# Harmonizing herbal remedies and Persian Medicine for integrative psychiatric care

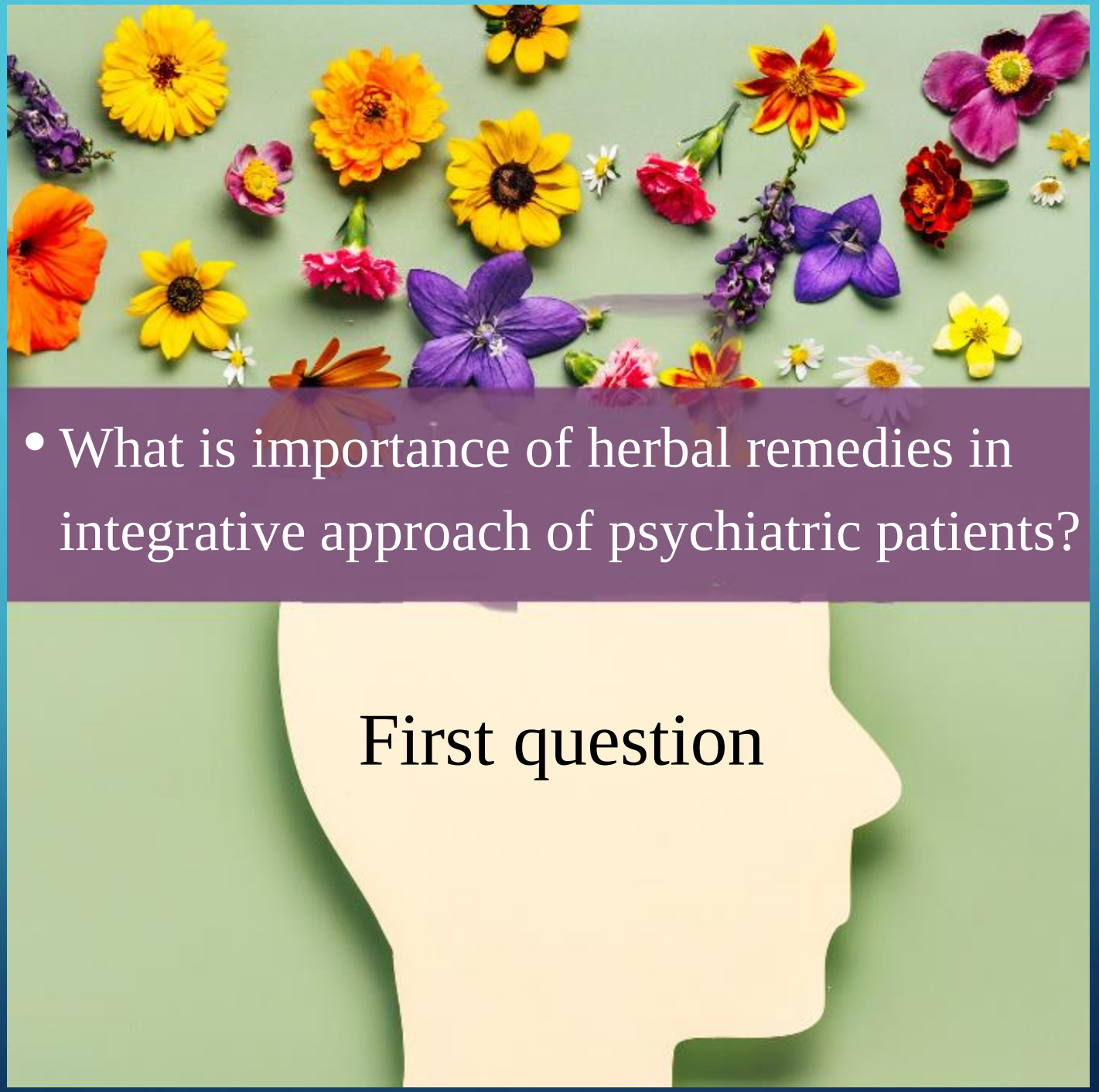
Seyed Hamdollah Mosavat

Assistant professor of psychiatry

MD, Ph.D.  in Traditional Persian Medicine

Research Center for Traditional Medicine and History of Medicine,

Shiraz University Of Medical Sciences, Shiraz, Iran.

