

make a complete list of herbs mentioned in the documents, listing those with strongest effects first
Here is a comprehensive list of herbs mentioned in the provided documents, organized by the strength of their reported effects, with the strongest effects listed first:

Herbs with Very Strong Effect / Strongest Evidence and Efficacy

These herbs have demonstrated significant clinical impact or efficacy comparable to pharmaceuticals.

- **Salvia miltiorrhiza (Danshen)**¹²

- **Reported Effects:** A meta-analysis demonstrated that Danshen injections could **effectively and significantly reduce serum levels of triglycerides, total cholesterol, and low-density lipoprotein cholesterol ($p < 0.001$ for all), while also elevating high-density lipoprotein cholesterol levels ($p \leq 0.02$ for all)** in the overall population¹. The lipid-lowering effect of Danshen injection was robust in patients with heart disease or stroke, and it exhibited a dose- and time-dependent relationship, with lipid reduction in high-dose treatment groups (30 mL) being greater than in low-dose groups (20 mL), and the reduction magnitude increasing with treatment prolongation¹. It also reduces endothelial inflammation and atherosclerotic plaque formation by inhibiting COX-2.

- **Berberine (BBR)**^{3...}

- **Reported Effects:** Identified as a **safe and effective treatment for type 2 diabetes and hyperlipidemia with new mechanisms** since 2004^{5....} Over the past 10 years, it has shown clinical effectiveness in decreasing lipids and glucose^{5....} It reduces blood lipid in hyperlipidemic patients with chronic hepatitis or liver cirrhosis⁵. Berberine reduces proprotein convertase subtilisin/kexin type 9 (PCSK9), a key regulator of LDL receptor (LDLR) expression, and its metabolites can induce low-density lipoprotein receptor upregulation to exert lipid-lowering effects in human hepatoma cells⁵. The combination of simvastatin with berberine improves lipid-lowering efficacy⁵. It has a novel role in lectin-like oxidized LDL receptor 1 (LOX-1)-mediated endothelial dysfunction, comparable to lovastatin⁵. Berberine reduces atherosclerosis by mediating gut microbiota in ApoE^{-/-} mice⁵. It exhibits antiatherosclerosis and antioxidant activities in hyperlipidemic model rats⁵. It reduces the development of foam cells in THP-1 macrophages by encouraging LXR α /ABCA1-dependent cholesterol efflux^{5....} Chronic infusion of berberine into the hypothalamic paraventricular nucleus attenuates hypertension and sympathoexcitation via the ROS/Erk1/2/iNOS pathway⁵. Berberine is an isoquinoline alkaloid extracted from various plants like *Coptis chinensis* and *Berberis vulgaris*^{6....} It is also involved in synergistic phytochemical combinations for improving its own bioavailability and efficacy, for example, with cinnamaldehyde-curcumin³. Co-administration with glycyrrhizin can show more efficiency than individual herbs, attenuating ischemia-reperfusion injury⁴. It can modulate GSK-3 β activity, thereby reducing tau pathology, relevant for Alzheimer's disease^{12....}

- **Hibiscus sabdariffa (HS)**^{5...}

- **Reported Effects:** Demonstrated **lipid-lowering effects and showed equivalent efficacy as standard antihypertensive agents (hydrochlorothiazide and lisinopril)** in comparative studies⁵. Exhibited antihyperlipidemic effects in hyperlipidemic rats⁵. It shows promise as an effective, safe, and affordable alternative or adjunct in the management of mild to moderate hypertension, offering cardiometabolic advantages⁵¹⁹. Its promising effect is attributed to high flavonoid content and vasodilation⁵²⁶. Hibiscus calyces carry anthocyanins and protocatechuic acid, which are associated with antioxidant activities and vasorelaxation properties that could act as a blood pressure regulator²⁰. It has shown diuretic and Angiotensin-converting effects²¹. It is scientifically combined

with *Allium sativum* for hypotensive and antihypertensive effects²². The plant contains active compounds like anthocyanins, polyphenols, and organic acids²⁴. It is anti-oxidant and anti-inflammatory, reducing blood pressure by opposing oxidative stress and inflammation²⁵. Consumption of red herbal tea from *Hibiscus sabdariffa* may be responsible for other cardiovascular benefits, including a significant reduction in both systolic and diastolic blood pressure^{26,27}. Although often efficacious, its safety profile, especially regarding drug interactions, warrants additional investigation¹⁵. Concurrent use with other plant extracts can potentiate its anti-hypertensive, anti-lipid, anti-adiposity, and blood glucose-lowering effects¹⁶. It is considered a supporting therapy in national guidelines for managing hypertension in low-resource settings¹⁷. Its potential to lower blood pressure has been studied, though effects can vary²⁹.

- **Flaxseed**^{5...}

- **Reported Effects:** Significantly reduced total cholesterol, LDL-cholesterol, and triglyceride levels, while increasing HDL-cholesterol in hypercholesterolemic patients after 4 weeks of roasted flaxseed powder supplementation⁵. It is rich in lignans, soluble fiber, dietary fiber, and omega-3 fatty acids, which are essential for cardiovascular disease (CVD) prevention and reduction, and lead to a significant reduction in serum cholesterol and triglyceride levels⁵. Flaxseed oil and sesame oil significantly decreased body weight gain, organ weight, and peritoneal fat in non-alcoholic fatty liver disease (NAFLD) rats⁵. Flaxseed supplementation combined with lifestyle modification (LM) is more effective than LM alone for NAFLD management⁵. It exhibits lipid-lowering effects via multiple mechanisms³⁰. Flax seeds contain the largest concentration of lignans, which demonstrate strong antiviral, antioxidant, anticancer, and antiatherosclerotic properties via functioning as phytoestrogens³¹....

Herbs with Strong Effect / Noteworthy Efficacy

These herbs have reported significant positive effects, often supported by preclinical or clinical studies.

- **Cinnamomi cassiae (cinnamon bark) extract**³⁴

- **Reported Effects:** Demonstrated antihyperglycemic and antihyperlipidemic action in C57BL/KS DB/DB mice³⁴.

- **Gymnema sylvestre**^{33,35}

- **Reported Effects:** A comprehensive review highlighted that its hexane extract improved cholesterol, triglyceride, LDL, and HDL levels, indicating its role in managing hyperlipidemia and related metabolic disorders³⁵. It is also a component of a pharmaceutical composition with Berberine for managing diabetes³.

- **Origanum vulgare (Oregano)**³⁶

- **Reported Effects:** The essential oil of *Origanum vulgare* exhibited notable anti-lipase activity and significant antioxidant properties³⁶.

- **Passiflora species (Passionfruit)**³⁶

- **Reported Effects:** Research consistently supports the potential lipid-lowering (hypolipemiantes) effects, showing favorable results for the control of dyslipidemia, including reducing total cholesterol, low-density lipoprotein (LDL), and triglycerides, and increasing high-density lipoprotein (HDL)³⁶. *Passiflora edulis* is the most studied species in this context³⁶.

- **Sinapic acid**³⁷

- **Reported Effects:** Significantly attenuates the impact of a high-fat diet on HMGCR and other genes involved in lipid metabolism, suggesting a potential role in the management of dyslipidemia³⁷.

- **Fenugreek (Trigonella foenum-graecum L.)**^{37...}

◦ **Reported Effects:** Significantly lowered fasting blood glucose, triglycerides, and very low-density lipoprotein cholesterol (VLDL-C) levels in a clinical study involving 18 individuals³⁷. In diabetic patients, fenugreek extract has reduced insulin resistance and improved blood glucose management³⁷. Its anti-hyperglycemic actions are linked to potentiating insulin release, improving insulin sensitivity, and preventing intestinal carbohydrate digestion and absorption³⁷. The anti-hyperglycemic properties are thought to be caused by steroids, saponins, alkaloids, and fiber in the fenugreek seeds³⁷. It is one of the herbs that exhibited no signs of toxicity and demonstrated a positive effect against NAFLD, dyslipidemia, diabetes, or hypertension by reducing lipid accumulation in high-fat diet rats³⁸. Its seeds contain polyphenol stilbenes³⁹....

