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UNIVERSIDAD CATÓLICA
DE MURCIA

*Good
Herbs*



Erasmus+

**Integration of good practices and new methods for professional
Training in the field of herbs processing for food and food supplements
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CHAPTER 17. MEDICINAL HERBS AND HEALTH

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1. INTRODUCTION

- In recent decades has been a significant increase in the use of medicinal plants. The development of phytotherapy, offering prepared with quality, safety and efficacy, as well as increased social demand for natural origin drugs.
- 60 -80% of the world's population sometime of their lives, use medicinal plants with healing purposes.
- In Europe, the dispensing of medicinal plants represents 25% of the global market, with an estimated 10% annual growth.



1. INTRODUCTION

- The medicinal plant (MP) is defined as any plant in one or more of their organs contains substances that may be used for therapeutic purposes or are precursors for semi-synthetic chemical-pharmaceutical
- The medicinal plants are classified in two categories:

Plants used exclusively to obtain the active principles responsible for its pharmacological action

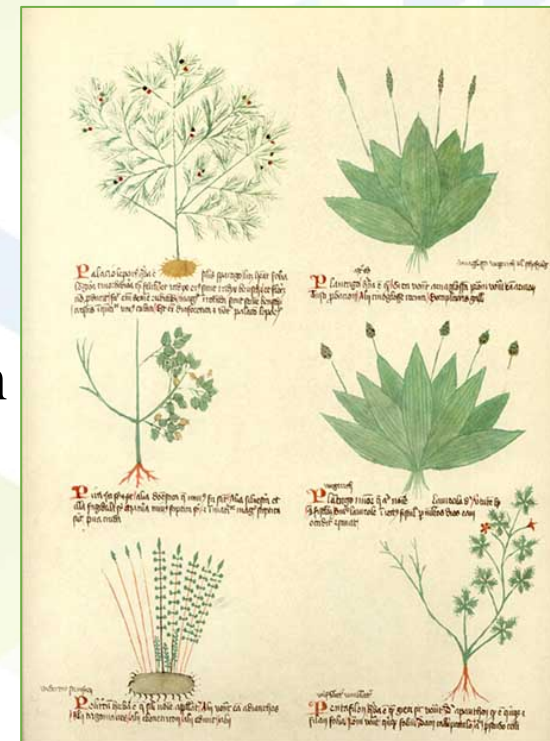
Plants or parts of them used intact or like extracts. Plant of medicinal used.

2. USE OF PHYTOTHERAPY.

Phytotherapy is used in the prevention and treatment of diseases and improving the quality of life of patients.

His main field of action are:

- ✓ mild to moderate disease,
- ✓ chronic diseases,
- ✓ therapy of the most common diseases in primary care.





3. DISEASES THAT COULD BE TREATED WITH MEDICINAL HERBS.

3.1. DIGESTIVE SYSTEM, LIVER, BILE DUCTS

- Loss of appetite
- Dyspepsia
- Flatulence
- Gastritis,
- Ulcers
- Motion sickness , hyperemesis gravidarum
- Constipation , diarrhea , irritable bowel syndrome
- Hepatitis
- Biliary dyskinesia



3. DISEASES THAT COULD BE TREATED WITH MEDICINAL HERBS.

3.2. RESPIRATORY SYSTEM

- Flu and colds
- Rhinitis, sinusitis
- Pharyngitis
- Bronchitis, asthma

3.3. CIRCULATORY SYSTEM

- Mild to moderate heart failure
- Arterial hypertension
- Venous Stasis: varicose veins, arterial occlusive disease hemorrhoids
- Capillary fragility



3. DISEASES THAT COULD BE TREATED WITH MEDICINAL HERBS.

3.4. LOCOMOTIVE

- Osteo inflammation
- Osteoarthritis

3.5. METABOLISM

- Hyperlipidemias
- Diabetes - overweight

3.6. NERVOUS SYSTEM

- Anxiety,
- Depression of sleep disorders (mainly mild or moderate) - cognitive-
- Headaches
- disorders Asthenia



3. DISEASES THAT COULD BE TREATED WITH MEDICINAL HERBS.

3.7. URINARY SYSTEM

- Urinary tract infections
- Lithiasis

3.8. REPRODUCTIVE SYSTEM

- Premenstrual syndrome
- Disturbances of menstruation
- Symptoms associated with menopause
- Benign prostatic hyperplasia

3.9. DERMATOLOGICAL DISEASES

- Inflammatory and infectious disorders of the skin and mucosa
- Bruises
- Trauma
- Psoriasis



4. QUALITY OF HERBAL

Medicinal plants can lead to health problems because:

- microbiological contamination,
- traces of pesticides and herbicides
- traces of heavy metals
- etc.

