalis* (amla), and *Ocimum sanctum* (Tulsi) in a 3:1:3 ratio. The formulation was developed through preliminary phytochemical screening, which identified the presence of flavonoids, tannins, phenols, and alkaloids. Computational studies further supported the neuropharmacological potential of bioactive compounds such as ferulic acid and quercetin. In vivo studies in Swiss albino mice demonstrated significant anti-anxiety activity, mediated via GABA receptor modulation, and a synergistic effect in reducing anxiety. The composition showed enhanced therapeutic efficacy compared to individual plant extracts, suggesting its potential as a natural alternative for anxiety management.

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