

Botanicals for Inflammation

Herbs can also have a useful role in the management of inflammation and inflammation-generated pain. However, the selection of anti-inflammatory herbs needs to be appropriate to the condition under treatment. Ask your physician which herbs may be right for you.

Adaptogens

“Adaptogens” are a diverse group of herbs that restore overall balance and functioning of the body as a whole through normalizing unbalanced physiological processes: stimulation, relaxation, and improving focus and immune function^{2,3}. These herbs have been shown to clinically reduce self-reported stress, improve mood and energy, and strengthen the immune system. Adaptogens are often particularly helpful in stress-related conditions due to their shielding effects on the brain, immune system, and cardiopulmonary systems. Some, such as ginseng, ashwagandha, and rhodiola, are specifically neuroprotective by blunting the impact of cortisol within the central nervous system by reducing neuroinflammation and even encouraging repair.

Astragalus (Astragalus membranaceus)	Enhances mental and physical performance, learning ability, stress, fatigue, resistance to cancer and diabetes, immune function, chemoprotective, increase oxygen to tissues
Ashwagandha (Indian ginseng, Poison gooseberry, Winter cherry)	Strengthen immunity to colds and infections, improve physical and athletic ability, increase vitality, male fertility and libido, regulate blood sugar, antioxidant, antibiotic, anti-inflammatory, rejuvenating, astringent, anti-anxiety, anti-tumor, diuretic, insomnia, reduce cholesterol, arthritis, tuberculosis, asthma, leukoderma, bronchitis, backache, fibromyalgia, menstrual problems, hiccups, chronic liver disease, balances cortisol, supports HPA axis, boosts thyroid hormones
Bacopa (Bacopa monniera)	Cognitive function, concentration, fatigue, antioxidant, anxiety, epilepsy
Chaga mushroom	Strongest anti-cancer mushroom with an epochal effect in breast, liver, uterine and gastric cancer, hypertension, diabetes, tuberculosis (TB) of the bones, strengthen immune system, anti-inflammatory, anti-ulcer, anti-tumor, DNA Repair, anti-mutagenic
Cordyceps (Cordyceps sinensis)	Immunosuppressive, anti-aging, antioxidant, decreases pro-inflammatory monoamine oxidase and lipid peroxidation activity, liver and lung protection (increase oxygenation), asthma, bronchitis, chemoprotective, anti-cancer, chronic renal failure, atherosclerosis, antiarrhythmic effects
Eleuthero root or Siberian ginseng (Eleutherococcus senticosus)	Invigorate qi (chi or energy) or endurance, strengthen immune system, memory, chemoprotective, DNA repair, anti-inflammatory, normalize body function, particularly kidney, spleen and heart meridians, radiological protection, anti-cholesterolemic, antioxidant, angina, headache, insomnia, poor appetite, stress, fatigue, HPA-axis dysfunction
Glycyrrhiza Glabra (Licorice)	Adrenal stress, expectorant, phytoestrogen effects, food sweetener, reduces cholesterol manufacturing, antiviral
Holy basil (Tulsi, Ocimum tenuiflorum or Ocimum sanctum)	Enhance body's natural response to physical and emotional stress, reduce bloating and gas, antioxidant, support healthy adrenal function, cortisol release and immunity, radiation protection, lipid balance, blood sugar regulation, anti-inflammatory (COX-2 inhibitor), cancer prevention, slow age-related memory impairment, lower cholesterol
L-theanine	Found in green tea, induces relaxation through increased dopamine and serotonin, and improves sleep quality
Mastic (Pistacia lentiscus)	Adrenal stress, expectorant, food sweetener, H.pylori infections, oral health/cancer, phytoestrogen effects
Mucuna pruriens (Cowhage, Velvet bean)	Lower stress as a source of L-DOPA the precursor for dopamine, neuroprotective, Parkinson's disease, antioxidant, blood sugar, weight loss, metabolic syndrome, male infertility
Muira puama (Ptychopetalum olacoides)	Neuroprotective, stress, libido, depression, mood
Panax ginseng	Mood, cognition, immunity, antifatigue, protection against mental, physical and environmental stress
Phosphatidylserine (PS)	Decrease symptoms of mild depression in mood disorders
Relora Plus	Proprietary blend of plant extracts from Magnolia officinalis, Phellodendron amurense, and B-vitamins that normalizes cortisol levels, stress-related eating, decreases weight gain, and anxiety
Rosa Majalis	Anti-cancer, anti-oxidant, source for Vitamins A,C,E
Reishi or Lingzhi (Ganoderma lucidum)	Mental, physical performance, learning, decrease stress and fatigue), blood pressure stabilizer, antioxidant, analgesic, kidney and nerve tonic, strengthen immune system, anti-inflammatory, anti-viral, anti-tumor, anti-parasitic, liver protectant, blood glucose regulation, chemoprotective
Rhaponticum	Strength or endurance or reduce fatigue, impotence or aphrodisiac
Rhodiola rosea (Golden root, Roseroot, Western roseroot, Aaron's rod, Arctic root, King's crown, Lignum Rhodium, Orpin Rose)	Adaptogen, strength or endurance, reduce fatigue, mental and physical performance, decrease recovery time, antioxidant, learning, adrenal stress, depression, improve immunity, sleep patterns, mood stability, and motivation, resistance to cancer, type 2 diabetes, cardio-protective
Schisandra or Magnolia vine	Antioxidant, infection-resistant, increase skin health, liver protectant, stress/fatigue, enhance mental and physical performance, learning, adaptogen, improve resistance to cancer and diabetes, improve immune function, chemoprotective
Shiitake (Lentinus edodes)	Enhances mental and physical performance, increases learning ability, and decreases stress and fatigue, may improve resistance to cancer and diabetes, immune function, antiviral, chemoprotective
Tongkat Ali (Eurycoma longifolia)	Stress and cortisol balance, energy/fatigue, weight loss, erectile dysfunction, testosterone balance, infertility, athletic performance, antioxidant, anti-inflammatory
Valerian (Valeriana officinalis)	Insomnia, anxiety, sedation, stress/sleep disorders

² Guilliams and Edwards (2010). Chronic Stress and the HPA Axis: Clinical Assessment and Therapeutic Considerations. Point Institute.