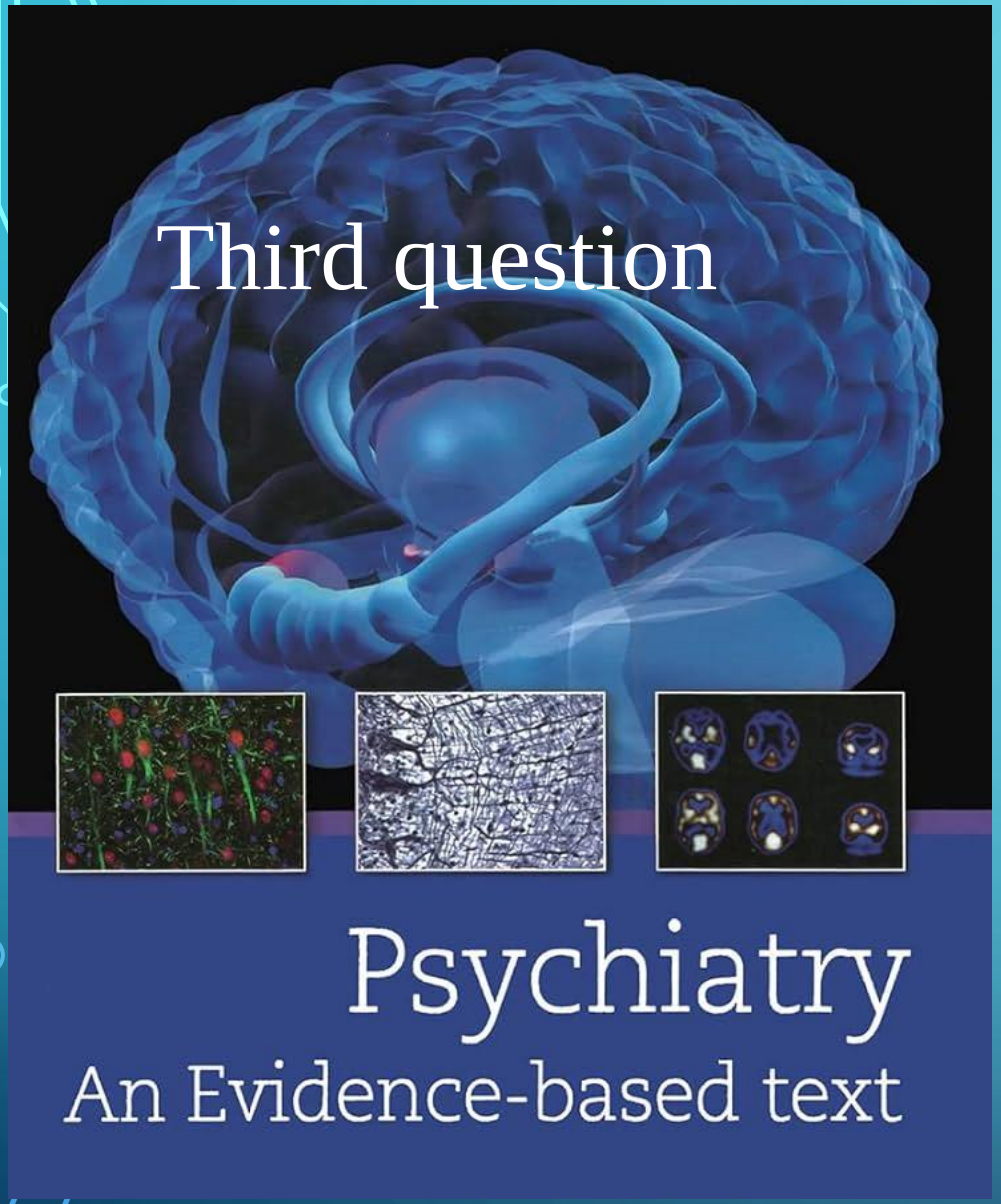


- What is importance of herbal remedies in integrative approach of psychiatric patients?

First question


- What is the status of the use of medicinal plants among psychiatric patients?

# Third question




What are the evidences of uses of medicinal plants in psychiatric reference books?


- Reasons for Using Medicinal Plants
- Effectiveness in Treating Symptoms
  - Evidence-Based Benefits: Some plants, like St. John’s Wort and saffron, effectively manage psychiatric symptoms.
  - Symptom Management: Herbal remedies alleviate anxiety, insomnia, and mood swings, complementing conventional treatments.
- Fewer Side Effects

- Accessibility and Cost
- Complementary Therapies
- Cultural Preference
- Empowerment and Control
- Personal Preferences

# But two important reasons are….

- Stigma
- Psychotropic drugs side effects


- What is the status of the use of medicinal plants among psychiatric patients?

# About 40% to 60% of psychiatric patients use herbal medicine

Contents lists available at ScienceDirect

Saudi Pharmaceutical Journal

journal homepage: www.sciencedirect.com

Original article

## Prevalence of self-medication practice with herbal products among non-psychotic psychiatric patients from southeastern Serbia: A cross-sectional study

Nikola M. Stojanović [a,*], Ljiljana Samardžić [b], Pavle J. Randjelović [c], Niko S. Radulović [d]

[a] Faculty of Medicine, University of Niš, Zorana Đinđića 81, 18000 Niš, Serbia
[b] Clinic for Mental Health, Clinical Center Niš, 18000 Niš, Serbia
[c] Department of Physiology, Faculty of Medicine, University of Niš, Zorana Đinđića 81, 18000 Niš, Serbia
[d] Department of Chemistry, Faculty of Science and Mathematics, University of Niš, Višegradska 33, 18000 Niš, Serbia

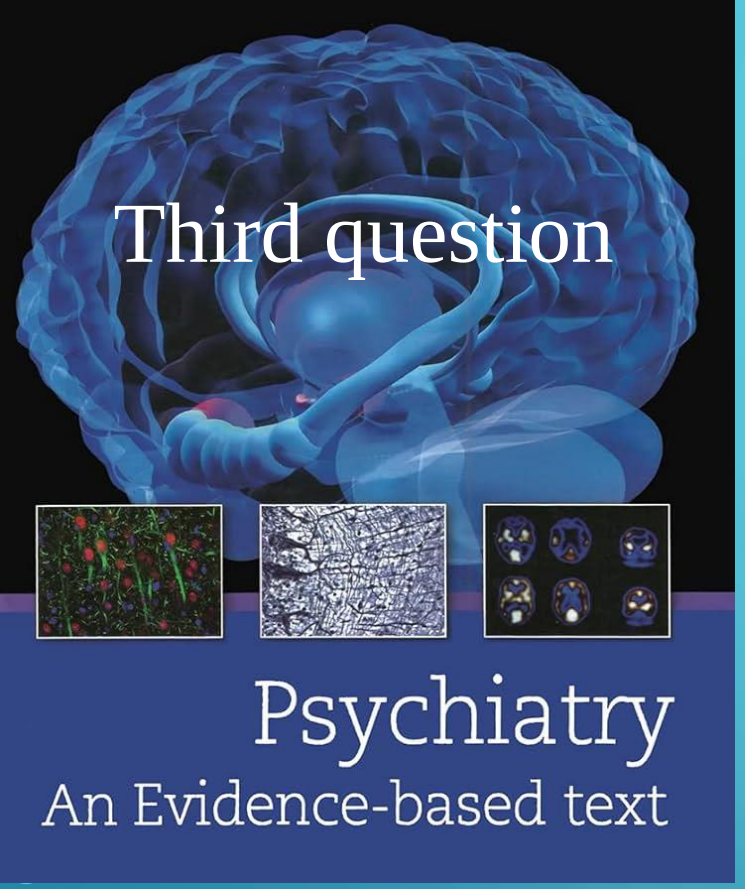
ARTICLE INFO

*Article history:*
Received 20 November 2016
Accepted 8 February 2017
Available online 10 February 2017

