

CHF

1) Herbs containing cardiotonic glycosides

Digitalis sps. 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) Alliin-->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

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

MOA: Ca²⁺ channel antagonist--coronary artery dilation/-inhibits atherogenesis/fibrinolytic

Releases vasodilator NO

2) Ginseng

3) Danshen (red sage)

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

Caution: bleeding risk with warfarin or anticoagulants.



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Not published yet.
Last updated 4th January, 2026.
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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: Releases NO/Ca2+ channel antagonist/Ace-inh-ibitory 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 (aesculetin), flavonoids, saponins, tannins	AI: Steroidal saponins (ruscogenin , neoruscogenin)	AI: Anthocyanins , 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 (gallotannins, hamamelitanins & procyanidins)
AE: contact dermatitis
Enlarged, inflamed venous plexus of rectum/anus. Pain, bleeding, itchiness may occur. - Aggravated by constipation or straining. -Common in pregnancy