³ Guilliams T. The Role of Chronic Stress and the HPA Axis in Chronic Disease Management. 2015. Point Institute.



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Nervines Tonics

Nervines are a class of botanicals that reduce sympathetic overdrive, anxiety, and irritability by sedating the autonomic nervous system and inducing a sense of calm or relaxation^{2,3}. They can be used during the day to blunt a hyperaroused state, or in the evening for sleep induction.

Avena sativa (Oats)	Antidepressant, anxiolytic, nervous system tonic & trophorestorative, nutritional, hypolipidemic (as food), cardiogenic, demulcent, emollient, vulnerary, antispasmodic
Bacopa monniera (Brahmi)	Cognition & memory enhancer, nerve and brain tonic, mild anti-convulsant, antioxidant, anti-inflammatory, cardiogenic, vasoconstrictor, bitter, emetic, laxative & diuretic (leaf), aphrodisiac
Borago officinalis (Borage) Leaf	Diuretic, demulcent, emollient, refrigerant, adrenal restorative, galactagogue, expectorant. Oil: inflammatory modulating, anti-atherosclerotic, anti-platelet, hypolipidemic, atopic dermatitis, dysmenorrhea, PMS, cyclic mastalgia, hypertension and diabetic neuropathy.
Centella asiatica (Gotu kola)	Strengthens nervous system, function, memory, relaxant, detoxifier, diuretic, topical antibiotic, peripheral vasodilator, anti-rheumatic, vulnerary, venotonic, keratolytic, anti-mycobacterial, bitter, digestive, anti-inflammatory, laxative, dermatological builder, connective tissue builder, cellulite, cirrhosis of the liver, keloids and hypertrophic scars, leprosy, scleroderma, varicose veins and venous insufficiency, and wound repair.
Hypericum perforatum (St. John's wort)	Anti-depressant, anti-inflammatory, antimicrobial, astringent, nervine tonic, topical wound healing (burns)
Verbena officinalis (Blue vervain)	Digestive tonic that increases intestinal motility, parasympathomimetic, anti-spasmodic, mild analgesic, nervous system tonic, hepatic stimulant, depression, melancholy
Vinca major/minor (Periwinkle)	Astringent, cerebral circulatory stimulant, cytotoxic
Lavendula off. (Lavender)	Carminative, nervous system relaxant, sedative, antispasmodic, anti-depressant, anti-septic, aromatic, uterine stimulant, emmenagogue, diuretic, hypotensive, anti-rheumatic
Humulus lupulus (Hops)	Sedative, hypnotic, diuretic, analgesic, topical antibacterial, astringent, antispasmodic, premature ejaculation, restlessness, nervous tension, headache, indigestion, restless leg syndrome, anxiety, phytoestrogen (PMS or menopause-related hormonal imbalances)
Melissa off. (Lemon Balm)	Nervous system tonic and relaxant, carminative, sedative, diaphoretic, antidepressant, anti-viral, anti-microbial, hyperthyroidism choleric, antispasmodic, anti-histamine, mild analgesic, cardiogenic, hepatic, gout, herpes, rheumatism, neuralgias
Matricaria recutita (Chamomile)	Nervous system sedative, antispasmodic, analgesic, anti-inflammatory, antiseptic, carminative, anti-microbial, anti-allergic, anti-uler, wound healing, neuralgia, rheumatic and muscular pains
Stachys officinalis (Betony)	Sedative, mild diuretic, carminative, aromatic, skeletal muscle relaxant, astringent, alterative, circulatory tonic
Scutellaria laterifolia (Skullcap)	Sedative, nervous system relaxant, antispasmodic, anticonvulsant, hypotensive
Passiflora incarnata (Passionflower)	Antispasmodic, sedative, hypnotic, vasodilator, cardiogenic, analgesic, anxiolytic, relaxant, diuretic, anti-depressant, insomnia
Tilia europa (Lime flower, Linden tree)	Anxiolytic, hypotensive, sedative, diaphoretic, anti-spasmodic, diuretic, emollient, immunomodulator, anti-inflammatory, expectorant, anti-coagulant, mild astringent, peripheral vasodilator
Lactuca virosa (Wild Lettuce)	Nervous system relaxant, sedative, analgesic, hypnotic, narcotic, antispasmodic, whooping cough, rheumatism, aphrodisiac
Piper methysticum (Kava-kava)	Sedative, nervous system, anticonvulsant, local anesthetic, analgesic, anti-fungal, anti-spasmodic, stimulant, anti-depressant, muscle relaxant, euphoric, anti-inflammatory, diaphoretic, carminative, diuretic, interstitial cystitis, restless leg syndrome, anxiety, cognition

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