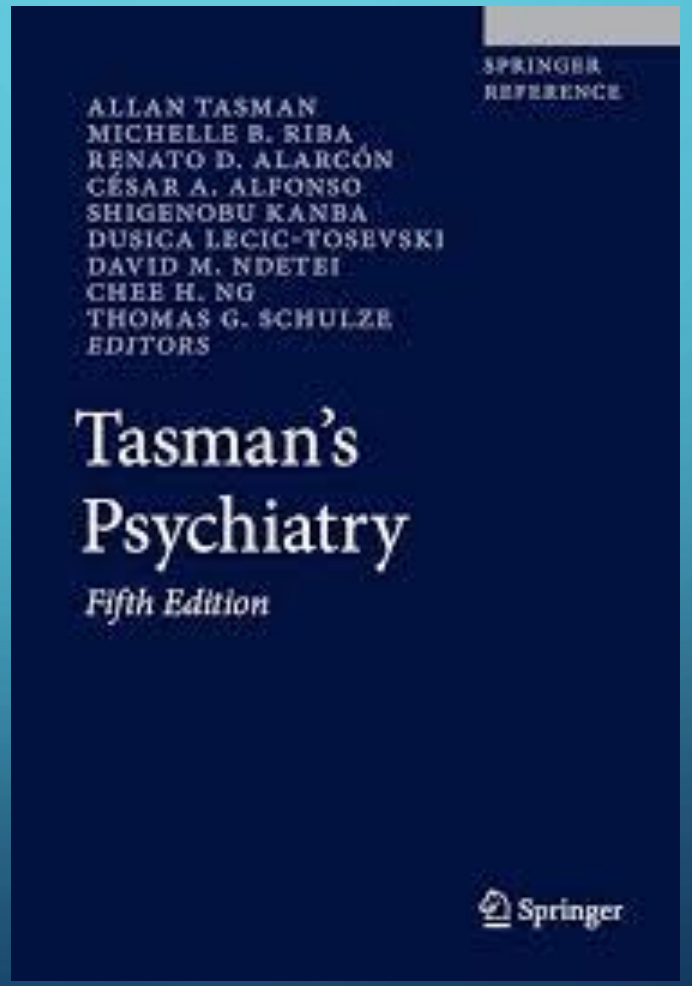
ABSTRACT

The aim of this study was to evaluate the usage prevalence of herbal products (HP) and to ascertain the identity, mode and adverse effects of plant taxa used in self-medication practice for anxiety, depression and insomnia in patients with non-psychotic disorders originating from southeastern Serbia. Also, we compared HP users and non-users on the variables of socio-demographic characteristics, information

# Third question




What are the evidences of uses of medicinal plants in psychiatric reference books?



CHAPTER

110

# Integrative and Complementary Medicine in Psychiatry

Jerome Sarris[1,2]
Patricia L. Gerbarg[3]
Richard P. Brown[4]
Philip R. Muskin[4]

[1]Department of Psychiatry, University of Melbourne, Melbourne, Victoria, Australia
[2]Centre for Human Psychopharmacology, Swinburne University of Technology, Melbourne, Victoria, Australia
[3]Department of Psychiatry, New York Medical College, Valhalla, NY, USA
[4]Department of Psychiatry, Columbia University College of Physicians and Surgeons, New York, NY, USA

**Table 110–1 Treatment Guidelines for Disorders of Mood, Anxiety, and Sleep**

| Nutraceutical | Clinical Uses | Dose | Side Effects and Drug Interactions |
|---|---|---|---|
| St. John's wort (*Hypericum perforatum*) | Depression | 300–600 mg TID | Nausea, heartburn, loose bowels, jitteriness, insomnia, fatigue, bruxism, phototoxic rash, mania in bipolar. Affects CYP 450 and Pgp: ↓ digoxin, warfarin, indivir, cyclosporine, theophylline, birth control pills. D/C: surgery, pregnancy |
| *S*-Adenosyl-L-methionine (SAMe) | Depression | 400–1600 mg/day | Mild nausea, loose bowels, activation, anxiety, mania in bipolar, headache, occasional palpitations |
| Arctic root (*Rhodiola rosea*) | Depression with fatigue | 150–900 mg/day | Agitation, insomnia, anxiety, headache, palpitations, chest pain |
| B-vitamins | Depression | $B_{12}$ 1000 µg/day B-complex | Rare: activation |
| Inositol | Panic disorder | 12–20 g/day | Gas, loose bowels, mania |
| Omega-3 fatty acids (EPA) | Depression (unipolar or bipolar) | 1–2 g/day (EPA) | Reflux, loose stools |
| Choline | Mania | 2000–7200 mg/day | Excess doses: |
| Kava (*Piper methysticum*) | Anxiety, insomnia | 60–120 mg kavalactones BID | GI, allergic skin, headache, photosensitivity. Occasional: ↓ energy, drowsiness, tremor, restlessness, ↓ effects of levodopa, hepatitis, liver failure, depression. D/C: pregnancy |
| Passionflower (*Passiflora incarnata*) | Anxiety | 1–2 g TID | Generally safe |
| Galphimia (*Galphimia glauca*) | Anxiety | 3.5–7 g BID | No serious adverse effects noted |
| Chamomile (*Matricaria recutita*) | Anxiety | 1–3 g TID | Ragweed family – allergic reactions. D/C: pregnancy |
| Lemon balm (*Melissa officinalis*) | Anxiety | 1–2 g TID | No serious side effects |
| Valerian (*Valerian officinalis*) | Chronic insomnia | 450–900 mg HS | Occasional GI, headaches, minimal hangover on high doses >600 mg. D/C: pregnancy, hepatic disease |
| Melatonin | Sleep | 1–12 mg HS | Occasional agitation, abdominal cramps, fatigue, dizziness, headache, vivid dreams. D/C: pregnancy |

