

### Herbal analgesics

Opium	Willow bark	Capsicum
A.I.: morphine & codeine.	Salicin	Capsicin
MOA: bind to opioid receptors.	Salicin + intestinal enzymes-->Salicyl alcohol oxidized into salicylic acid.	Depletes substance P + counter-irritant.
Limited doses in severe pain <b>under medical supervision.</b>		

### Sedatives & hypnotics

Kava Kava	Valerian herb
A.I.: <b>fat soluble kavalactones &amp; kavapyrones</b>	<b>Valepotriates &amp; sesquiterpene V.O. valerenic acid.</b>
MOA: Potentiates GABA at its receptor.	- Inhibits GABA catabolism - GABA receptor agonist
Standardization/dose: 70% kavalactones extract with dose 100mg 2-3x/day.	
A.E:	
- If operating machines or vehicles.	- CI in <b>pregnant women</b> (induce uterine contractions)
- Avoid with <b>Levodopa or parkinson's disease</b>	- Potentiates other CNS depressants (Avoid concomitant use)
- Severe liver injury	- Hepatotoxicity with chronic admin.
Both are for ttt of anxiety, agitation, insomnia, convulsions.	

### Alzheimer (for cognitive & dementia enhancement)

Ginkgo leaves
A.I.: <b>ginkgolides &amp; bilobalides</b> (diterpene lactones). <b>Ginkgetin</b> (biflavone glycosides)
Uses: slow dementia onset & delay cognitive deterioration in early AD stages.
MOA:

### AD drugs (for cognitive & dementia enhancement)

Ginkgo leaves	Rivastigmine	Galantamine
	Semisynthesized from <b>alkaloid physostigmine</b> in Calabar beans.	Alkaloids.

### CNS stimulants

Caffeine
In tea leaves, coffee beans, cacao seeds, kola nuts.
MOA:
- Adenosine receptor antagonism
- Adrenaline release
- Dopamine production
To note: can be addictive and, thus, cause <b>withdrawal symptoms</b> if cut off.

### Depression

St. John's wort herb
A.I.: <b>hyperforin &amp; hypericin</b>
MOA:
- Monoamine oxidase inhibition (MAO-I)
- Serotonin reuptake inhibition

### Herbs for migraine & toothache

Feverfew leaves	Clove oil
<b>Prophylactic</b> for migraine. Fam. Asteraceae.	
A.I.: sesquiterpene lactones ( <b>parthenolides</b> )	85% eugenol.
MOA: proinflammatory cytokines inhibitor (relieves cranial BV vasoconstriction).	Cox-2 inhibitor.
	<b>Systemic</b> analgesic & anti-inflammatory. <b>Local</b> anesthetic & antiseptic.