Medicinal species in bulk:

- ✓ guarantees of authenticity
- ✓ toxicity or lack of activity

4.1. POSOLOGY

Possibility of interactions with other concomitantly administered medications are circumstances which directly affect the effectiveness and safety of phytomedicinal.

4.2. SECURITY

❖ The long-term consumption of medicinal plants is exempt chronic toxicity, although there are exceptions to this rule:

- ✓ Cynoglossum (hound's tongue),
- ✓ Tussilago (coltsfoot),
- ✓ Senecio (ragwort)
- ✓ Symphitum (comfrey)



after a latent period of weeks or months, various symptoms are detected





4.2. SECURITY

- ❖ Long term treatment can lead to the occurrence of significant side effects:
 - ✓ horsetail: continuous use produces an increase in urinary excretion of calcium and phosphates, accompanied by decrease in uric acid.
- ❖ Age of the patient, as there are certain PM whose therapeutic use is subject to strict dosage control in **infants and early childhood**

INDICATIONS OF DIFFERENT MEDICINAL PLANTS

| SYSTEM | PLANT | INDICATIONS |
|------------------------|--|--|
| CENTRAL NERVOUS SYSTEM | Wort (<i>Hypericum perforatum</i>) Valerian (<i>Valeriana officinalis</i>) Passionflower (<i>Passiflora incarnata</i>) Lemon balm (<i>Melissa officinalis</i>) Hops (<i>Humulus lupulus</i>) Gingeng (<i>Panax spp</i>) Eleutherococcus (<i>Eleutherococcus senticosus</i>) Rhodiola (<i>Rhodiola rosea</i>) Maca (<i>Lepidium meyenii</i>) Ginkgo (<i>Ginkgo biloba</i>) | Depression Insomnia anxiety cognitive impairment stress sexual dysfunctions |



| | | |
|-------------------------------|---|---|
| <p>DIGESTIVE SYSTEM</p> | <p>Star anise (<i>Illicium verum</i>) Anise (<i>Pimpinella anisum</i>) Fennel (<i>Foeniculum vulgare</i>) Chamomile (<i>Matricaria recutita</i>) Mint (<i>Mentha spp .</i>) Licorice (<i>Glyzyrrhiza glabra</i>) Mary thistle (<i>Silybum Marianum</i>) Boldo (<i>Peumus boldus</i>) Sen (<i>Cassia spp .</i>) Frangula (<i>Rhamnus frangula</i>) Cascara (<i>Rhamnus purshianus</i>)</p> | <p>Flatulence, dispepsia, gastritis, ulcer, hepatitis, constipation cholestasis</p> |
| <p>RESPIRATORY SYSTEM</p> | <p>Mallow (<i>Malva sylvestris</i>) Ivy (<i>Hedera helix</i>) Echinacea (<i>Echinacea spp .</i>) Eucalyptus (<i>Eucalyptus globulus</i>) thyme (<i>Thymus spp .</i>) Malva (<i>Malva sylvestris</i>)</p> | <p>Cold and respiratory disorders</p> |



5. MEDICINAL PLANTS TO TREAT OVERWEIGHT

Medicinal plants can be used as aids in the treatment of overweight and its administration must be accompanied in all cases by an adjustment of food intake and an increase in spending by conducting daily exercise.

Treatment with natural products must be individualized:

- using the clinician to suggest the most appropriate to each case
- should be counseled according to global patient characteristics (age, overall health, concomitant therapy, etc.)



5.1. PHYTOTHERAPY IN THE OVERWEIGHT

MEDICINAL PLANTS THAT DECREASE THE ABSORPTION

- satiating activity
- mucilaginous polysaccharides
- plantains, glucomannan and fucus

PLANTS INHIBITORY APPETITE

- act on the center responsible for controlling appetite
- Bitter orange (*Citrus aurantium* L. spp amara, Rutaceae) Hoodia gordonii (Masson) Sweet ex Decne , (Queen of Namibia, "Xhoba ")

5.1. PHYTOTHERAPY IN THE OVERWEIGHT

INHIBITING LIPOGENESIS

HERBAL THERMOGENIC ACTIVITY

**DEPURATIVE PLANTS AND PLANTS THAT
IMPROVE HEPATOBILIARY FUNCTION AND
DIGESTION**



5.1. PHYTOTHERAPY IN THE OVERWEIGHT

PLANTS WITH DIURETIC ACTIVITY

PLANTS WITH LAXATIVE ACTIVITY



"Phytotherapy is a form effective as an adjuvant for therapeutic weight loss, provided that it is used in combination with an adjustment of the diet and increased physical activity"





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감사합니다 Natick

Grazie Danke Ευχαριστίες Dalu

Thank You Köszönöm

Спасибо Dank Gracias

谢谢 Merci Seé
ありがとう

Obrigado