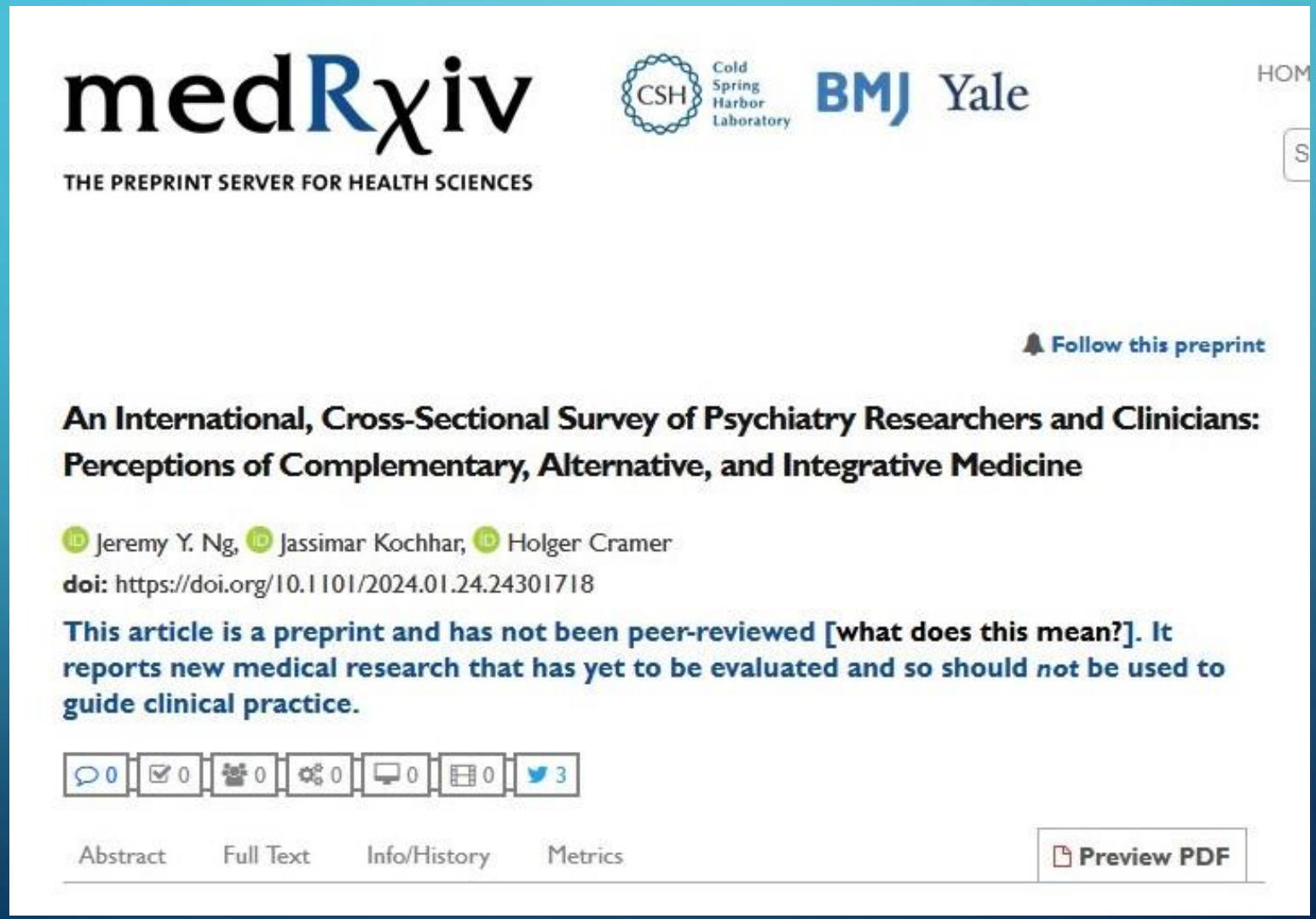
GI, gastrointestinal side effects; Pgp, P-glycoprotein.

**Table 110–2 Treatment Guidelines for Cognitive Enhancers**

| Nutraceutical | Clinical Uses | Dose | Side Effects and Drug Interactions |
|---|---|---|---|
| Acetyl-L-carnitine | AD – slowed progression. TBI and CVA | 1500 mg BID | Mild gastric upset. Take with food |
| B-vitamins | Cognitive enhancement, TBI | B-complex | None |
| *S*-Adenosyl-L-methionine (SAMe) | AD, dementia, TBI<br>Parkinson's disease | 800–1600 mg/day<br>400–4000 mg/day | Mild occasional GI, agitation, anxiety, insomnia: rare palpitations. Mania in bipolars. Take 30 minutes before breakfast and lunch |
| Arctic root (*Rhodiola rosea*) | Cognitive enhancement, memory, TBI | 150–600 mg/day | Activation, agitation, insomnia, jitteriness, mania. Rare: ↑ BP, angina, bruising. Avoid in bipolar I. Take 20 minutes before breakfast and lunch. |
| Ginkgo (*Ginkgo biloba*) | AAMI, MCI, AD, CVD | 120–240 mg/day | Minimal, headache, ↓ platelet aggregation. D/C: prior to surgery |
| Korean ginseng (*Panax ginseng*) | Dementia, neurasthenia | 400–800 mg/day | Activation GI, anxiety, insomnia, headache, tachycardia, ↓ platelet aggregation |

AD, Alzheimer's disease; TBI, traumatic brain injury; CVA, cerebrovascular accident; CVD, cerebrovascular disease; AAMI, Age Associated Memory Impairment; MCI, Mild Cognitive Impairment; BP, blood pressure; GI, gastrointestinal side effects.

