

Herbal Medicine News

Detox teas are a blend of different ingredients and spices that have medicinal properties

Updated: January 01, 2023

Topping up your green tea with cinnamon sticks, cloves, freshly grated ginger, and lemongrass among others enhances its medicinal properties manifold. It helps clean the body from the inside, regulates metabolism, and boosts immunity.

Knee Pain: Try These 8 Healing Herbs to Reduce Inflammation in Joints Health

Friday September 16, 2022

Knee Pain: Certain herbs have anti-inflammatory and healing properties that improve the health of our bones and muscles.

Knee pain is one of the most common issues people face with respect to joint pain. It can cause symptoms such as pain, inflammation, stiffness and loss of proper mobility. Natural medicines like herbs and others may be able to ease joint discomfort. Along with traditional therapies, moderate exercise, good nutrition, and medical therapies, knee pain symptoms can be managed.

For those who experience knee discomfort, incorporating anti-inflammatory herbs and spices into your diet is a good idea. However, these nutritional

ingredients won't make a big difference in reducing knee pain symptoms on their own. However, taking specific herbs and spices throughout the day as a part of an anti-inflammatory diet may have a cumulative effect in lowering inflammation and other symptoms.

References: www.ndtv.com/topic/herbal-medicine

The Impact of Stress on Gut Health and Detoxification

November 19, 2022

The gut microbiome is an important component of the body's detoxification process. However, stress can disrupt the balance of bacteria in the gut, which impacts multiple aspects of detoxification. Fiber and probiotics may be beneficial options for supporting gut health, detoxification mechanisms, and the body's stress response.

References: wholisticmatters.com/stress-gut-detox

Information collected and compiled by

Md. Akbar Hossain
ASA University (ASAUB)
Shyamoli, Mohammadpur
Dhaka-1207, Bangladesh

Drinking two or more cups of coffee per day may increase the risk of cardiac mortality in patients with hypertension

December 21, 2022

According to research published very recently in the Journal of the American Heart Association, peer-reviewed journal of the American Heart Association, drinking two or more cups of coffee a day may double the risk of mortality from cardiovascular disease among people with severe high blood pressure (160/100 mm Hg or higher), but not people with high blood pressure that is not considered severe.

Reference: Teramoto, M., Yamagishi, K., Muraki, I., Tamakoshi, A. and Iso, H., 2022. Coffee and Green Tea Consumption and Cardiovascular Disease Mortality Among People With and Without Hypertension. *Journal of the American Heart Association*, p.e026477.

Benefits of catechin-rich green tea in inflammation and metabolic syndrome

June 14, 2022

According to recent studies conducted on individuals with a cluster of heart disease risk factors, consuming green tea extract for four weeks can lower blood sugar levels and enhance gut health by reducing inflammation and leaky gut.

Reference: Hodges, J., Zeng, M., Cao, S., Pokala, A., Rezaei, S., Sasaki, G., Vodovotz, Y. and Bruno, R., 2022. Catechin-Rich Green Tea Extract Reduced Intestinal Inflammation and Fasting Glucose in Metabolic Syndrome and Healthy Adults: A Randomized, Controlled, Crossover Trial. *Current Developments in Nutrition*, 6 (Supplement_1), pp.981-981.

Senna increases resistance to infections like Covid-19 and others

Senna provides medicinal and dietary benefits for the human body and is essential for boosting immunity to combat against COVID-19 symptoms. Antioxidants,

phytochemicals, vitamins, and minerals are vital nutritional components of senna that help lower the risk of many diseases and strengthen the immune system.

Reference: Ikram, A., Khalid, W., Saeed, F., Arshad, M.S., Afzaal, M. and Arshad, M.U., 2023. Senna: As immunity boosting herb against Covid-19 and several other diseases. *Journal of Herbal Medicine*, p.100626.

Natural does not mean safe

Many individuals believe that using plants as medication is safer than using pharmaceuticals. Plants have long been used in folk medicine by people. So it is simple to understand the appeal. But "natural" does not equate to safe. Some herbal remedies can combine with other medications or be harmful in excessive dosages if not used as recommended. Some may also have negative effects. A herb kava is used to treat a variety of conditions including anxiety, sleeplessness, menopausal symptoms, and more. According to certain research, it could help with anxiety. Kava, however, can seriously harm the liver. Its usage is discouraged by an FDA warning.

Reference:
<https://medlineplus.gov/ency/patientinstructions/000868.htm>

Dried Goji Berries may provide protection against age-related vision loss

In healthy middle-aged individuals, consuming a small quantity of dried goji berries on a regular basis may help prevent or delay the onset of age-related macular degeneration, or AMD, according to a small, randomized experiment carried out at the University of California, Davis.

Reference: Li, X., Holt, R.R., Keen, C.L., Morse, L.S., Yiu, G. and Hackman, R.M., 2021. Goji berry intake increases macular pigment optical density in

healthy adults: A randomized pilot trial. *Nutrients*, 13(12), p.4409.

***Caragana sinica* root for rheumatoid arthritis treatment**

January 4, 2023

Rheumatoid arthritis (RA) is a chronic systemic inflammatory disease characterized by erosive synovitis that can cause severe joint destruction and disability, as well as the involvement of other tissues throughout the body. Disease-modifying anti-rheumatic drugs (DMARDs), biological DMARDs, and herbal products represent the most important agents to alleviate symptoms and prevent RA progression. Traditional Chinese medicines have

been widely applied to disease treatment, cosmetics, and health care products.

As a traditional herb product, the root of *Caragana sinica* (Buc'hoz) Rehder (Chinese name: Jin Quegen [JQG]) has been widely used in folk medicines for rheumatoid arthritis (RA) treatment.

Reference: Qu, B., Wang, S., Zhu, H., Yin, T., Zhou, R., Hu, W., & Lu, C. (2023). Core Constituents of *Caragana sinica* Root for Rheumatoid Arthritis Treatment and the Potential Mechanism. *ACS Omega*.

**Information collected and compiled by
Asif Uj Jaman and Bappi Howlader**
Department of Pharmacy
State University of Bangladesh
Dhanmondi, Dhaka