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Actein Possesses Strong Sedative and Anxiolytic Effects *in vivo*

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Extracts of *Actaea racemosa* are frequently used for the treatment of postmenopausal disorders. The mechanism of action, however, remains unclear. In the present study, potential sedative and anxiolytic effects of actein were analysed *in vivo* in a mouse model. Actein (6 mg/kg BW) significantly decreased the spontaneous motor activity of mice in the open field paradigm. Moreover, actein at concentrations ≥ 0.2 mg/kg BW slightly increased the time spent and the visits in the open arms in the elevated-plus-maze test and significantly increased the time spent in the brightly lit area in the light-dark-choice test. A significant decrease of ΔT caused by 6 and 20 mg/kg BW actein was observed in the stress-induced hyperthermia test. These data suggest that actein possesses *in vivo* sedative and anxiolytic properties that might contribute to the benefits of *Actaea racemosa* extracts in the treatment of postmenopausal disorders.