



NeuRA

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BIPOLAR DISORDERS Factsheet

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How are herbal treatments relevant to bipolar disorder?

Herbal treatments have been suggested as possible adjunctive therapies for people with bipolar disorder who have inadequate response to their usual medications. Herbal treatments include traditional Chinese medicines, ginkgo biloba, folate and inositol.

What is the evidence for herbal treatments?

Moderate to low quality evidence finds adjunctive folate may be helpful for mania but not for depression, however adjunctive coenzyme Q10 may improve depression symptoms. There is also potential benefit of adjunctive micronutrients (EMPowerplus) for clinical improvement. There is no evidence of any benefit of adjunctive inositol for depression.



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NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.

Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.

Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.

While we hope you find this information useful, it is always important to discuss any questions about bipolar disorder or its treatment with your doctor or other health care provider.

For more information see the technical table

HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at neura.edu.au.

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