



Clinical Pharmacognosy Series

# PRINCIPLES AND PRACTICE OF BOTANICALS AS AN INTEGRATIVE THERAPY



Edited by  
Anne Hume  
Katherine Kelly Orr



CRC Press  
Taylor & Francis Group

# **Principles and Practice of Botanicals as an Integrative Therapy**



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# Clinical Pharmacognosy Series

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*Navindra P. Seeram and Luigi Antonio Morrone*

Botanical medicines are rapidly increasing in global recognition with significant public health and economic implications. For instance, in developing countries, a vast majority of the indigenous populations use medicinal plants as a major form of healthcare. Also, in industrialized nations, including Europe and North America, consumers are increasingly using herbs and botanical dietary supplements as part of integrative health and complementary and alternative therapies. Moreover, the paradigm shifts occurring in modern medicine, from mono-drug to multi-drug and poly-pharmaceutical therapies, has led to renewed interest in botanical medicines and botanical drugs.

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Principles and Practice of Botanicals as an Integrative Therapy

*Anne Hume and Katherine Kelly Orr*

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**Katherine Kelly Orr**



**CRC Press**

Taylor & Francis Group

Boca Raton London New York

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CRC Press is an imprint of the  
Taylor & Francis Group, an **informa** business

CRC Press  
Taylor & Francis Group  
6000 Broken Sound Parkway NW, Suite 300  
Boca Raton, FL 33487-2742

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Printed on acid-free paper

International Standard Book Number-13: 978-1-4987-7114-6 (Hardback)

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#### Library of Congress Cataloging-in-Publication Data

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Names: Hume, Anne, editor. | Orr, Katherine Kelly, editor.  
Title: Principles and practice of botanicals as an integrative therapy / Anne Hume, Katherine Kelly Orr.  
Description: Boca Raton, Florida : CRC Press, [2019] | Series: Clinical pharmacognosy series | Includes bibliographical references and index.  
Identifiers: LCCN 2018047185 | ISBN 9781498771146 (hardback : alk. paper) | ISBN 9781498771160 (ebook)  
Subjects: LCSH: Herbs--Therapeutic use. | Integrative medicine.  
Classification: LCC RM666.H33 H84 2019 | DDC 615.3/21--dc23  
LC record available at <https://lcn.loc.gov/2018047185>

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<http://www.crcpress.com>

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# *Introduction*

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Worldwide, the use of botanicals is a key component of healthcare. In the era of patient-centered and evidence-based care, a solid knowledge of botanicals and other natural products, as well as additional components of integrative healthcare is essential for clinicians. This is especially true in primary care, where clinicians commonly work with diverse individuals, as well as with their families and communities. Recognition and understanding of an individual's interest in the use of botanicals is important in particular, as many chronic conditions, for example, are related to lifestyle choices. The incorporation of botanicals, in addition to behavior changes, may better encourage a person's engagement in their own healthcare.

Many people routinely use botanicals and other natural products as part of one's self-care for general health and wellness across their lifespan. Our focus in this book has been to go beyond this. In addition to briefly reviewing the background, pharmacognosy, dosing and product issues, and safety, the chapter authors review the published clinical trial data on the use of botanicals in common diseases and health conditions in humans and conclude with a brief summary of the clinical application. Of note, similar to prescription and nonprescription drugs, clinical trials with botanicals commonly have issues related to their study methodology and thus their resulting application to patient care. The chapter authors have selected what they consider to provide the best evidence evaluating safety and efficacy in humans, especially as an integrative therapy.

An important consideration is that the individual botanical products studied in clinical trials may differ significantly from those products commonly available in a specific country. Given the complexity of the specific components in a botanical product, the results may not reflect those identified in the clinical trials. Caution should be exercised in extrapolating the results to specific individuals. A final point is that clinicians and researchers should be committed to reviewing the current and emerging evidence of botanicals and other aspects of integrative healthcare in an open, unbiased manner.

**Anne Hume, PharmD, FCCP, BCPS**

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