



# Herbal Teas Used Against Gastrointestinal Disorders

A dark blue arrow points to the right from the left edge of the slide. Below it, several thin, curved lines in shades of blue and grey sweep across the left side of the slide.

# Gastrointestinal Disorders

- A. Anorexia and dyspepsia
- B. Gastritis and peptic ulcer disease
- C. Irritable bowel syndrome
- D. Diarrhea
- E. Constipation
- F. Liver Diseases



## B. Gastritis and Peptic Ulcer Disease

- Gastritis: General term for inflammation of mucosal lining of the stomach caused by numerous factors such as alcohol, tobacco, spices, toxins, bacteria and drugs.
- Peptic ulcer disease: A discrete mucosal damage of stomach/duodenum.
- Imbalance of aggressive factors (acid production or pepsin etc.) and defensive factors (mucus production, bicarbonate and blood flow)
- *Helicobacter pylori* (in case of peptic ulcer)



## B. Gastritis and Peptic Ulcer Disease

- ▶ Treatment with;
  - ▶ Acid-neutralizing agents (antacids)
  - ▶ Anticholinergics and H<sub>2</sub> antagonists ... inhibition of acid secretion
  - ▶ Demulcent antiinflammatory and antibiotic remedies
  - ▶ Demulcent remedies such as mucilaginous herbal drugs (linseed, marshmallow leaves/roots, mallow leaves etc.) ... reduction of local irritation in acute gastritis,



## *Matricaria recutita* (German Chamomile)

- Dried flowers
- Infusion (3 g drug/150 ml water, 5-10 min.), 3-4 times a day
- Volatile oil (bisabolol, chamazulene), flavonoids (apigenin), coumarin derivatives, pectin-like mucilages
- Soothes the irritation of gastric mucosa, antiinflammatory and antispasmodic activity
- Acute gastritis and peptic ulcer




# *Glycyrrhiza glabra* (Licorice)

- Dried roots and rhizomes
- Infusion (2-4 g drug/150 ml water, 5 min.) 3 times a day, after meals
- Daily dose: max. 5-15 g dried herb (equivalent to 200-600 mg glycyrrhizin)
- Saponosides (glycyrrhizin, aglycone-glycyrrhetic acid), flavonoids (liquiritin, liquiritoside), coumarin derivatives
- Glycyrrhizin relieves gastric inflammation by inhibition of prostoglandin synthesis and lipoxxygenase.





## *Glycyrrhiza glabra* (Licorice)

- ▶ Saponosides act in synergism with flavonoids for antiulcer/antiinflammatory effect and to increase the viscosity of gastric mucosa
- ▶ Side effects: hypertension, potassium depletion
- ▶ Not advised for pregnant and patients who are suffering from kidney/liver disorders, hypertension, K deficiency and using corticoids.
- ▶ Shouldn't be used longer than 4-6 weeks due to its mineralocorticoid-like action

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- ▶ **Fl. Chamomillae**      **30g**
  - ▶ **Fr. Carvi**            **20 g**
  - ▶ **F. Menthae**            **30g**
  - ▶ **Fr. Foeniculi**         **20g**



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- ▶ **Fl. Chamomillae**      **35g**
  - ▶ **Fr. Carvi**              **35g**
  - ▶ **Fr. Foeniculi**          **35g**

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- ▶ **R. Liquiritae**      1k
  - ▶ **H. Absinthii**      1k
  - ▶ **Fr. Coriandri**      2k
  - ▶ **F. Salviae**      2k