

# The Importance of St. John's Wort in Modern Herbal Medicine



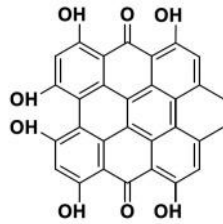
## Background

- Flowering plant native to Europe and Asia
- Scientific name : *Hypericum perforatum*
- Anti-depressive or anxiolytic
- Used to treat menopausal somatic symptoms, obsessive-compulsive disorder, behavioral issues, and psoriasis
- Herbal supplement has **not been given FDA approval** and is considered a **dietary supplement**.

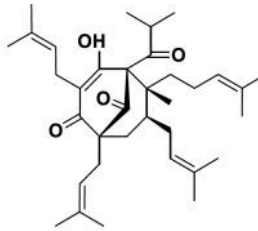


## Chemical Constituents and Use Cases

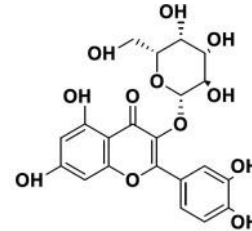
- Consists of anthraquinones
- The therapeutical important compounds in *Hypericum* species include phloroglucinols including hyperforin, naphthodianthrone including hypericin and pseudohypericin, and flavonoids such as quercetin, quercitrin, rutin, and hyperoside



