

GIT disorders

1) Chamomile flowers "Anthemis nobilis"	2) Ginger	3) Licorice roots/rhizomes/extract
Fam. Asteraceae (could be adulterated with dog fennel "Anthemis cotula")	Al: V.O. (peppery/pungent): gingerol , shogaol Sesquiterpene (aromatic): Zingiberene B-bisabolene	Al: Saponin glycosides (glycyrrhizin) & flavonoid glycosides
Al: a-bisabolol/ Chamazulene / Flavonoids (apigenin , luteolin, quercetin)	MOA: Gingerol antagonizes 5-HT receptors.	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-inflammatory. anti-bacterial - Kinetosis/motion sickness - Calming effect (Apigenin action on BDZ-receptor binding ligand)		
Caution: 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
Al: 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 (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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