# What is the attitude of clinicians and researchers about the use of CAM among psychiatric patients?



## Figures

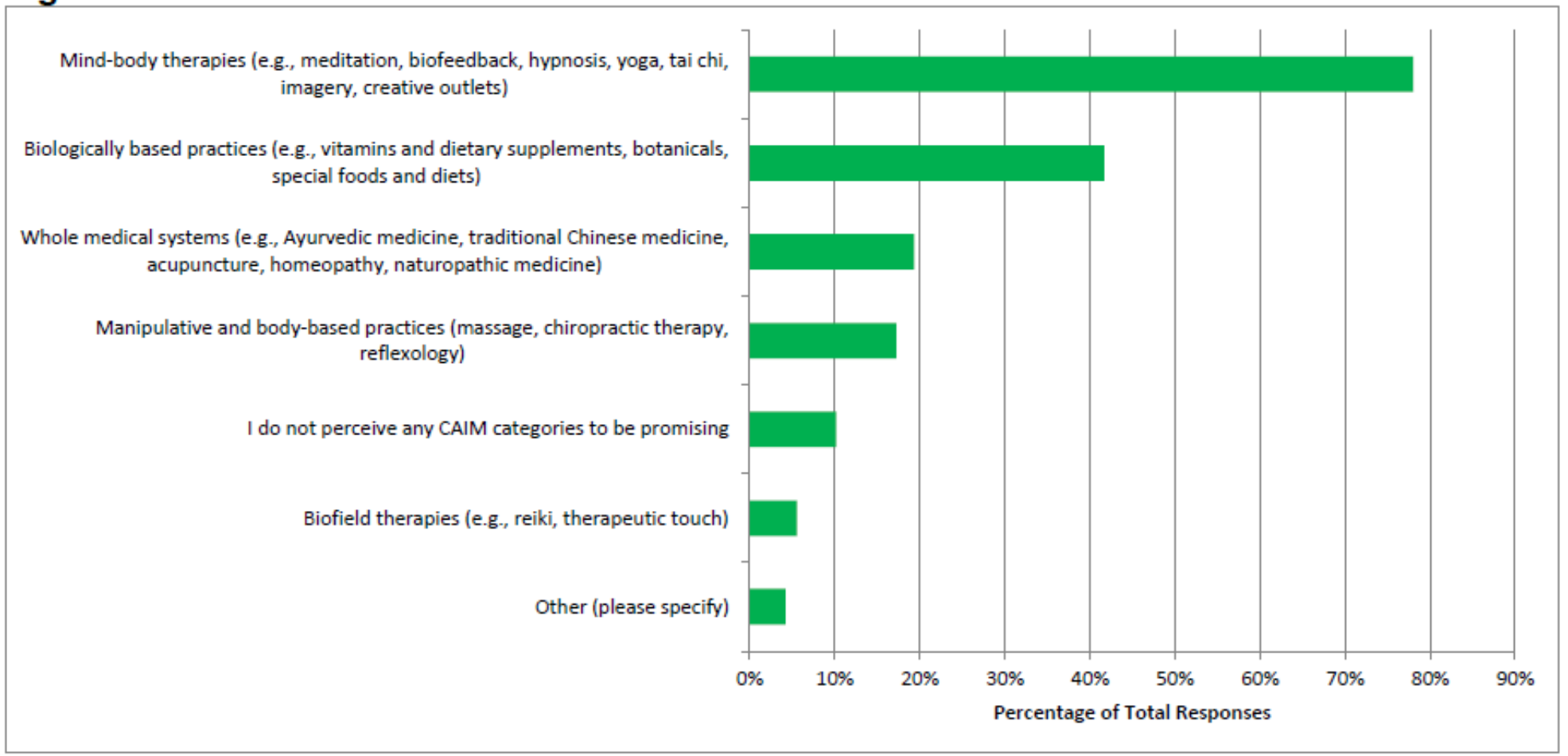



**Figure 1. CAIM Category Perceived to be the Most Promising**

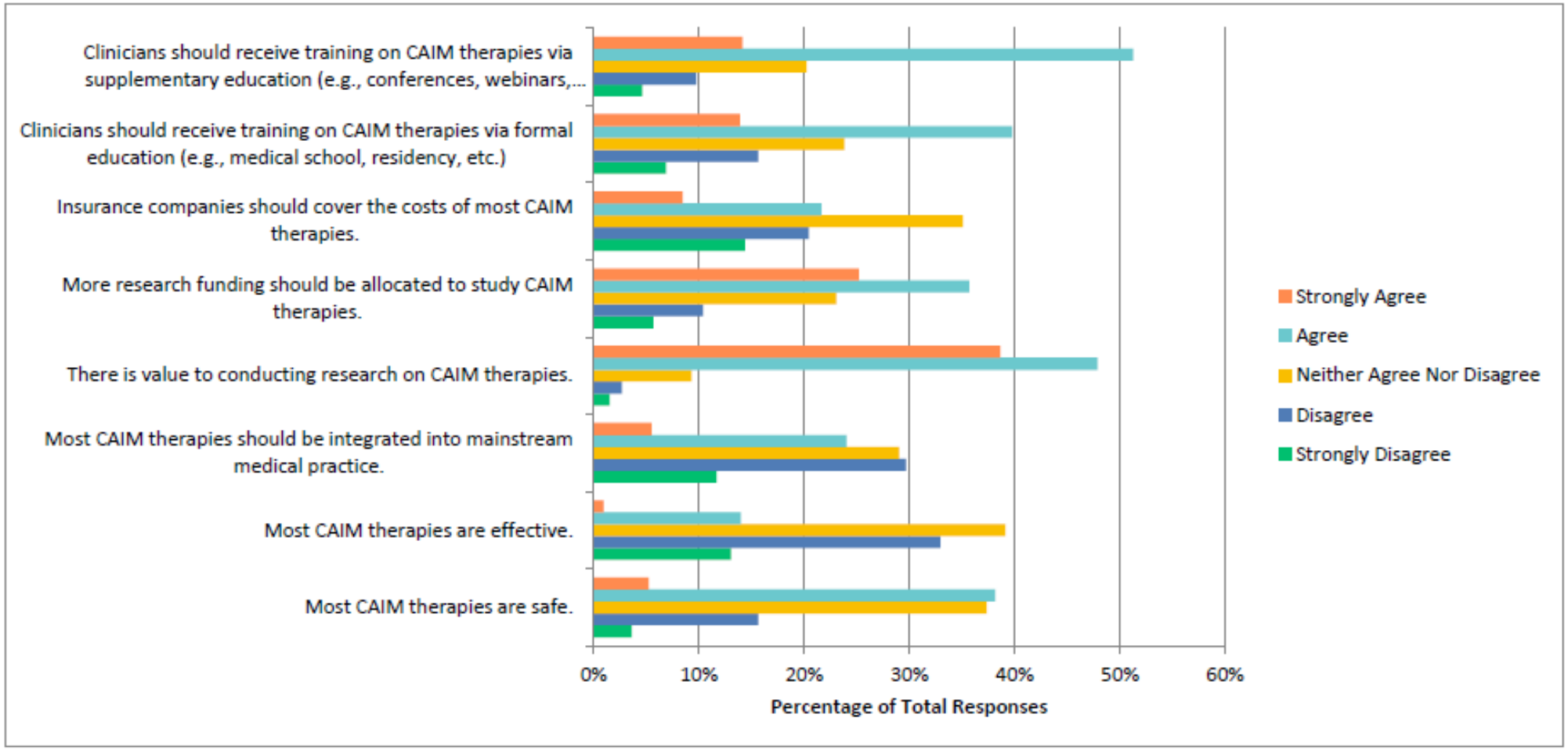



**Figure 2. Agreement with the Following Statements Regarding CAIM in General**

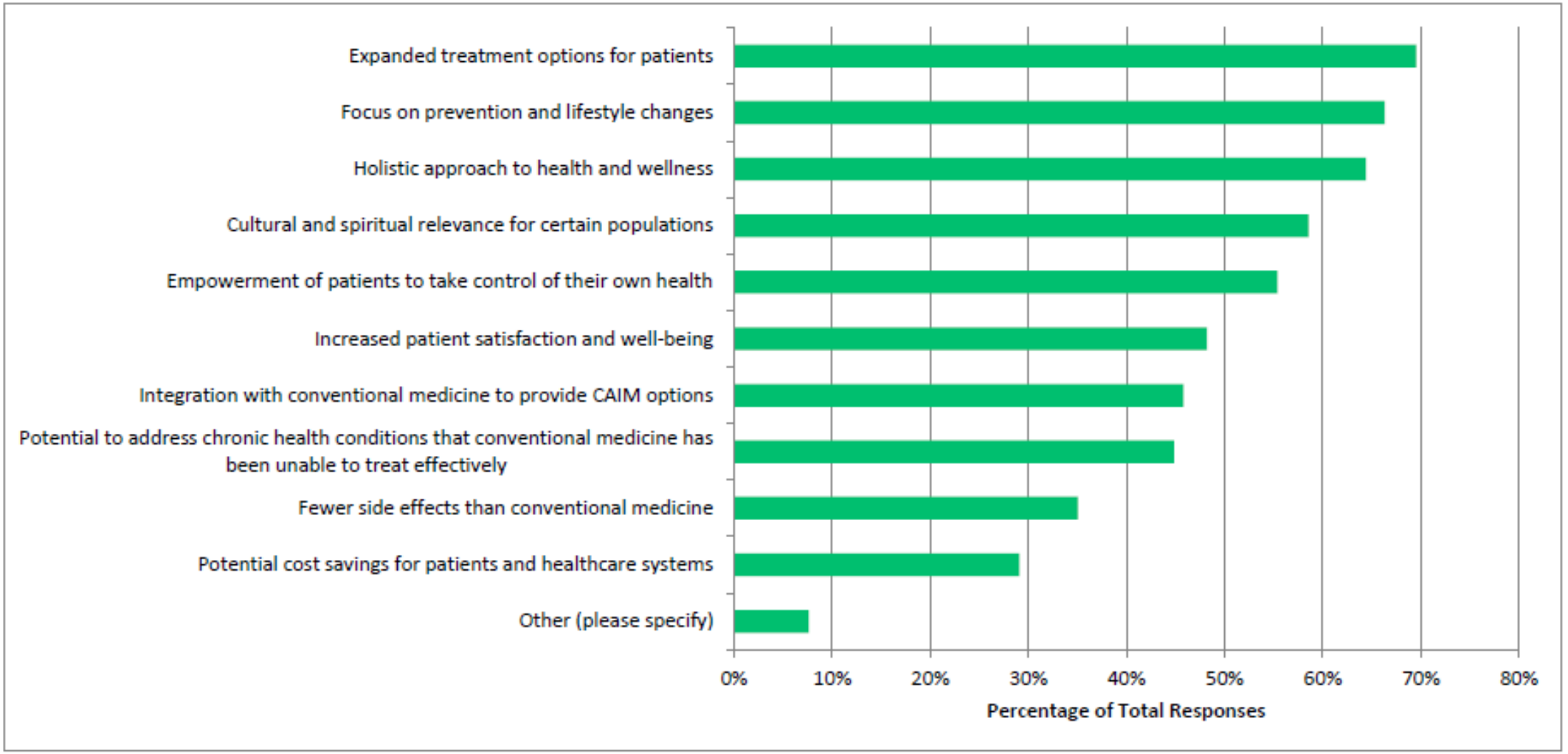



**Figure 8. Benefits Perceived to be Associated With CAIM**

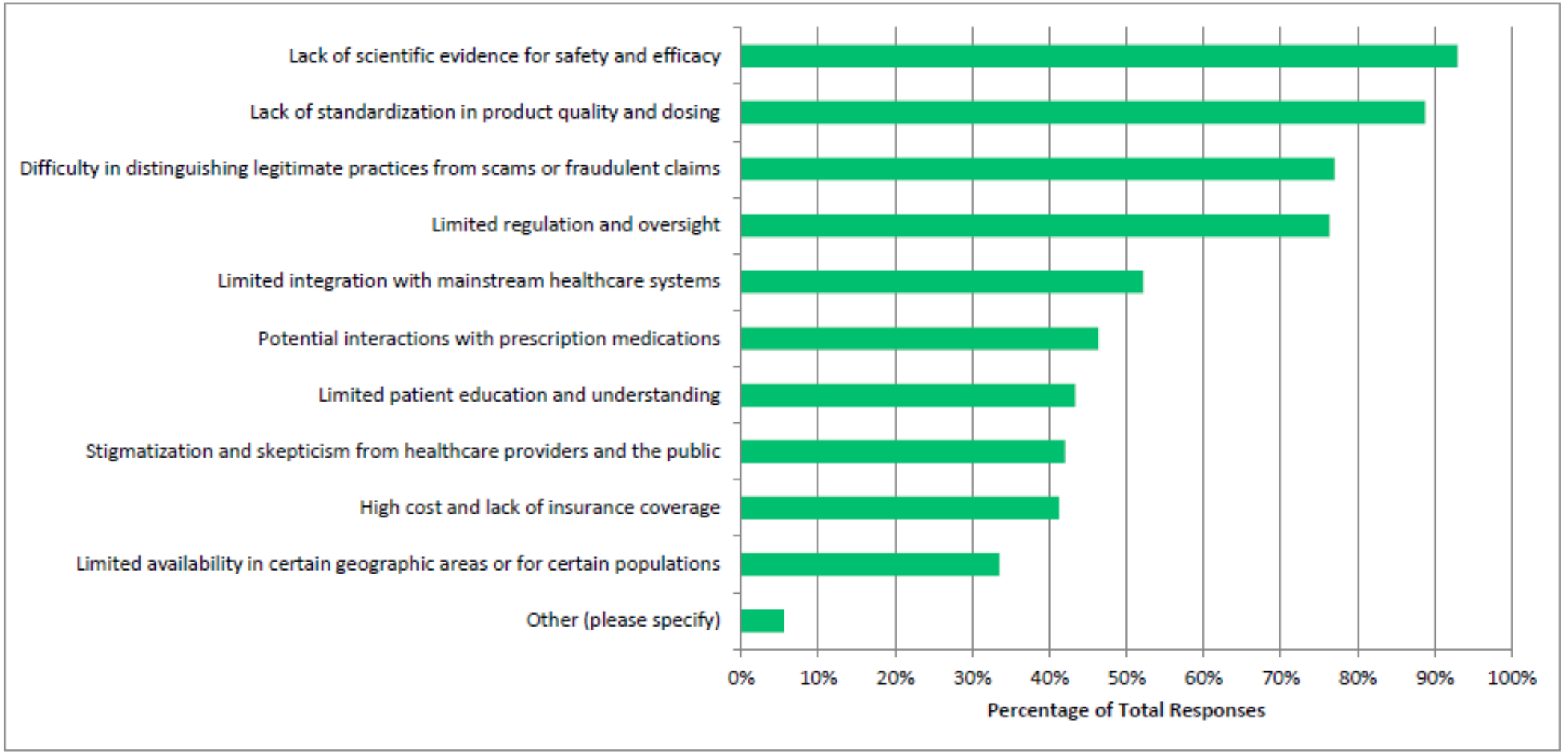



**Figure 9. Challenges Perceived to be Associated With CAIM**

# What is current status of herbal medicine researches in field of psychiatry in Iran?