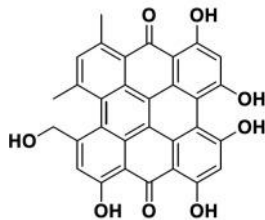
Hypericin



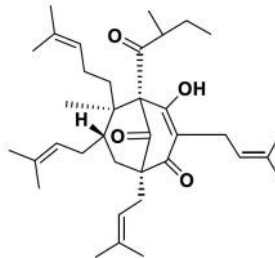
Hyperforin



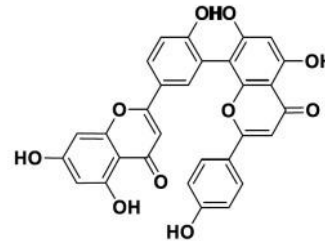
Hyperoside



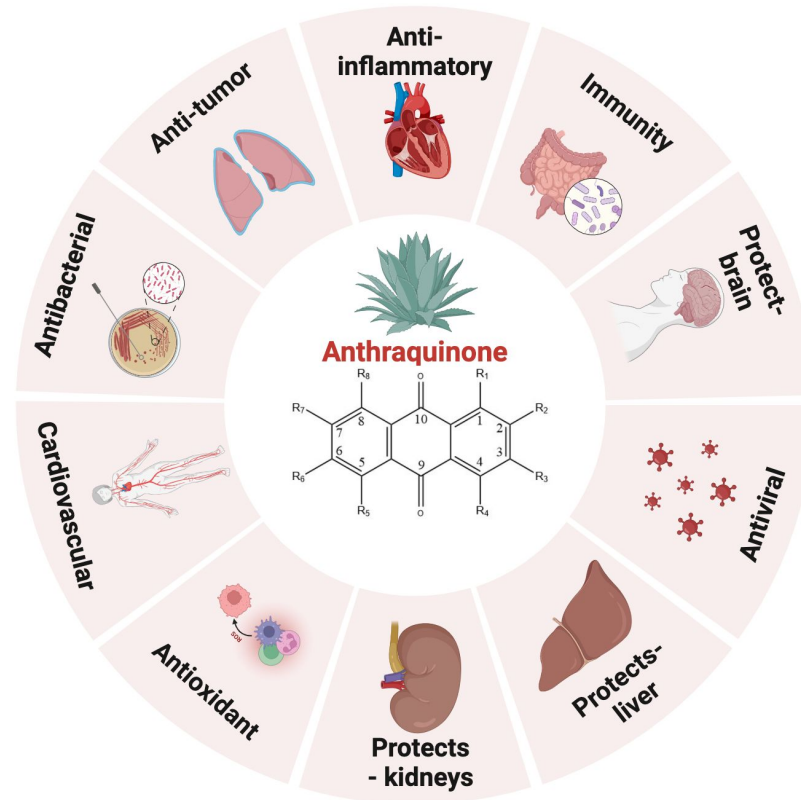
Pseudohypericin

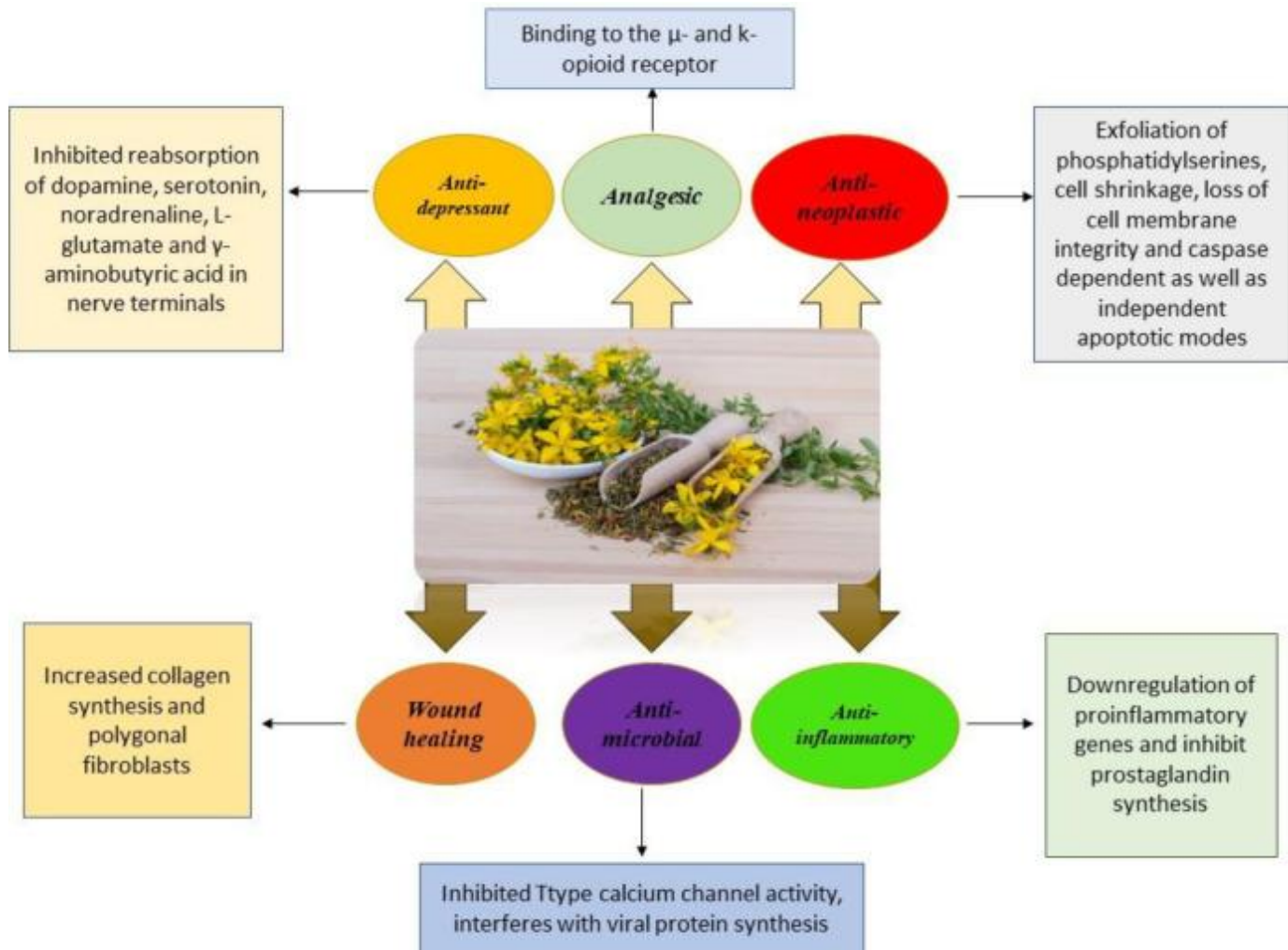


Adhyperforin



Amentoflavone





# Herbal triplet in treatment of nervous agitation in children

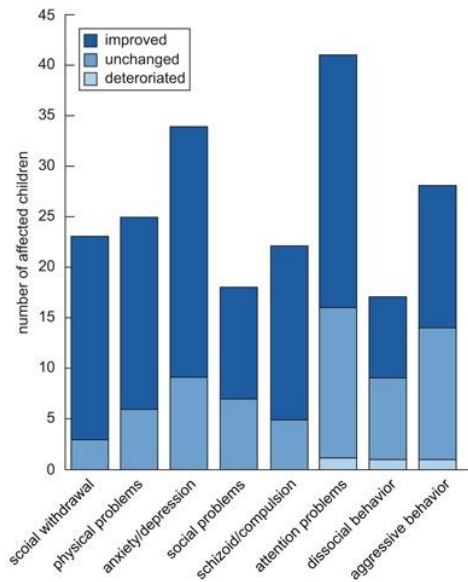
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**Tested herbal combination of St. John's Wort, Valerian, and Passionflower**





Altogether, up to **69.6 %** of children who were assessed as “borderline abnormal” or “abnormal” reached a “normal” assessment at the end of the observation period. The therapeutic success was not influenced by concomitant medication or therapies due to inclusion diagnosis.

Parents prefer nonmedical therapies as initial treatment because of the higher risk of side effects in therapies with chemical medication

For these families, the tested herbal combination of St. John’s Wort, Valerian, and Passionflower offers a good alternative and fulfills the requested aspects

presented study showed that the study medication is useful in situations of psychological mood disorders and sleep disorders due to nervousness also in children between 6 and 12 years of age.

# The impact of topical Saint John's Wort (*Hypericum perforatum*) treatment on tissue tumor necrosis factor-alpha levels in plaque-type psoriasis: A pilot study

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Clinical images before and after the treatment. (a) Left foot before treatment. (b) Left foot after treatment with drug. (c) Right foot before treatment. (d) Right foot after treatment with base ointment

Researchers use topical *Hypericum perforatum* to treat plaque-type psoriasis, an inflammatory disorder, where tumor-necrosis factor-alpha (TNF $\alpha$ ) is commonly found in psoriatic skin tissues. The study found that the anti-inflammatory capabilities of *Hypericum perforatum* ointment lowered cytokine content, including TNF $\alpha$ , in psoriatic lesions



- Depression
- Obsessive-compulsive disorder
- Premenstrual syndrome (PMS)

Reference :

- <https://www.ncbi.nlm.nih.gov/books/NBK557465/>
- <https://www.ncbi.nlm.nih.gov/books/NBK92750/>
- [https://pmc.ncbi.nlm.nih.gov/articles/PMC9526892/#:~:text=It%20is%20a%20very%20popular,obesity%20\(4%2C%205\).](https://pmc.ncbi.nlm.nih.gov/articles/PMC9526892/#:~:text=It%20is%20a%20very%20popular,obesity%20(4%2C%205).)
- <https://www.sciencedirect.com/topics/pharmacology-toxicology-and-pharmaceutical-science/pseudohypericin>