• ***Pluchea indica* (L.) Less.**³⁷³⁸

◦ **Reported Effects:** Tea from this plant can potentially mitigate hyperglycemia and dyslipidemia in individuals with pre-diabetes without causing adverse effects on the kidneys, liver, or blood³⁷. It ameliorates hyperglycemia, dyslipidemia, and obesity in high-fat diet-fed mice³⁷. It is one of the herbs that exhibited no signs of toxicity and demonstrated a positive effect against NAFLD, dyslipidemia, diabetes, or hypertension by reducing lipid accumulation in high-fat diet rats³⁸.

• ***Allium sativum* (Garlic)**^{20...}

◦ **Reported Effects:** Exhibits lipid-lowering effects, with promising results comparable to conventional lipid-lowering agents in preclinical models³⁷. Reduces dyslipidemia in patients with type 2 diabetes mellitus³⁷. It exhibits lipid-lowering effects via multiple mechanisms such as antioxidant activity, inhibition of lipid synthesis, and enhancement of cholesterol excretion³⁰. It is abundant in organosulfur compounds, with allicin being the most notable, contributing to vasodilatory effects and a numerical reduction in blood pressure²⁰. It has been used since ancient times to treat hypertension⁴². It is traditionally employed for treating a variety of health problems globally⁴³. Scientifically combined with *Hibiscus sabdariffa* to have hypotensive and antihypertensive effects²². As part of the Amaryllidaceae family, its pungent odor comes from compounds like allicin²³. Bioactive compounds include allicin, diallyl sulfide, and diallyl disulfide⁴⁴. Its blood pressure-lowering properties are due to vasodilation and increased nitric oxide-producing capacity⁴⁵. Multiple mechanisms are responsible for its antihypertensive actions, including vasodilation, inhibition of ACE activity, antioxidant and anti-inflammatory effects, as well as management of resistance⁴⁶. It is anti-oxidant and anti-inflammatory, working to reduce blood pressure by opposing oxidative stress and inflammation in blood vessels²⁵. Random clinical trials have demonstrated that garlic intake can bring about a modest reduction in blood pressure⁴⁷. It contains phytochemicals including flavonoids, tannins, terpenoids, saponins, and phenolics²⁸. Potential side effects and drug interactions with blood-thinning medications are noted⁴⁸. It is utilized in herbal compositions with *Commiphora mukul* and *Curcuma longa* to treat/prevent hyperlipidaemia, hypertension, atherosclerosis, and hypercholesterolaemia in animals⁴⁹. It is also a component of an herbal formulation that increased hepatic and intestinal phase II enzyme levels⁵⁰. It is suggested as a potential therapeutic option for cardiovascular disorders⁵¹.

• ***Typha angustifolia* L.**^{37...}

◦ **Reported Effects:** Utilized in modern clinical practice for hyperlipidemia³⁷⁵³. Experimental studies showed effects on hypercholesterolemia and a protective effect on endothelial damage caused by hyperlipidemia³⁷.... Anti-hyperlipidemia and atherosclerosis effects were studied in quails³⁷. Clinical observation of 60 cases of hyperlipidemia treated by *Typha angustifolia* L.³⁷. Flavonoids are considered the most representative active metabolites³⁷.... This perennial marsh botanical drug has a medicinal legacy spanning over 1900 years in China, traditionally used to treat a variety of bleeding disorders and gynecological diseases⁵².... It contains various active

components and metabolites including flavonoids, steroids, phenylpropanoids, and organic acids⁵²⁶⁰. Over 94 compounds have been isolated and identified, demonstrating significant pharmacological activities such as anti-inflammatory, analgesic, anti-platelet aggregation, anti-atherosclerosis, and anti-oxidation^{52....} In modern clinical practice, it is utilized in the treatment of benign prostatic hyperplasia and fundus vascular lesions⁵³. It is effective in alleviating pain symptoms commonly associated with bleeding⁵⁶. It can inhibit prostatic hyperplasia induced by testosterone propionate and reduce serum testosterone levels⁶². It enhances muscle tension, improves contractility, and prolongs the contractility of isolated uterine smooth muscle in late pregnancy rats⁶². It significantly inhibits the calcification of human vascular smooth muscle cells induced by ouabain⁶². Both ethanol and water extracts had significant free radical scavenging ability and antioxidant activity⁶².

- **Coreopsis tinctoria Nutt. Extract**³⁷⁶⁷

- **Reported Effects:** Containing luteolin, marein, naringenin, and chlorogenic acid, it showed **downregulation of HMGCR expression** in HepG2 cells (oleic acid-induced) via SREBP inhibition³⁷⁶⁷.

- **Cocoa Shell Ingredients (CSF/CSE)**³⁷⁶⁷

- **Reported Effects:** Comprising phenolic compounds and dietary fiber, they demonstrated **inhibition of HMGCR activity** in vitro and in HepG2 cells³⁷⁶⁷.

- **Taxus chinensis var. mairei (AETC)**⁶⁸

- **Reported Effects:** **Potentiates the efficacy of osimertinib** in overcoming resistance by targeting the ERK...1/2/SREBP-2/HMGCR pathway and modulating cholesterol biosynthesis in cancer cells⁶⁸.

Herbs with Notable Effect / Demonstrated Benefits

These herbs have reported positive effects, but potentially less direct or require further detailed study.

- **Astragalus (Astragalus membranaceus)**^{69...}

- **Reported Effects:** Categorized among edible Traditional Chinese Medicines (TCMs) that exhibit **hypoglycemic and hypolipidemic effects**⁶⁹. As *Astragalus mongholicus*, it is a component of Buyang Huanwu Decoction (BHD)^{70....} It reduces *Lachnospiraceae* abundance, inhibiting TMA production and decreasing TMAO levels⁷⁰. It also reduces α -synuclein aggregation in the striatum and decreases *Proteobacteria*'s relative abundance in Parkinson's Disease models, inhibiting TMAO production⁷⁰. It improved insulin sensitivity, lowered total cholesterol (TC) and LDL-C, and increased HDL-C. It increased the activity of GSH-Px and reduced the contents of MDA, TNF- α , and CRE. It also reduced glucose-induced myocardial cell damage and reversed myocardial cell damage caused by ferroptosis in diabetic cardiomyopathies⁷⁷. It contains Astragaloside IV^{73....}

- **Dendrobium**⁶⁹

- **Reported Effects:** Recognized as an edible Traditional Chinese Medicine (TCM) that exhibits **hypoglycemic and hypolipidemic effects**⁶⁹.

- **Elaeagnus rhamnoides (L.) A. Nelson (Sea Buckthorn, SB)**^{2...}

- **Reported Effects:** A prospective anti-diabetic and osteoprotective supplement². Exerts hypoglycemic and anti-inflammatory properties, attenuates insulin resistance (IR), and inhibits advanced glycation end products (AGEs) formation, thereby positively affecting diabetic bone disease (DBD)-related mechanisms²⁸¹. An alcohol extract inhibits glucose absorption in the small intestine². SB fruit pulp reduced blood glucose levels in streptozotocin (STZ)-induced diabetic rats². An aqueous extract of SB seed residues demonstrated hypoglycemic properties². SB berries reduced the onset of hyperglycemia in Zucker diabetic fatty (ZDF) rats². Flavonoids (catechins,

quercetins, myricetins, and anthocyanins), isorhamnetin, and kaempferol are among its primary active components found in its roots, stems, leaves, flowers, and fruits².... Synergistic effects between quercetin and kaempferol, and kaempferol and epicatechin, support its potential to alleviate DBD⁸². It can reduce symptoms of Alzheimer's disease (considered a risk factor for osteoporosis)⁸³. It also shows significant potential in treating other bone-related diseases such as osteoporosis and rheumatoid arthritis⁸³. Its flavonoids and derivatives can delay the progression of diabetic cardiomyopathy (DCM)⁸⁴.... It is suggested as a potential therapeutic option for cardiovascular disorders⁵¹.

- **Garcinia cambogia Desr. aqueous extracts**²

- **Reported Effects:** Alleviate diabetes symptoms by improving lipid metabolism².

