

Rhinitis

Butterbur herbs/roots

From fam. Asteraceae, but **the only member that doesn't cause allergic rhinitis "hay fever"**.

A.I.: **Petasins** (sesquiterpene lactones) responsible for anti-inflammatory effect.

Antihistaminic effect= cetirizine in zyrtec.

Toxic pyrrolizidine alkaloids (PA) cause severe liver damage, so product should be labeled PA-free.

Common cold & influenza phytotherapy

Iceland moss	Cinnamon barks	Coltsfoot
A.I.: Mucilage	A.I.: V.O. (cinnamaldehyde & eugenol), mucilage.	A.I.: mucilage, flavonoids, tannins, toxic PA (must be PA-free)
Demulcent.	Demulcent/anti-inflammatory/Expectorant.	Demulcent/anti-inflammatory/Immunostimulant.

- **Sinusitis** can be treated by same agents (nasal decongestants, anti-inflammatory, demulcents).

Chronic bronchitis phytotherapy

1. Bronchodilators

Ephedra herb

Lobelia herb: A.I.: **alkaloids lobelin, lobelamine**

Both MOA: B2 stimulation causing airways relaxation.

Herbs treating asthma (Anti-asthmatic)

Ephedra alkaloids

A.I.: ephedrine, pseudoephedrine, norephedrine, nor-pseudoephedrine).

MOA:

- stimulate **α1-adrenergic receptors**--> VC of nasal BV, relieving nasal congestion.

- Stimulates **B2 adrenergic receptors**--> relaxes bronchial smooth muscles.

- Increases ciliary activity and mucus liquefaction--> **mild expectorant activity**

AE: irritability/headache/N/V/ **BP & cardiac rhythm disorders with higher doses.**

CI: heart conditions/HTN/diabetes/thyroid disease

Chronic bronchitis phytotherapy

1. Bronchodilators

Ephedra herb

Lobelia herb-A.I.: alkaloids lobelin & lobelamine

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Herbal decongestants

Peppermint

Eucalyptus leaves

A.I.: **Menthol**

A.I.: **Eucalyptol=cineole**

Both are volatile decongestants & anti-septics.

The VO are **mixed with camphor** to become liniments (vapor rubs), nasal sprays, inhalers or lozenges.

- Could help avoid rhinitis medicamentosa caused by conventional decongestants.

- Otrivine nasal sprays are prepared with menthol, eucalyptus oil and saline water.

Dry cough herbal ttt (anti-tussives)

Mucilaginous herbs

Essential oils & liquorice saponins

Opiates

Ex. **Linden, marshmallow, coltsfoot.**

E.O. ex.: **Eucalyptus, peppermint, thyme**

Morphine and codeine alkaloids from opium poppy.

MOA: **prevent local/mechanical irritation** of pharynx, larynx and trachea epithelium by forming protective layer over mucus membrane.

MOA: peripheral **suppression of cough reflex** by decreasing receptors sensitivity.

MOA: **agonists** on opiates **receptors in the cough center.**

Demulcent & emollients.

Large doses may cause respiratory depression, constipation, liable to abuse.

Chronic bronchitis phytotherapy

2. Expectorants & mucolytics

Reflex expectorants

- Snakeroot (senega): A.I.: triterpenoid saponins, senegin.

- Ipeca/ipecacuanha roots: A.I.: Isoquinoline alkaloids (emetine, cephaeline)

- Liquorice roots: A.I.: triterpenoid saponins, glycyrrhizin.

Direct-acting expectorants

- Eucalyptus V.O. (eucalyptol/cineole)

- Thyme oil: A.I.: VO (thymol, carvacrol)

- **Reflex expectorants:** drugs with saponins, emetic/acid/bitter tasting compounds.

Evoke reflex stimulation of thin serous mucus respiratory secretions.

SE: can stimulate emetic center/vomiting if not small quantities.

- **Direct acting expectorants:** E.O. containing drugs. Absorbed and excreted by lungs, stimulating serous mucus (surfactant effect).

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