- From PubMed searches, we found that Iran approximately publishes approximately 10-20 clinical trials in psychiatry annually.
- Specific searches for clinical trials on herbal medicine in Iranian psychiatry indicate that around 2-4 such trials are published each year.

- Percentage=(4/20)×100=20%

# Bridging the gap: Insights from Persian medicine

- **Valuable Pathways:** Leveraging insights from Traditional Persian Medicine (TPM) to uncover pathways for revolutionizing psychiatric treatments.

- **Clinical Studies**: Opening up new possibilities for clinical studies by integrating TPM knowledge with modern psychiatric research.

- **Natural-Origin Medications**: Creating novel, natural-origin medications for effective treatment of psychiatric conditions through the integration of TPM with modern psychiatric research

مقاله مروری

مجله دانشگاه علوم پزشکی بابل
سال ۱۳۹۸، دوره ۲۱، صفحه ۳۳۰-۳۲۰

# داروهای مفرح قلب و مکانیسم اثر آنها از دیدگاه طب سنتی ایرانی

سید عبدالرضا کمانه (MD)[۱]، مرتضی مجاهدی (MD, PhD)[۲]، امید مظفری (MD, MPH, PhD)[۱*]،
زهرا معماریانی (MD,PhD)[۳]، مهدی سراوانی (MD)[۱]

۱-مرکز تحقیقات مدیریت سلامت و توسعه اجتماعی، دانشگاه علوم پزشکی گلستان، گرگان، ایران
۲-مرکز تحقیقات طب سنتی و تاریخ علوم پزشکی، پژوهشکده سلامت، دانشگاه علوم پزشکی بابل، بابل، ایران
۳-گروه طب ایرانی، دانشکده طب ایرانی، دانشگاه علوم پزشکی بابل، بابل، ایران