- **Emilia praetermissa Milne-Redh.**²...

- **Reported Effects:** Its anticoagulant properties helped improve hyperlipidemic disorders²....

- **Paeoniflorin (enriched extract)**²...

- **Reported Effects:** Showed effects on cholesterol metabolism in a hyperlipidemic rat model². It is the main active ingredient of Chishao and Baishao, processed from the roots of *Paeonia lactiflora* Pall.⁹⁰.... It is widely distributed in various tissues after absorption and can pass the blood-brain barrier⁹⁶.... Its pharmacokinetic parameters can be altered when combined with other botanical drugs like *Angelica sinensis* or *glycyrrhizic acid*⁹⁶....

- **Camellia sinensis**²

- **Reported Effects:** Showed promising results comparable to conventional lipid-lowering agents in preclinical models². Its extract has potential beneficial effects in antioxidant, anti-inflammatory, anti-hepatotoxic, and anti-tyrosinase activities².

- **Cynara cardunculus**²³⁰

- **Reported Effects:** Exhibits lipid-lowering effects via antioxidant activity, inhibition of lipid synthesis, and enhancement of cholesterol excretion²³⁰.

- **Medicago sativa**²...

- **Reported Effects:** Exhibits lipid-lowering effects via antioxidant activity, inhibition of lipid synthesis, and enhancement of cholesterol excretion²³⁰. It is reported to have synergistic therapeutic effects with *Panax ginseng*⁹⁹.

Other Mentioned Herbs with Reported Effects

This category includes herbs with various reported effects, where specific potency classifications (like "strong" or "notable" for lipid management) were not explicitly provided in the sources.

- **Rauwolfia serpentina**²⁹

- **Reported Effects:** Revealed hypolipidemic and hypotensive effects in albino rats without causing any adverse effects to the liver and kidney²⁹.

- **Perilla frutescens**¹⁰⁰...

- **Reported Effects:** An ingredient in Jing Si herbal tea¹⁰⁰. Its seeds, stems, and leaves contain 271 identified phytochemical substances, including flavonoids, anthocyanins, phenolic acids, volatile compounds, policosanols, tocopherols, triterpenes, phytosterols, and fatty acids¹⁰¹. A methoxyflavanone derived from it showed synergistic tumor suppression¹⁰².

- **Platycodon grandiflorus**¹⁰⁰...

- **Reported Effects:** The sole species in its family, conventionally used as herbal medicine and a common element in healthy foods and vegetable meals in Northeast Asia¹⁰³. At least 100 compounds have been isolated from it, including triterpenoid saponins, platyconin, taxifolin, platycoside, various quercetin and luteolin glycosides, fatty acids (palmitic, oleic), phenolic acids

(caffeic, ferulic), and sterols (spinasterol, β -sitosterol), and platycodin D103. Platycodin D, a bioactive component, induces cancer cell death102.

- **Glycyrrhiza glabra (Licorice)**100104

- **Reported Effects:** An ingredient in Jing Si herbal tea100. Patients who ingested licorice extracts after an ischemic stroke had significantly better neurologic improvement104.

- **Anisomeles indica (L.) Kuntze**100105

- **Reported Effects:** An essential plant for ethnomedicine, with a long history of application in the treatment of various ailments within the context of Traditional Chinese Medicine (TCM)105.

- **Artemisia argyi**100...

- **Reported Effects:** An ingredient in Jing Si herbal tea100. It has ethnomedicinal use as a healing agent. Jaceosidin, identified as its main constituent, can inhibit the production of pro-inflammatory mediators such as TNF- α , IL-1 β , and PGE2107. In vitro, this flavonoid induces the proliferation, migration, and differentiation of human umbilical vascular endothelial cells and stimulates microvessel formation in rat aortic tissue, associated with VEGFR2/FAK/PI3K/AKT/NF- κ B signaling pathways107.

- **Ophiopogon japonicas**100

- **Reported Effects:** An ingredient in Jing Si herbal tea100.

- **Houttuynia cordata**100

- **Reported Effects:** An ingredient in Jing Si herbal tea100.

- **Chrysanthemum morifolium Ramat.**100113

- **Reported Effects:** An ingredient in Jing Si herbal tea100. Extracts show protective properties on patients with ischemic stroke113.

- **Ruta graveolens**114

- **Reported Effects:** Methanol extracts promoted liver health and possessed robust hepatoprotective properties when combined with *Angelica sinensis*114.

- **Mulberry (Morus alba L.)**3851

- **Reported Effects:** Suggested as an interesting and potential therapeutic option in the management of cardiovascular disorders51. It exhibited no signs of toxicity and demonstrated a positive effect against NAFLD, dyslipidemia, diabetes, or hypertension by reducing lipid accumulation in high-fat diet rats38.

- **Lily of the valley (Convallaria majalis L.)**51

- **Reported Effects:** Suggested as an interesting and potential therapeutic option in the management of cardiovascular disorders, including hypertension, atherosclerosis, and ischemic heart disease51.

- **Motherwort (Leonurus cardiaca L.)**51

- **Reported Effects:** Suggested as an interesting and potential therapeutic option in the management of cardiovascular disorders, including hypertension, atherosclerosis, and ischemic heart disease51.

- **Hawthorn (Crataegus spp.)**51

- **Reported Effects:** Suggested as an interesting and potential therapeutic option in the management of cardiovascular disorders, including hypertension, atherosclerosis, and ischemic heart disease51.

- **Alisma plantago-aquatica subsp. orientale**38...

- **Reported Effects:** Exhibited no signs of toxicity and demonstrated a positive effect against NAFLD, dyslipidemia, diabetes, or hypertension by reducing lipid accumulation in high-fat diet rats38. It contains Alisol A 24-acetate (triterpenoids)115116.

- **Antidesma buniu**38

- **Reported Effects:** Exhibited no signs of toxicity and demonstrated a positive effect against NAFLD, dyslipidemia, diabetes, or hypertension by reducing lipid accumulation in high-fat diet rats38.

- **Aralia elata**38

- **Reported Effects:** Exhibited no signs of toxicity and demonstrated a positive effect against NAFLD, dyslipidemia, diabetes, or hypertension by reducing lipid accumulation in high-fat diet rats38.

- **Cassia obtusifolia**38

- **Reported Effects:** Exhibited no signs of toxicity and demonstrated a positive effect against NAFLD, dyslipidemia, diabetes, or hypertension by reducing lipid accumulation in high-fat diet rats38.

- **Citrus aurantium**38

- **Reported Effects:** Exhibited no signs of toxicity and demonstrated a positive effect against NAFLD, dyslipidemia, diabetes, or hypertension by reducing lipid accumulation in high-fat diet rats38.

- **Crocus sativus L. (Saffron)**38...

- **Reported Effects:** Exhibited no signs of toxicity and demonstrated a positive effect against NAFLD, dyslipidemia, diabetes, or hypertension by reducing lipid accumulation in high-fat diet rats38. Mentioned in major Islamic traditional medicine books117....

- **Cyclosorus terminans**38

- **Reported Effects:** Exhibited no signs of toxicity and demonstrated a positive effect against NAFLD, dyslipidemia, diabetes, or hypertension by reducing lipid accumulation in high-fat diet rats38.

- **Morus latifolia**38

- **Reported Effects:** Exhibited no signs of toxicity and demonstrated a positive effect against NAFLD, dyslipidemia, diabetes, or hypertension by reducing lipid accumulation in high-fat diet rats38.

- **Panax notoginseng**38...

- **Reported Effects:** Exhibited no signs of toxicity and demonstrated a positive effect against NAFLD, dyslipidemia, diabetes, or hypertension by reducing lipid accumulation in high-fat diet rats38. It is a component of Compound Danshen Dripping Pill120121. Contains Panax notoginseng saponins (PNS) and Ginsenoside Rb193....

- **Rosmarinus officinalis**12...

