

2nd Global Summit on

Herbals & Natural Remedies

October 17-19, 2016 Kuala Lumpur, Malaysia

Herbal cardioceuticals I

Shashi K Agarwal

Center for Contemporary and Complementary Cardiology, USA

Introduction: Cardiovascular diseases are the number one cause of morbidity and mortality in the world. Traditional herbal concoctions and herb derived drugs are commonly used in these ailments. These three abstracts review popular herbal remedies which have demonstrated beneficial cardiovascular effects and results have been validated by rigorous scientific studies.

Methods: PubMed interrogation revealed 65,034 entries under 'herbal medicines' and 2,963 under 'herbal and cardiovascular'. Relevant citations were reviewed. Other pertinent published scientific material was also consulted.

Results: *Aesculus hippocastanum* (Horse Chestnut): The seed extract standardized to around 20 percent aescin is often used for its anti-inflammatory and free radical scavenging properties. Its primary use, however, has been as an efficacious and safe short-term treatment for chronic venous insufficiency. Although the mechanisms are still not well understood, venous contraction appears to be mediated through 5-HT (2A) receptors. *Allium sativum* (Garlic): Properties of garlic (allicin) include reduction in blood pressure, inhibition of platelet aggregation, enhancement of fibrinolytic activity, reduction of lipid synthesis and protection of the elastic properties of major arteries. It also stimulates nitric oxide generation and reduces inflammation. Clinically, there is an improvement in unstable angina, peripheral artery disease and coronary calcification progression. *Crataegus* (Hawthorn): Several clinical trials have indicated significant benefits in its adjunctive role in the treatment for chronic heart failure. Mechanisms include catecholamine contraction and endothelial-dependent nitrous oxide induction related vaso-relaxation.

Conclusions: Several herbal medicines have convincingly established their therapeutic role as cardioceuticals. Evidence based scrutiny has repeatedly validated their efficacy and safety in clinical trials.

Biography

Shashi K Agarwal has obtained his Board Certification in Internal Medicine in 1979 and Cardiovascular Diseases in 1981. He is also Board Certified with the American Board of Integrative Holistic Medicine and the American Academy of Anti-Aging Medicine. He has been awarded Fellowship of the American College of Cardiology, American College of Physicians and the American College of Nutrition. He has presented over 150 scientific abstracts and published over 30 scientific papers in peer reviewed journals. His interest is in scrutinizing and disseminating evidence based data regarding the therapeutic role of various complimentary modalities and encouraging their integration into contemporary medicine.

usacardiologist@gmail.com

Notes: