## Herbal analgesics

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

## Sedatives & hypnotics

| Kava Kava | Valerian herb |
|---|---|
| A.I.: **fat soluble kavalactones & kavapyrones** | **Valepotriates** & sesquiterpene V.O. **valerenic acid.** |
| MOA: Potentiates GABA at it's receptor. | - Inhibits GABA catabolism<br>- GABA receptor agonist |
| Standardization/dose: 70% kavalactones extract with dose 100mg 2-3x/day. | |
| A.E: | |
| - If operating machines or vehicles. | - CI in **pregnant women** (induce uterine contractions) |
| - Avoid with **Levodopa or parkinson's disease** | - 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.: **ginkgolides & bilobalides** (diterpene lactones).**Ginkgetin** (biflavone glycosides) |
| Uses: slow dementia onset & delay cognitive deterioration in early AD stages. |
| MOA: |

## AD drugs (for cognitive & dementia enhancement)

| Ginko leaves | Rivastigmine | Galantamine |
|---|---|---|
| | Semisynthesized from **alkaloid physostigmine** 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 **withdrawal symptoms** if cut off. |

## Depression

| St. John's wort herb |
|---|
| A.I.: **hyperforin & hypericin** |
| MOA: |
| - Monoamine oxidase inhibition (MAO-I) |
| - Serotonin reuptake inhibition |

## Herbs for migraine & toothache

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



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