- **Reported Effects:** Exhibited no signs of toxicity and demonstrated a positive effect against NAFLD, dyslipidemia, diabetes, or hypertension by reducing lipid accumulation in high-fat diet rats38. Herbal products from Southeast Asia, such as rosemary, show neuroprotective properties by preventing encephalitis and suppressing A β accumulation12....

- **Moringa oleifera**38...

- **Reported Effects:** Exhibited no signs of toxicity and demonstrated a positive effect against NAFLD, dyslipidemia, diabetes, or hypertension by reducing lipid accumulation in high-fat diet rats38. Contains ascorbic acid, rutin, quercetin, and catechin. Its concentrated methanol extract contains flavonoids, phenols, saponins, tannins, alkaloids, terpenoids, and steroids122....

- **Phyllanthus emblica**38

- **Reported Effects:** Exhibited no signs of toxicity and demonstrated a positive effect against NAFLD, dyslipidemia, diabetes, or hypertension by reducing lipid accumulation in high-fat diet rats³⁸.

- **Picrorhiza kurroa**³⁸...

- **Reported Effects:** Exhibited no signs of toxicity and demonstrated a positive effect against NAFLD, dyslipidemia, diabetes, or hypertension by reducing lipid accumulation in high-fat diet rats³⁸. Contains apocynin⁹³....

- **Pimpinella anisum**³⁸

- **Reported Effects:** Exhibited no signs of toxicity and demonstrated a positive effect against NAFLD, dyslipidemia, diabetes, or hypertension by reducing lipid accumulation in high-fat diet rats³⁸.

- **Panax ginseng**⁹³...

- **Reported Effects:** Reported to have synergistic therapeutic effects with *Medicago sativa*⁹⁹. Contains Panax notoginseng saponins (PNS) and Ginsenoside Rb¹⁹³.... A 1:1 ratio with *Coptidis rhizoma* had a therapeutic effect on T2DM¹²⁵. It is a component of the GRAPE formula, which showed sustained cognitive improvements in dementia patients¹²⁹.... It is also a component of the Coptis root and ginseng formula¹²⁶.... Phytonutrients from ginseng contribute to enhanced neuroprotection and reduced A β burden¹²....

- **Hypericum perforatum L. (St. John's wort)**⁹⁹

- **Reported Effects:** Included in a review of commonly used herbal medicines that affect the central nervous system, for their potential drug interactions with conventional drugs⁹⁹.

- **Cannabis flos/herba/resina**⁹⁹

- **Reported Effects:** Included in a review of commonly used herbal medicines that affect the central nervous system, for their potential drug interactions with conventional drugs⁹⁹.

- **Eriobotrya japonica (Thunb.) Lindl. (Loquat leaf)**¹³⁵...

- **Reported Effects:** Its water extract alleviated airway inflammation cell infiltration and mucus production, and reduced airway smooth muscle cell hyperresponsiveness¹³⁶.... Its ursolic acid's TRPV1 inhibitory activity is substantially augmented by alkaloids (peiminine and peimine) derived from *Fritillaria*¹³⁵....

- **Fritillaria**¹³⁵...

- **Reported Effects:** Alkaloids (peiminine and peimine) derived from it substantially augment the TRPV1 inhibitory activity of ursolic acid found in loquat leaf¹³⁵.... It is also an ingredient in "Gualou zhishi tang" (China), used for thick phlegm¹⁴¹.

- **Angelica sinensis (Oliv.) Diels**⁷⁰...

- **Reported Effects:** Methanol extracts promoted liver health and possessed robust hepatoprotective properties when combined with *Ruta graveolens*¹¹⁴. It is a component of Buyang Huanwu Decoction (BHD)⁷⁰.... When combined with paeoniflorin, its absorption rate is accelerated, peak time (T_{max}) is shortened, T_{1/2} is increased, mean residence time (MRT) is prolonged, and its distribution within said tissues is widened⁹⁶.... It is also a component of Danggui Sini San¹⁴²....

- **Paeonia lactiflora** Pall.⁷⁰...

- **Reported Effects:** Component of Buyang Huanwu Decoction (BHD)⁷⁰.... Chishao and Baishao are processed from its roots, and paeoniflorin is its main active ingredient⁹⁰.... Contains paeoniflorin⁹³....

- **Carthamus tinctorius** L.⁷⁰...

- **Reported Effects:** Component of Buyang Huanwu Decoction (BHD)⁷⁰....

- **Prunus persica (L.) Batsch**⁷⁰...

- **Reported Effects:** Component of Buyang Huanwu Decoction (BHD)70....
- **Rehmannia glutinosa (Gaertn.) Libosch. ex DC.**70...
 - **Reported Effects:** Component of Compound Dihuang Granule (CDG)70.... Also a component of the GRAPE formula, demonstrating sustained cognitive improvements129.... Component of various TCM compounds for antidiabetes and diabetic cardiomyopathy145....
- **Uncaria rhynchophylla (Miq.) Miq.**70...
 - **Reported Effects:** Component of Compound Dihuang Granule (CDG)70....
- **Arctium lappa (Larger burdock)**31...
 - **Reported Effects:** The roots have been used as food and traditional herbal medicine for hundreds of years31.... Its seeds contain arctigenin31....
- **Coptis chinensis**6...
 - **Reported Effects:** A natural substance extracted from this herb is berberine6.... It has been widely applied in Chinese and Ayurvedic medicine for millennia9.... High frequency of use in TCM for clearing heat and drying dampness, purging fire, detoxification, and diabetes155156. A 1:1 ratio with *Ginseng radix et rhizoma* had a therapeutic effect on T2DM125.
- **Berberis vulgaris**6...
 - **Reported Effects:** A natural substance extracted from this herb is berberine6.... It is widely applied in Chinese and Ayurvedic medicine9....
- **Dioscorea batatas**130...
 - **Reported Effects:** Diosgenin-rich yam extract demonstrated significant improvements in cognitive performance and semantic fluency in healthy adults130.... It has anti-Alzheimer activity, anti-hyperlipidemia, and increases synapse density158.... Efforts to optimize its hydrophobic nature have enhanced brain bioavailability157....
- **Mentha spicata L. (Spearmint)**130...
 - **Reported Effects:** Polyphenolic extract showed substantial cognitive benefits in patients with age-associated memory impairment (AAMI), with supplementation significantly enhancing working memory, spatial accuracy, mood, and alertness130.... It has antioxidant, anti-inflammatory, and A β aggregation reducing effects158....
- **Salicornia europaea L.**130...
 - **Reported Effects:** Known for its neuroprotective properties, it improved spoken language comprehension and daily cognitive function in MCI patients over a 6–12-week trial, with no reported adverse effects130.... It is anti-amnesic, anti-depressant, and antioxidant158....
- **Wild blueberry extract**157...
 - **Reported Effects:** Improved episodic memory and reduced systolic blood pressure, demonstrating dual cognitive and cardiovascular benefits157....
- **Withania somnifera (Ashwagandha)**130...
 - **Reported Effects:** Significantly improved memory, executive function, and attention in patients with mild memory impairment130....
- **Zanthoxylum armatum DC.**129...
 - **Reported Effects:** Oil extract enhanced cognitive function and modulated cerebral blood flow, leading to increased task efficiency and reduced hemodynamic stress129....
- **Eleutherococcus senticosus**129...
 - **Reported Effects:** Its combined extract with *Drynaria fortunei* demonstrated benefits in memory recall, language fluency, and stress resilience129....
- **Drynaria fortunei**129...

- **Reported Effects:** Its combined extract with *Eleutherococcus senticosus* demonstrated benefits in memory recall, language fluency, and stress resilience129....

- **Acorus tatarinowii**129...

- **Reported Effects:** A component of Kai-Xin-San, which effectively inhibited A β generation and aggregation by reducing BACE1 levels163.... Also a component of the GRAPE formula, which showed sustained cognitive improvements129....

- **Epimedium brevicornu**129...

- **Reported Effects:** A component of the GRAPE formula, which showed sustained cognitive improvements129....

- **Polygala tenuifolia**12...

- **Reported Effects:** A component of Kai-Xin-San, which effectively inhibited A β generation and aggregation by reducing BACE1 levels163.... It exhibits anti-A β aggregation and anti-inflammatory properties12....

