**HOW PSILOCYBIN HELP TREAT DEPRESSION?**

The stimulant drug Psilocybin is found in magic mushrooms. This performed simply as well as a broadly used antidepressant in reducing the symptoms of major depression and outperformed the common prescription medication on a range of secondary measures. Before going into how Psilocybin helps treat depression, first, you should know what Psilocybin is. Let's begin with this.

**What is Psilocybin?**

Psilocybin is an energizer substance that people ingest from several types of mushrooms. These are growing in regions of Europe, South America, Mexico, including the United States, and many other countries. The mushrooms carrying psilocybin are known as magic mushrooms. The scientific name of the magic mushroom is *Psilocybe Cubensis*, which means “bald head”.

Psilocybin occurs typically in some kinds of mushrooms. These are best known for their psychedelic or drug effects. These also treat people with alcohol dependence, end-of-life stress, and Obsessive-Compulsive Disorder (OCD).

**Does Psilocybin Help Treat Depression?**

Yes, Psilocybin helps treat depression. Psychedelic drug psilocybin, found in magic mushrooms. This simply suggests that psilocybin, used with supportive therapy, is reliable, secure, and well-tolerated. This helps reduce symptoms of depression as standard treatment.

**How Psilocybin Helps Treat Depression?**

Psilocybin is an effective treatment for some mental health conditions, especially for depression when associated with psychotherapy. Psilocybin may effectively ‘reset’ the activity of basic brain circuitry known to perform a function in depression. There may also be a connection between peak action and the post-treatment improvement in connectivity between reliable brain regions. So, peak action could drive improvements in connectivity after the experience, which in circulation could begin to achieve better therapeutic results.

Psilocybin therapy lasts a six-hour procedure. A 3 to 4 hour trip for those on the high dose was overseen by at least two mental health therapists, with the patients lying on their backs, propped up by pillows, and hearing emotionally suggestive neoclassical music. All patients endured psychological therapy. The next day, patients attended a session with their two therapists to communicate their activities.

The results from an inadequate, stage two clinical case have shown that between dosing days, patients in the high-dose Psilocybin group would take daily capsules carrying a placebo. The low-dose group took a course of escitalopram.

Patients presented images of faces with multiple emotional contents, like fearful, neutral, and happy, while in the scanner. The analysis of brain images centered on the amygdala, a brain region affected in processing fear and stress. Activity in this brain region was secure in response to being displayed fearful faces after the psilocybin session than it was already in response to those fearful faces. This indicates that psilocybin actually improves the response to negative emotional stimuli. This might sound remarkable that antidepressant medication would overcome or diminish such activity successfully. But the team found that the intensity of this increased response was associated with greater improvement. This signifies that Psilocybin-assisted therapy treats depression by improving nervous responsiveness.

The researchers also perform some engaging observations by conducting interviews with the patients that help explain these judgments. Many of these patients said that they connected the effectiveness of the treatment to “a greater willingness to accept all emotions”. Many went so far as to say that they thought earlier depression treatments had worked to strengthen emotional restraint and disconnection. The Psilocybin experience itself, by the opposition, had accelerated an emotional confrontation, a challenging recovery to old injuries that had led to “emotional discovery and resolution”. The therapeutic process that was by no means easy or social was, although felt to have been crucial to obtaining a therapeutic transformation. These patients' viewpoints are recommended by previous research, confirming that the difficulty of a psychedelic therapy experience is preventing a better long-term result. Another paradoxical finding, but one which imitates the appearance of much conventional talking therapy.

So, this article was all about Psilocybin. Hopefully, we were able to provide you with a well-defined viewpoint of what Psilocybin is and how it helps treat depression. In case you have any queries or there is anything that you want to impart to us, then do let us know.

**Vinita Choubisa**

**(Digital Marketing Executive)**