جدول ۱. مفرحات قلب در طب سنتی ایرانی به ترتیب حروف الفبا و مکانیسم عمل آنها

| مفرده | نام علمی | عطریت | تنشیف | قبض | بالخاصیه | تریاقیت | متفرقه |
|---|---|---|---|---|---|---|---|
| ابریشم | *Albizia lebbek* | | + | + | + | | |
| اترج | *Citrus medica var. cedrata* | | + | | + | | |
| انار | *Punica granatum* | | | + | | | تلیین و تحلیل |
| ارمال | *Croton sp.* | + | | + | + | | |
| اسطوخودوس | *Nepeta mentoides or lavender* | + | | + | + | + | |
| اشنه | *Muscus arboreus* | + | | + | | | |
| افتیمون | *Cuscuta epithymum* | | بالعرض | | | | قطع سودا از روح |
| آس | *Myrtus communis* | + | | + | + | + | |
| آمله | *phyllanthus emblica* | | + | + | + | | |
| بادرنجبویه | *Melissa officinalis* | + | | | + | | |
| بسد | *Corallium vulgare* | | | + | + | | |
| بسفایج | *Polypodium vulgare* | | | | | | بالعرض |
| بهرامج | *Salix aegyptiaca* | + | | | | | |
| بهمن | *Centaurea behen* | + | | + | + | | |
| ترنج | *Citrusmedicava.cedrata* | | + | | + | + | |
| تفاح | *Malus domestica* | + | | | + | | |
| جدوار | *Curcuma zedoaria* | | | | | + | |
| دارچینی | *Cinnamumum verum j.presl* | + | | | + | + | |
| درونج | *Dronicum sp* | | | + | + | + | |
| دواءالمسک | - | | | | | + | |
| ذهب | *Aurum* | | | | + | | |
| زرنب | *Taxus baccata* | + | | + | | | |
| زرنباد | *Zingiber zrumbet* | + | | | + | + | |
| زعفران | *Crocus sativus* | + | | + | | | |

جدول ۲. مکانیسم عملکرد برخی مفرحات قلب و تاثیرات آن‌ها بر قلب و خلق و خو از دیدگاه طب رایج

| نام گیاه | نام علمی | ماده شاخص (اسانس – عصاره – فراورده) یا مکانیسم عمل گیاه | شواهد اثر بر خلق و خو | شواهد اثر بر قلب |
|---|---|---|---|---|
| ارمال | *Croton sp.* | caryophyllene oxide , β-caryophyllene , α-copaene, linalool and β-pinene, limonene and alfa-pinene. | تأثیر مهاری بر سیستم عصبی مرکزی(۲۲) | - |
| اسطوخودوس | *Nepeta mentoides or lavender* | Linaleol گاما آمینوبوتریک اسید | اثر ضد اضطراب و افسردگی(۲۳)، تأثیر بر سیستم عصبی(۲۴) | کاهش فشار خون سیستولیک در موش، آرام بخش قابل ملاحظه در انسان(۲۵). |
| افتیمون | *Cuscuta epithymum* | g-aminobutyric acid پلی فنل ها، فلاونوییدها | اثر ضد اضطراب و افسردگی(۲۳) | اثر حفاظتی بر قلب (۲۶) |
| آس | *Myrtus communis* | تأثیر عصاره M. communis بر مهار خواب REM تأثیر Oxidative stress and lipid peroxidation بر آترواسکلروزیس | درمان اختلالات اضطرابی در انسان(۲۷) | اثر حفاظتی بر قلب با تأثیر بر آترواسکلروزیس(۲۸) |
| آمله | *phyllanthus emblica* | GABA(B) agonist, and p-CPA (tryptophan hydroxylase inhibitor با تأثیر بر افسردگی، و تأثیر upregulating the PI3K/Akt/GSK3 beta/beta-catenin cardioprotective pathway بر قلب | عصاره آن، خاصیت ضدافسردگی دارد(۲۹) | تأثیر حفاظتی بر قلب(۳۰) |
| بادرنجبویه | *Melissa officinalis* | Volatile compounds, triterpenoids, phenolicacids and flavonoids | اثر ضد افسردگی(۳۱) | Crude extracts and pure compounds. β-adrenergic نیز با اثر antagonistic بر قلب، اثر آنتی آریتمی و ضد اضطرابی(۳۱) |
| بسفایج | *Polypodium vulgare* | عصاره آبی ریزوم | اثر مهاری بر سیستم عصبی مرکزی و آدنورسپتورها(۳۲) | - |
| بهرامج (بیدمشک) | *Salix aegyptiaca* | عصاره | تأثیر ضد اضطرابی بر موش(۳۳) | - |
| بهمن | *Centaurea behen* | Phenolic and flavonoid compounds | تأثیر ضد افسردگی(۳۴) | - |
| تفاح | *Malus domestica* | - | - | تاثیرحفاظتی بر بیماریهای قلبی موش(۳۵) |
| جدوار | *Curcuma zedoaria* | malondialdehyde (MDA) levels, superoxide dismutase (SOD), and glutathione peroxidase (GPX) | - | مرثرترین درمان در نارسایی قلب(۳۶) |
| دارچینی | *Cinnamomum zeylanicum* | بهبود مقاومت اندامها نسبت به انسولین | اثر حفاظتی بر سیستم عصبی مرکزی(۳۷) | - |
| درونج | *Dronicum sp.* | تأثیر آنتی اکسیدانی و رادیکال‌های آزاد | | تأثیر بر بیماریهای قلبی و ریوی(۳۸) |
| زرنباد | *Zingiber zrumbet* | terpinen-4-ol | - | تأثیر بر کاهش فشارخون(۳۹) |
| زعفران | *Crocus sativus* | safranal | تأثیر بر اختلالات افسردگی، و اضطراب(۲۷) | تأثیر حفاظتی بر قلب(۴۰) |


Thank You