- **Ginkgo biloba**12...

- **Reported Effects:** Exhibits anti-A β aggregation and anti-inflammatory properties12.... Its extract is mentioned39.... Phytonutrients contribute to enhanced neuroprotection and reduced A β burden, supporting cognitive health12....

- **Lavender** (essential oil)12...

- **Reported Effects:** Essential oils have been shown to inhibit AChE and enhance cognitive function12....

- **Thyme** (essential oil)12...

- **Reported Effects:** Essential oils have been shown to inhibit AChE and enhance cognitive function12....

- **Sage** (essential oil, including Spanish sage)12...

- **Reported Effects:** Essential oils have been shown to inhibit AChE and enhance cognitive function12....

- **Atractylodes lancea DC**12...

- **Reported Effects:** Demonstrated potential as an adjuvant therapy; may reduce mortality, mitigate oxidative stress and neuroinflammation, preserve BBB integrity, and improve cognitive function. It also has anticancer activity12....

- **Rosemary** (from Southeast Asia)12...

- **Reported Effects:** Has neuroprotective properties by preventing encephalitis and suppressing A β accumulation12....

- **Bacopa monnieri**12...

- **Reported Effects:** Phytonutrient contributing to enhanced neuroprotection and reduced A β burden, thereby supporting cognitive health12....

- **Callicarpa kwangtungensis (CK)**12...

- **Reported Effects:** An investigation identified 146 bioactive compounds that exert neuroprotective effects in AD models. These compounds enhance cognitive performance, reduce amyloid beta (A β) and tau pathology, and attenuate neuroinflammation. Mechanistically, CK modulates the tricarboxylic acid (TCA) cycle through the PI3K-AKT pathway and inflammation-related MAPK/NF- κ B signaling12....

- **Stellaria media**168...

- **Reported Effects:** Shows dose-dependent inhibitory action against pancreatic α -amylase and lipase, with lipase more strongly inhibited168.... It may reduce the buildup of fat in adipose tissue caused by a high-fat diet by preventing the intestinal absorption of dietary fat and

carbohydrates¹⁶⁸.... It is an edible medicinal species high in β -carotenes, γ -linolenic acid, phenols, vitamins, and minerals¹⁶⁸....

- **Artemisia annua** L.¹⁷¹...

- **Reported Effects:** The extraction of artemisinin from it has resulted in groundbreaking advancements in antimalarial drug development¹⁷¹.... It is one of the species of the Asteraceae family cultivated as culinary botanical drugs¹⁷⁴¹⁷⁵.

- **Coptidis rhizoma**⁴...

- **Reported Effects:** Has a high frequency of use in traditional and clinical uses for clearing heat and drying dampness, purging fire, detoxification, and diabetes¹⁵⁵¹⁵⁶. *Glycyrrhizin* from *Glycyrrhizae radix et rhizoma* reacts to form berberine glycyrrhizate salt, which moderates the bitter taste of berberine and prolongs efficacy⁴. Co-administration with *Glycyrrhizae radix et rhizoma* showed more efficiency than individual herbs, attenuating ischemia-reperfusion injury⁴. Co-administration with *Scutellariae radix* can lead to increased content of berberine and baicalin, confirming a synergistic effect¹⁵⁶. Its compatibility with *Euodiae fructus* showed variations in bioactive components upon co-decoction¹⁷⁶. Combined with *Magnoliae Officinalis cortex* (in Huanglian Houpo Decoction), it treats ulcers, colds, diarrhea, and influenza¹⁷⁷. A 1:1 ratio with *Ginseng radix et rhizoma* had a therapeutic effect on T2DM¹²⁵.

- **Scutellariae radix**¹²⁶...

- **Reported Effects:** Has a high frequency of use for clearing heat, drying dampness, purging fire, and diabetes¹⁵⁶. Co-administration with *Coptidis rhizoma* resulted in increased content of berberine and baicalin, confirming a synergistic effect¹⁵⁶. Often used in a 1:1 ratio to treat diabetes mellitus¹⁵⁶. It is a component of Gegen Qinlian decoction¹⁵⁴..., Coptis root and ginseng formula¹²⁶..., and Guizhi Ganjiang decoction¹⁷⁹....

- **Artemisia capillaris**⁷³...

- **Reported Effects:** Contains Capillin, a polyacetylene⁷³....

- **Artemisia caruifolia**⁷³...

- **Reported Effects:** Leaves water extraction yields polyphenols, flavonoids, condensed tannins⁷³....

- **Calotropis procera**⁷³...

- **Reported Effects:** Latex contains abundant laticifer proteins⁷³....

- **Cannabis sativa**¹⁸³...

- **Reported Effects:** Contains Cannabidiol¹⁸³....

- **Cassia auriculata** Linn¹⁸³...

- **Reported Effects:** Ethanolic extract of its flowers¹⁸³....

- **Catharanthus roseus**¹⁸³...

- **Reported Effects:** Contains Vindoline, an indole alkaloid¹⁸³....

- **Cnidium monnieri**¹⁸³...

- **Reported Effects:** Rhizome contains Ligustilide, a phthalide derivative¹⁸³....

- **Crassocephalum crepidioides**¹⁸³...

- **Reported Effects:** Aerial parts methanol extraction yields phenolic and flavonoids¹⁸³....

- **Crataegus aronia**¹⁸⁶...

- **Reported Effects:** Aerial parts undergo water extraction¹⁸⁶....

- **Curcuma** (general mention of genus)¹⁸⁶...

- **Reported Effects:** Rhizome contains Curcumin, a polyphenolic compound¹⁸⁶....

- **Dendrobium huoshanense**¹⁸⁶...

- **Reported Effects:** Stems water extraction yields polysaccharide (DHP)¹⁸⁶....

- **Dendrobium officinale**186...
 - **Reported Effects:** Mentioned in relation to extracts186....
- **Dillenia indica**186...
 - **Reported Effects:** Leaves are extracted by n-hexane, ethyl acetate, hydroethanolic186....
- **Echinodorus grandiflorus**189...
 - **Reported Effects:** Leaves are mentioned189....
- **Enicostemma littorale Blume**189...
 - **Reported Effects:** Whole plant extract (MeOH ext) contains betulin, swertiamarin, enicoflavine, swertisin (triterpenoid sapogenin, secoiridoid glycoside, flavonoid, and gentiocrucine)189....
- **Epimedium**189...
 - **Reported Effects:** Contains Icariside II, a flavonoid189....
- **Eugenia jambolana**50...
 - **Reported Effects:** Seeds extract by petroleum ether, aqueous acetone, EtOAc, and n-BuOH189.... It is also a component of an herbal formulation that exhibited increased hepatic and intestinal phase II enzyme levels50.
- **Herba Erigerontis**192...
 - **Reported Effects:** Contains Scutellarin192....
- **Homalium zeylanicum**192...
 - **Reported Effects:** Calyx contains Quercetin, a polyphenol192....
- **Hydrangea paniculata**192...
 - **Reported Effects:** Mentioned in studies192....
- **Hypoxis hemerocallidea**192...
 - **Reported Effects:** Corm aqueous extract192....
- **Ilex chinensis Sims**192...
 - **Reported Effects:** Contains coumarin glycosides192....
- **Inonotus obliquus**192...
 - **Reported Effects:** Sclerotium extract contains Phelligradin D192....
- **Lindera obtusiloba**195...
 - **Reported Effects:** Branch ethanol extraction contains hyperin, isoquercitrin, guaijaverin, avicularin, and quercitrin195....
- **Lithospermum erythrorhizon Sieb. et Zucc**195...
 - **Reported Effects:** Contains Shikonin195....
- **Momordica charantia**50...
 - **Reported Effects:** Leaves water extraction yields polyphenol and flavonoids195.... It is also a component of an herbal formulation that exhibited increased hepatic and intestinal phase II enzyme levels50.
- **Morinda citrifolia**122...
 - **Reported Effects:** Pulp and seeds extract by n-butanol122....
- **Nepeta angustifolia C. Y. Wu**122...
 - **Reported Effects:** Areal parts ethanol extraction contains oleanolic acid, betulinic acid, and ursolic acid122....
- **Ophiocordyceps sinensis**122...
 - **Reported Effects:** Contains Cordycepin122....
- **Padina pavonia**93...
 - **Reported Effects:** Extract by dichloromethane contains terpenoids93....
- **Paeonia suffruticosa Andr.**93...

