

### CHF

1) Herbs containing cardiotonic glycosides

Digitalis ssp. Strophanthus sp. Squill bulbs

MOA: Increase Ca in heart muscle--> Increased contractions-->**positive inotropic effect**

Due to **low therapeutic index**, they are monitored under medical supervision (part of conventional therapy)

2) Hawthorn leaves, flowers (berries)

AI: flavonoids (anthocyanidins, proanthocyanidins)

MOA: AMP phosphodiesterase inhibitor--> **decrease in cyclic AMP--> increase in contractions.**

Antioxidant/vasodilatory to coronary and peripheral BV.

Low arrhythmia risk (unlike digoxin), so DOC in CHF.

Effective on:

-Chronic heart disease (reduces angina chance)

-CHF class II

### Atherosclerosis

1) Garlic bulb

AI: (odorless, inactive) Alin--alliinase--> (active, odor) Allicin--> **ajoene, alkyl disulfides.**

**S-allyl-cysteine**

MOA: Antithrombotic(ajoenes)/ Antihyperlipidemic (S-allyl cysteine)/Vasodilatory

2) Green tea extract

AI: polyphenols (**procyanidins, catechins**)

MOA: antioxidant activity to inhibit LDL-C oxidation; chemoprevention & for CVD by scavenging free radicals.

3) Grape seed extract

AI: **procyanidins**

MOA: potent antioxidant.

SE/caution: GIT upsets, garlic breath, bleeding risk (**caution with anticoagulants & NSAIDs**)

Has same MOA of green tea extract with added use for circulatory disorders like venous insufficiency.

Adjunct & preventative in HTN

Phytotherapy as preventative measure.

### Angina

1) Hawthorn

MOA: dilates coronary BV

2) Ginseng

AI: **ginsenosides, saponins, sesquiterpenes.**

MOA: Ca<sup>2+</sup> channel antagonist--coronary artery dilation/- inhibits atherogenesis/fibrinolytic  
Releases vasodilator NO

3) Danshen (red sage)

MOA: Free radical scavenging/ Coronary BV dilation/ inhibits platelet aggregation (root decoction)

Caution: bleeding risk with warfarin or anticoagulants.



By sam219

[cheatography.com/sam219/](https://cheatography.com/sam219/)

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Page 1 of 2.

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## HTN

1) Garlic bulb "- Allium sativa"	2) Black seed "Nigella sativa"	3) Snakeroot "rauwolfia"	4) Hibiscus
AI: VO (thymoquinone, carvacol, P-cymene) Fixed oils	AI: reserpine alkaloid	AI: Organic acids/Polyphenols (anthocyanidins)/Pectin, mucilage, minerals	MOA: Antioxidant
MOA: Releases NO/Ca <sup>2+</sup> channel antagonist/Ace-inhibitory like effects--> VD /Antioxidant/Antihyperlipidemic	MOA: reserpine destroys biologic amines vesicle--> the released amines are broken down by MAO--> antihypertensive + CNS depressant effect		MOA: Antioxidant
Uses: mild, uncomplicated HTN	Uses: mild-moderate HTN & combination therapy to avoid excessive CNS depression	Uses: cooling drink, antihypertensive	Caution: with other antiHTN or diuretics for additive hypotensive effect

## Chronic venous insufficiency (CVI)

1) Horse chestnut "Aesculus hippocastanum"	2) Butchers broom "Ruscus aculeatus"	3) Bilberry "Vaccinium myrtillus"
AI: Coumarins ( <b>aesculetin</b> ), flavonoids, saponins, tannins	AI: Steroidal saponins ( <b>ruscogenin, neoruscogenin</b> )	AI: <b>Anthocyanins</b> , tannins, flavonoids
MOA: inhibits lysosomal enzyme--> reduce capillary permeability--> less water & proteins release Relieves edema/increases venous tone	MOA: VC of veins only, which reduces blood stasis in veins	MOA: stimulate capillary repair - Antiplatelet activity
Uses: (by approval of GCE) for symptomatic ttt of CVI	Uses: for symptoms of CVI	AE: some GIT complaints
AE: GIT effects, nausea		

Caution: HCE should **not be injected due to hemolysis risk** (due to saponins, Aescin)

Most common manifestation is **Varicose veins**.

Horse chestnut & Butcher's broom topical creams are approved by GCE for hemorrhoids & CVI ttt.

## Hemorrhoids

1) Witch hazel
AI: mix of tannins (gallotanins, hamamelitanins & procyanidins)
AE: <b>contact dermatitis</b>
Enlarged, inflamed venous plexus of rectum/anus. Pain, bleeding, itchiness may occur. - Aggravated by constipation or straining. - Common in pregnancy

