

# Herbals & Natural Remedies

## October 26-27, 2015 Chicago, USA

### Clinical uses of herbal medicines in practice

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The increasing incidence of chronic disease worldwide coupled with the growing interest in natural and herbal medicines has created a need for more research on the efficacy of herbal medicines in clinical practice. Approximately 80% of the population use some form of herbal medicine, creating a need for medical personnel to understand the implications of herbal medicine use. In this presentation, I will review the ten most commonly used herbal remedies in her practice, followed by a literature review and clinical case reports. The following herbal medicines will be discussed:

1. Amla
2. Ashwaghandha
3. Guggul
4. Gymnemna
5. Gingko
6. Garlic
7. Ginger
8. Turmeric
9. Dong Quai
10. Milk thistle

The safety, efficacy and regulation of these herbs will be reviewed along with prescribing practices.

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### Involvement of elicited *Labisia pumila* Benth. bio-fluids in the alleviation of chemo-toxicity effect and anti-tumor activity

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Phytochemicals derived from plant sources such as phenolics, flavonoids, alkaloids, saponin, tannin and lignin are promoted for the prevention and treatment of many health conditions, including cancer, heart disease, diabetes, and high blood pressure. Recent scientific attention has been directed towards the cancer preventive potential for naturally occurring constituents of antioxidant, vitamins, flavanoids, glucosinolates and organo-sulfur compounds that have anti-carcinogenic or antioxidant potential. Plant products are regarded as potential chemo-preventive agents acts to block, reverse or prevent the development of invasive cancers. As plants are generally very responsive to biotic and abiotic factors in altering their physiological, biochemical and morphological properties, exposing herbal plants to elicitors may induce, alter or enhance synthesis of secondary metabolites. Recent work on the use from elicited local herb bio-fluids in the alleviation of chemo-toxicity effect demonstrated enhanced protective nature of elicited *L. pumila*, especially on white blood cell and organ weight, and with greater anti-tumor activity in comparison to CPT-11 drugs-treated BDF-1 mice.

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