- **Reported Effects:** Root Moutan ethanolic extract⁹³....
- **Parkia biglobosa**⁹³...
 - **Reported Effects:** Seeds extract contains protein⁹³....
- **Tripterygium wilfordii Hook. F**³⁹...
 - **Reported Effects:** Contains Celastrol³⁹....
- **Hericium erinaceus (medicinal mushroom)**^{198,199}
 - **Reported Effects:** Rich in bioactive compounds including polysaccharides, glycoproteins, and phenolic compounds¹⁹⁸. Chromatographic separation revealed ten active compounds with α -glucosidase activity, including novel erinaceols, which showed potent α -glucosidase inhibition¹⁹⁹. An aqueous extract reduced blood glucose levels, increased insulin levels, improved glycemic control, enhanced hepatic antioxidant enzyme activities, and decreased lipid peroxidation in STZ-induced diabetic rats¹⁹⁹.
- **Nigella sativa (NS)**²⁰⁰...
 - **Reported Effects:** One of the most widely researched medicinal herbs, frequently cited throughout medical history as the ultimate "cure-all"²⁰¹. Its seeds and oil are believed to have holistic medicinal properties²⁰¹. Its principal bioactive components are found in its seeds, containing volatile oils, alkaloids, terpenes, and phenolics²⁰². The most active constituent is thymoquinone (TQ)²⁰². All forms, including oil, water extracts, and dried/crushed seed portions, show substantial hypoglycemic potential²⁰³. Ingestion does not result in acute or chronic toxicity²⁰³.
- **Taraxacum officinale (Dandelion)**²⁰⁴...
 - **Reported Effects:** Folk medicine in Russia, India, and China for its hepatic and hyperglycemic properties²⁰⁵.... Utilized as food and sometimes as a treatment for DM²⁰⁵.... Contains bioactive compounds such as chicoric acid, taraxasterol (TS), chlorogenic acid, and sesquiterpene lactones with anti-diabetic potential²⁰⁵.... The root contains inulin (fructooligosaccharides), which can help normalize blood sugar levels and reduce hyperglycemia, and also impacts insulin secretion and sensitivity²⁰⁵....
- **Silybum marianum (Milk Thistle)**⁸⁷...
 - **Reported Effects:** Has significant ethnopharmacological value for wound healing⁸⁷.... A component of a polyherbal treatment for type II diabetes, showing potential anti-hyperglycemic and triglyceride-lowering effects²¹². Also part of a fixed combination with *Berberis aristata* extracts, demonstrating a clinical role in diabetic and hypercholesterolemic patients intolerant to statins²¹³.
- **Xanthium strumarium L.**⁸⁷...
 - **Reported Effects:** Used as a medicine in China for centuries, commonly for rhinitis and headaches⁸⁷.... Documented as a traditional herbal remedy for urinary tract infections, ear infections, DM, and indigestion in Bangladesh⁸⁷.... Contains caffeic acid, methyl-3, 5-di-O-caffeoylquinic acid, chlorogenic acid, sesquiterpene lactones; reduces PGL, inhibits aldose reductase (AR) and galactitol production, and has inflammatory and analgesic activity²¹⁴....
- **Gundelia tournefortii L.**⁸⁷...
 - **Reported Effects:** Plant with seeds often used to make pickles and acts as a diuretic⁸⁷.... Traditional Brazilian medicine prescribes it for renal and cardiac ailments⁸⁷....
- **Ocimum sanctum**⁵⁰
 - **Reported Effects:** A component of an herbal formulation that exhibited increased hepatic and intestinal phase II enzyme levels⁵⁰.
- **Psidium guajava**⁵⁰
 - **Reported Effects:** A component of an herbal formulation that exhibited increased hepatic and intestinal phase II enzyme levels⁵⁰.

- ***Pueraria lobata* (Willd.) Ohwi**142...
 - **Reported Effects:** A component of Gegen Qinlian decoction, which lowered glucose in T2DM rats154.... Also a component of Danggui Sini San142....
- ***Anemarrhena asphodeloides* Bunge**145...
 - **Reported Effects:** A component of Gegen Qinlian decoction, which lowered glucose in T2DM rats154.... Also in other TCM formulas for antidiabetes145....
- ***Conioselinum anthriscoides* ‘Chuanxiong’ (*Ligusticum chuanxiong* Hort.)**70...
 - **Reported Effects:** Component of Buyang Huanwu Decoction (BHD)70....
- ***Lonicera japonica* Thunb.**179...
 - **Reported Effects:** A key herbal component of modified Bojungikgi-tang (mBGT), which was more effective in preventing colon shortening and improving histological changes than the original BGT220. Component of Guizhi Ganjiang decoction179.... Its polysaccharides (LJP) mitigated cognitive impairment induced by lipopolysaccharide (LPS), acting as a neuroprotective agent against neuroinflammation221....
- ***Cinnamomum cassia* Presl**142...
 - **Reported Effects:** Component of Danggui Sini San142... and Guizhi Ganjiang decoction179....
- ***Poria cocos* (Schw.) Wolf**145...
 - **Reported Effects:** Component of several TCM compounds for antidiabetes and diabetic cardiovascular complications145.... Also a component of Kai-Xin-San, which effectively inhibited A β generation and aggregation163....
- ***Eupatorium fortunei* Turcz.**145...
 - **Reported Effects:** Component of several TCM compounds for antidiabetes and diabetic cardiovascular complications145....
- ***Epimedium Tourn. ex L.***145...
 - **Reported Effects:** Component of several TCM compounds for antidiabetes and diabetic cardiovascular complications145....
- ***Phellodendron chinense* Schneid.**147...
 - **Reported Effects:** A component of Si wei jiang huang tang san147....
- ***Tribulus terrestris* L.**147...
 - **Reported Effects:** A component of Si wei jiang huang tang san147....
- ***Paeonia × suffruticosa* Andrews**224...
 - **Reported Effects:** A component of Si wei jiang huang tang san224....
- ***Bacopa floribunda* (BF)**227...
 - **Reported Effects:** Traditionally revered as a memory enhancer and brain tonic in both traditional and Ayurvedic medicine; employed to combat aging, enhance memory, and prevent psychological disorders227....
- ***Lycium barbarum* (LB)**227...
 - **Reported Effects:** Significantly improved behavioral and cognitive performance in BALB/c mice; enhanced endurance, increased horizontal and vertical movement, and reduced escape latency. These effects were attributed to elevated ACh and choline acetyltransferase (ChAT) levels in the serum and hypothalamus, promoting better neuronal communication and reduced apoptosis227....
- ***Alpinia oxyphylla***166...
 - **Reported Effects:** Part of an herb pair with *Schisandra chinensis*, which reduced apoptosis and inflammation in A β 1-42-treated Kunming mice; significantly downregulated NF- κ B levels, showing strong anti-apoptotic and anti-inflammatory effects166....
- ***Schisandra chinensis***166...

- **Reported Effects:** An extract mitigated scopolamine-induced cholinergic deficits and oxidative stress; effectively inhibited AChE activity, restoring cognitive function²²¹....

- **Momordica cochinchinensis** (fruit extract)²³¹...

- **Reported Effects:** Improved spatial and fear-based memory, suggesting a role in cognitive resilience and AD prevention²³¹....

- **Cistanche tubulosa**¹⁸³...

- **Reported Effects:** Contains echinacoside¹⁸³.... Source of compounds like genistein, quercetin, abietic acid, and β -sitosterol, which modulated tp53 mRNA expression in key neuroprotective pathways²³¹....

- **Bamboo Species**

- **B. spinosa:** Leaf bud used in leprosy, fever, and haemoptysis; root to treat anuria²³⁴.

