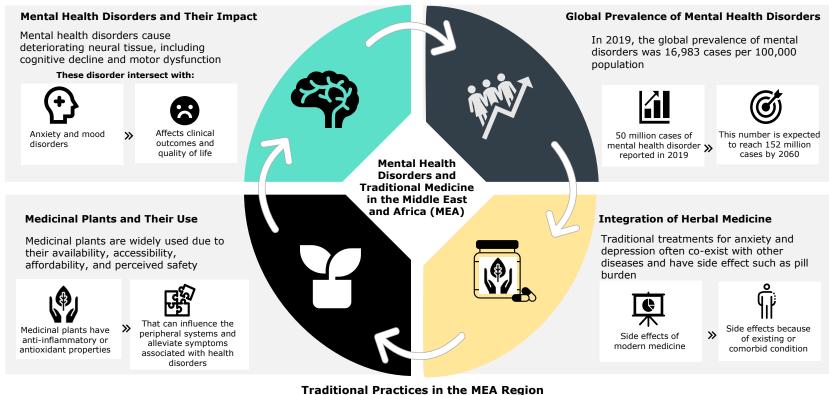
Graphical Abstract

Benefits of traditional plant-based therapies in the Middle East and African region demonstrate generations-old herbal expertise to alleviate mental health conditions such as anxiety, depression, and sleep disturbances



Traditional healing practices in the MEA region recognize the therapeutic potential of plants in promoting neurological health

Traditional Fractices in the FIEA Region

Up to 90% of rural dwellers rely on herbal medicine for their primary health care

Traditional medicinal are used in various health conditions including mental health disorders