

GIT disorders

1) Chamomile flowers "Anthemis nobilis" Fam. Asteraceae (could be adulterated with dog fennel "Anthemis cotula") AI: a-bisabolol/ Chamazulene / Flavonoids (apigenin , luteolin, quercetin)	2) Ginger AI: V.O. (peppery/pungent): gingerol , shogaol Sesquiterpene (aromatic): Zingiberone B-bisabolene MOA: Gingerol antagonizes 5-HT receptors.	3) Licorice roots/rhizomes/extract AI: Saponin glycosides (glycyrrhizin) & flavonoid glycosides MOA: Glycyrrhizin becomes glycyrrhetic acid & 2 glucuronic acid. Flavonoids increase secretin.
Distillation of oil turns blue color (matricine) into green color (chamazulene)	USES: anti-emetic for motion sickness, pregnant, bed-ridden/anti-inflammatory	Uses: for cough (glycyrrhizin) & peptic ulcer.
Adulteration with dog fennel flowers, which contains higher amounts of anethole, results in skin allergy.	CI: With warfarin, antiplatelets.	since glycyrrhizin causes hypertension & hypokalemia, we use DGL for peptic ulcer (useless for cough)
Uses: Anti-inflamm. anti-bacterial - Kinetosis/motion sickness - Calming effect (Apigenin action on BDZ-receptor binding ligand)		
Cautio: with warfarin/anticoagulants (due to coumarins)		
Standardization: 400mg flowers/capsules with 1% apigenin & 0.5% E.O.		

Ginger & peppermint in top 10 used in USA.

IBS

1) Peppermint oil

AI: **44% menthol**

Uses: anti-spasmodic

MOA: menthol causes **Ca channel antagonism**---> muscle relaxation.

Caution: causes heartburn due to LES relaxation.

Enteric-coated capsules to avoid GER.



Constipation

Bulk laxatives (dietary fibers & mucilage)

Irritant & stimulant lax.

Osmotic laxatives

Lubricant
laxatives

Psyllium husk & linseed.

AI: anthraquinones

AI: Organic acids &
sugar

AI: Mineral oils

MOA: they retain water and bulk in intestine-->
peristaltic movement

Senna (sennosides), cascara (cascarosides),
rhubarb (rhein)

Tamarind pulp (20% organic acids,
mucilage, sugar)

Use: chronic constipation.

Uses: acute constipation

Uses: chronic constipation

Must be taken with plenty of water.

Castor oil (50% fixed oils)

MOA: ricinolein is digested into ricinoleic acid--> increased intestinal movement

CI: children, pregnant, old age, allergic reactions

Liver disorders

St. Mary's thistle

Fam. Asteraceae

AI: standardized 80% silybin

Uses: **protective agent** after acetaminophen, alcohol, ccl4.

MOA: potent antioxidant, antifibrinolytic, anti-inflamm.

Caution: hypersensitivity



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