- **B. tulda:** Leaves to treat tetanus²³⁴.

- **B. vulgaris:** Leaves induce abortion, relieve labor pains, and act as a postpartum cleanser for livestock; bark treats haemorrhage, nausea, vomiting; fresh roots applied to hard tumours²³⁴.

- **Dendrocalamus giganteus:** Leaves used for the production of steroid drugs²³⁴.

- **D. hamiltonii:** Stem used as invigorate medicine for kidney²³⁴.

- **Dendrocalamus strictus:** Roots and stem had the highest Mn and Zn accumulation potential (phytoremediation); accumulated Fe and Pb²³⁵. Leaves are abortifacient, used for tuberculosis and clearing the uterus; tender shoots for wounds and injuries²³⁶. Antioxidant²³⁷.

- **Indosasa pingbianensis:** Shoots used for common cold and headache²³⁶.

- **Lophatherum gracile:** Stem and dried leaves used to treat urinary dysfunction and eczema due to damp-heat²³⁶.

- **Phyllostachys bambusoides:** Leaves and stem used as anti-pyretic and for haematuria²³⁶. Antioxidant and anti-inflammatory^{237,238}.

- **P. edulis:** Leaves and bark used to treat arthritic inflammations, haemorrhage, nausea, vomiting; anti-inflammatory; wound-healing potential^{236,239}. Isoorientin identified as an active compound²³⁹.

- **Dendrocalamopsis oldhami:** Antioxidant²³⁷.

- **Guadua angustifolia:** Antioxidant^{237,240}.

- **Indocalamus latifolius:** Anti-bacterial²³⁷.

- **P. pubescens:** Anti-inflammatory, anti-bacterial, antioxidant²³⁷. Essential oil has antioxidant and antimicrobial activities²⁴¹.

- **P. heterocyclus:** Anti-bacterial²³⁷. Essential oil has chemical composition, antioxidant and antimicrobial activities²⁴¹.

- **P. humilis:** Antioxidant²³⁷.

- **P. mannii:** Antioxidant²³⁷.

- **Phyllostachys nigra:** Aldose reductase and advanced glycation end-products inhibitory effect²³⁸.

- **Phyllostachys prominens:** Chemical constituents and antioxidant properties²³⁹.

- **Bamboo (general):** Shaving and sap are ingredients in TCM formulas¹⁴¹. Leaves (unspecified species) show antibacterial activity²⁴².

- **Alnus firma**¹¹⁵...

- **Reported Effects:** Ethanolic extract contains phenolic, flavonoids, and proanthocyanidin¹¹⁵....

- **Alpinia officinarum Hance**¹¹⁵...

- **Reported Effects:** Rhizome extract contains a diarylheptanoid component (DPH5)¹¹⁵....

- **Anoectochilus roxburghii Wall. Lindl.**⁷³...

- **Reported Effects:** Contains Kinsenoside⁷³....

- **Antrodia Cinnamomea**73...

- **Reported Effects:** Concentrated form mentioned in studies73....

- **Paeonia lactiflora Pall.**93...

- **Reported Effects:** Contains paeoniflorin93....

Herbal Formulations/Combinations with Reported Effects

This category includes formulations or combinations of multiple herbs, as requested by the query.

- **Jing Si Herbal Tea (JSHT)**100...

- **Composition:** A combination of eight herbs: *Anisomeles indica* (L.) Kuntze, *Artemisia argyi*, *Ophiopogon japonicas*, *Perilla frutescens*, *Houttuynia cordata*, *Glycyrrhiza glabra*, and *Platycodon grandifloras*, and *Chrysanthemum morifolium* Ramat.100.

- **Reported Effects:** Recognized for anti-viral, anti-aging, and anti-cancer properties, as well as protective effects against cardiovascular, metabolic, neural, digestive, and genitourinary diseases244. Generally shows weak potential toxicity104.

- **Pentaherb formula**247

- **Composition:** Not fully specified, but *Moutan cortex* (Danpi) and gallic acid are mentioned as components247.

- **Reported Effects:** Demonstrated anti-inflammatory and anti-allergic activities247.

- **Thyme and Cinnamon extracts**248

- **Composition:** Extracts derived from Thyme and Cinnamon248.

- **Reported Effects:** Showed influence on broiler performance248.

- **Thyme Herb and Ivy Leaves fluid extract combination**248

- **Composition:** Thyme Herb and Ivy Leaves248.

- **Reported Effects:** Efficacy and tolerability evaluated in adults with acute bronchitis and productive cough248.

- **Thyme and Primula extracts (fixed combination)**249

- **Composition:** Thyme and Primula extracts249.

- **Reported Effects:** Investigated for anti-inflammatory and mucus-regulatory activities in vivo and in vitro249.

- **Silybum marianum (Milk Thistle), Boswellia serrata, and Urtica dioica (Nettle) extracts (polyherbal treatment)**212

- **Composition:** *Silybum marianum*, *Boswellia serrata*, and *Urtica dioica* extracts212.

- **Reported Effects:** Showed potential anti-hyperglycemic and triglyceride-lowering effects in a clinical trial for type II diabetes, alongside previous hypoglycemic treatment212.

- **Commiphora mukul, Allium Sativum, and Curcuma longa (herbal composition)**49

- **Composition:** *Commiphora mukul*, *Allium Sativum*, and *Curcuma longa*49.

- **Reported Effects:** Utilized to treat and/or prevent hyperlipidaemia, hypertension, atherosclerosis, and hypercholesterolaemia in animals49.

- **Thymus vulgaris and Peganum harmala**49

- **Composition:** *Thymus vulgaris* and *Peganum harmala*49.

- **Reported Effects:** Most often utilized Iranian plants for anti-leishmanial activities49.

- **Ginger (Zingiber officinale) and Clove (Syzygium aromaticum L.)**213

- **Composition:** *Ginger* (*Zingiber officinale*) and *Clove* (*Syzygium aromaticum* L.)213.

- **Reported Effects:** Mentioned in a comparative study of root extracts for chemical composition, antioxidant potential, and cell213.

- **Berberis aristata and Silybum marianum extracts (fixed combination)**213

- **Composition:** *Berberis aristata* and *Silybum marianum* extracts213.

- **Reported Effects:** Demonstrated a clinical role in diabetic and hypercholesterolemic patients intolerant to statins²¹³.
- **Renshen-fuzi herbal pair**²⁵⁰
 - **Reported Effects:** Discovery of effective combination against heart failure²⁵⁰.
- **Danshen-Honghua herbal pair**²⁵⁰
 - **Reported Effects:** Discovery of a multi-component combination against vascular dementia²⁵⁰.
- **Curcuma longa and Allium hookeri extracts**²⁵¹
 - **Composition:** *Curcuma longa* and *Allium hookeri* extracts²⁵¹.
 - **Reported Effects:** A ratio of 3:7 showed optimal anti-inflammatory properties, indicating a synergistic plant-plant combination effect²⁵¹.
- **Cinnamaldehyde-curcumin-BBR (Berberine) formulations**³
 - **Composition:** Cinnamaldehyde, curcumin, Berberine³.
 - **Reported Effects:** Illustrates synergistic phytochemical combinations for improving Berberine's bioavailability and efficacy³.
- **Berberine and Gymnema Sylvestre extracts (Pharmaceutical Composition)**³
 - **Composition:** Berberine and *Gymnema Sylvestre* extracts³.
 - **Reported Effects:** A patent application for managing diabetes³.
- **Herbal formulation with Allium sativum, Eugenia jambolana, Momordica charantia, Ocimum sanctum, and Psidium guajava**⁵⁰
 - **Composition:** *Allium sativum*, *Eugenia jambolana*, *Momordica charantia*, *Ocimum sanctum*, and *Psidium guajava*⁵⁰.
 - **Reported Effects:** Exhibited increased hepatic and intestinal phase II enzyme levels⁵⁰.
- **Modified Ojayeonjonghwan (Wuzi Yanzong wan)**⁵⁰
 - **Reported Effects:** Effects on partial urethral obstruction-induced detrusor overactivity in rats, impacting nitric oxide pathway and oxidative stress⁵⁰.
- **Coptidis rhizoma (CR) and Glycyrrhizae radix et rhizoma (GRR)**⁴¹⁵⁵
 - **Composition:** *Coptidis rhizoma* and *Glycyrrhizae radix et rhizoma*¹⁵⁵.
 - **Reported Effects:** High frequency of use in traditional and clinical uses for clearing heat and drying dampness, purging fire, detoxification, and diabetes¹⁵⁵. Co-administration showed more efficiency than individual herbs, attenuating ischemia-reperfusion injury⁴. In a 3:2 ratio, it has an anti-diarrheal effect⁴.
- **Coptidis rhizoma (CR) and Scutellariae radix (SR)**¹⁵⁶
 - **Composition:** *Coptidis rhizoma* and *Scutellariae radix*¹⁵⁶.
 - **Reported Effects:** High frequency of use for clearing heat, drying dampness, purging fire, and diabetes¹⁵⁶. Compatibility efficacy related to changes in essential substances, with increased content of berberine and baicalin in the aqueous extract compared to single herbs, confirming synergistic effect¹⁵⁶. Often used in a 1:1 ratio to treat diabetes mellitus¹⁵⁶.
- **Coptidis rhizoma (CR) and Euodiae fructus (EF)**¹⁷⁶
 - **Composition:** *Coptidis rhizoma* and *Euodiae fructus*¹⁷⁶.
 - **Reported Effects:** Showed variations in bioactive components upon co-decoction, with a new substance potentially formed. Content of alkaloids in CR decreased with increasing proportion of EF¹⁷⁶.
- **Coptidis rhizoma (CR) and Magnoliae Officinalis cortex (MOC) (in Huanglian Houpo Decoction - HHD)**¹⁷⁷
 - **Composition:** *Coptidis rhizoma* and *Magnoliae Officinalis cortex*¹⁷⁷.

