

2nd Global Summit on

Herbals & Natural Remedies

October 17-19, 2016 Kuala Lumpur, Malaysia

Herbal cardioceuticals II

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 for 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: *Commiphora mukul* (Guggulipid): Z- and E-guggulsterones are the active ingredients and inhibit cholesterol synthesis in the liver via antagonism of the farnesoid X receptor and the bile-acid receptor. The extract has received regulatory approval for treating hyperlipidemia in India since 1987; while in the United States, guggulipid is available as a non-prescription dietary supplement. *Digitalis purpurea* (Common Foxglove): *Digitalis* is used for symptomatic chronic heart failure for patients with reduced systolic function, preservation of systolic function and combined with beta blockers in rate control for atrial fibrillation with a rapid ventricular response. *Digitalis* works by inhibiting sodium-potassium ATPase in the myocardium causing intracellular sodium concentration to increase. *Ginkgo Biloba* (Maidenhair tree): Its terpenes inhibit platelet-activating factor, decrease vascular resistance and improve circulatory flow, while the flavonoids reduce capillary permeability and fragility. Clinical studies support its use in treating cerebral insufficiency. It may also help peripheral vascular disease.

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: