

GI disorders

1) Chamomile flowers "Anthemis nobilis" Fam. Asteraceae (could be adulterated with dog fennel "Anthemis cotula")	2) Ginger AI: V.O. (pehonic/pungunt: gingerol , shogaol Sequiterpene (aromatic): Zingiberne B-bisabolene	3) Licorice roots/rhizomes/extract AI: Saponin glycosides (glycyrrhizin) & flavonoid glycosides
AI: a-bisabolol/ Chamazulene / Flavonoids (apigenin , luteolin, quercetin)	MOA: Gingerol antagonizes 5-HT receptors.	MOA: Glycyrrhizin becomes glycercrrtic 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-inflammmtory	Uses: for cough (glycyrrhizin) & peptic ulcer.
Adulteration with dog fennel flowers, which contains higher amounts of antheicotulide, results in skin allergy.	CI: With warfarin, antiplatelets.	since glycyrrhizin causes hypertension & hypokalemia, we use DGL for peptic ulcer (useless for cough)
<p>Uses: Anti-inflamm. anti-bacterial - Kinetosis/motion sickness -Calming effect (Apigenin action on BDZ-receptor binding ligand)</p> <p>Cautio: with warfarin/anticoagulants (due to coumarins)</p> <p>Standardization: 400mg flowers/capsules with 1% apigenin & 0.5% E.O.</p>		

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.
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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 (cascariosides), 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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