- **Reported Effects:** Combined in a 1:1 ratio to treat ulcers, colds, diarrhea, and influenza¹⁷⁷. A 3:2 ratio can prevent intestinal barrier damage in ulcerative colitis, enhances CR's antidiarrheal effect and alleviates its bitter and cold nature¹⁷⁷.
- **Coptidis rhizoma (CR) and Ginseng radix et rhizoma (GRER)**¹²⁵
 - **Composition:** *Coptidis rhizoma* and *Ginseng radix et rhizoma*¹²⁵.
 - **Reported Effects:** A 1:1 ratio had a therapeutic effect on T2DM¹²⁵.
- **Mulberry (*Morus alba* L.), Sea-buckthorn (*Elaeagnus rhamnoides*), Garlic (*Allium sativum* L.), Lily of the valley (*Convallaria majalis* L.), Motherwort (*Leonurus cardiaca* L.), and Hawthorn (*Crataegus* spp.)**⁵¹
 - **Composition:** These six herbs⁵¹.
 - **Reported Effects:** Suggested as an interesting and potential therapeutic option in the management of cardiovascular disorders, including hypertension, atherosclerosis, and ischemic heart disease⁵¹.
- **Ruta graveolens and Angelica sinensis (herbal mixture)**¹¹⁴
 - **Composition:** *Ruta graveolens* and *Angelica sinensis*¹¹⁴.
 - **Reported Effects:** Methanol extracts promoted liver health and possessed robust hepatoprotective properties¹¹⁴.
- **Lonicera japonica Thunb. (LJT), Atractylodes macrocephala Koidz. (AMK), and Alisma canaliculatum A. Braun & C.D.Bouche (AC)** (key herbal components of BGT - Bojungikgi-tang)²²⁰
 - **Composition:** *Lonicera japonica* Thunb., *Atractylodes macrocephala* Koidz., and *Alisma canaliculatum* A. Braun & C.D.Bouche²²⁰.
 - **Reported Effects:** A modified Bojungikgi-tang (mBGT) with a 3:1:1 ratio of LJT, AMK, and *Alisma orientalis* Juz. (a species similar to AC) was more effective in preventing colon shortening and improving histological changes than the original BGT²²⁰.
- **Andrographis paniculata, Cinnamomum burmani barks, and Curcuma xanthoriza rhizomes with Syzygium polyanthum leaves**²⁵²
 - **Composition:** *Andrographis paniculata*, *Cinnamomum burmani* barks, *Curcuma xanthoriza* rhizomes, and *Syzygium polyanthum* leaves²⁵².
 - **Reported Effects:** An herbal-based medicine formulation, evaluated in a clinical study involving 242 volunteers for its efficacy in diabetes treatment²⁵².
- **Erigeron breviscapus and enalapril**²⁵³²⁵⁴
 - **Composition:** *Erigeron breviscapus* (botanical) and enalapril (chemical drug)²⁵³²⁵⁴.
 - **Reported Effects:** Used in combination to improve diabetic kidney injury²⁵³²⁵⁴.
- **Ma Xin Shi Gan Decoction (MXSGD)**^{255...}
 - **Composition:** *Herba Ephedrae*, *Semen Armeniacae Amarum*, *Gypsum Fibrosum*, and *Radix Glycyrrhizae Preparata*^{255....}
 - **Reported Effects:** Reduced levels of IL-4, IL-13, PGE2, and SP in RSV-exacerbated asthma mouse models. It downregulated TRPV1 in lung tissue and decreased the capsaicin-induced increase in Ca²⁺ concentration in 16HBE cells, improving airway inflammation and hyperresponsiveness^{255....}
- **She Gan Ma Huang Decoction (SGMHD)**^{256...}
 - **Composition:** *Rhizoma Belamcandae*, *Herba Ephedrae*, *Rhizoma Zingiberis Recens*, *Herba Asari*, *Radix Asteris*, *Flos Farfarae*, *Fructus Jujubae*, *Rhizoma Pinelliae*, and *Fructus Schisandrae*^{261....}

- **Reported Effects:** Alleviated airway inflammation and mitigated airway remodeling in cold-induced asthma rats by regulating the TRPV1/NRF-1/mtTFA signaling pathway261....

- **Hou Pu Ma Huang Decoction (HPMHD)**264...

- **Composition:** *Magnolia officinalis*, *Herba Ephedrae*, *Gypsum Fibrosum*, *Semen Armeniacae Amarae*, *Herba Asari*, *Rhizoma Zingiberis*, *Fructus Schisandrae*, *Rhizoma Pinelliae*, and *Fructus Tritici levis*264....

- **Reported Effects:** Reduced lung inflammation and airway hyperresponsiveness in cigarette smoke-induced exacerbated asthma mouse models by downregulating TRPA1 and upregulating tight junction proteins in airway epithelium. TRPV1 may also be involved in its anti-asthma effects264....

- **San'ao Decoction**135...

- **Composition:** *Herba Ephedrae*, *Semen Armeniacae Amarae*, and *Radix Glycyrrhizae*270....

- **Reported Effects:** Subjected to long-term clinical validation for asthma management135....

- **Qingfei Oral Liquid**265...

- **Composition:** *Herba Ephedrae*, *Semen Armeniacae Amarae*, *Gypsum Fibrosum*, *Radix Scutellariae*, *Cortex Mori*, *Rhizoma Acori Graminei*, *Radix Paeoniae Rubra*, and *Rhizoma Polygoni*265....

- **Reported Effects:** Downregulation of TRPV1 expression in the lungs, reduction of airway sensitivity, and amelioration of airway inflammation273....

- **Jiuwei Maxing Granule**273...

- **Composition:** *Herba Ephedrae*, *Semen Armeniacae Amarae*, *Radix Glycyrrhizae Preparata*, *Rhizoma Cynanchi Stauntonii*, *Radix Asteris*, *Flos Farfarae*, *Radix Glehniae*, *Herba Schizonepetae*, *Periostracum Cicadae*, and *Fructus Trichosanthis*, *Flos Inulae*273....

- **Reported Effects:** Downregulation of TRPV1 expression in the lungs, reduction of airway sensitivity, and amelioration of airway inflammation273....

- **Compound Danshen Dripping Pill**120276

- **Composition:** *Saviae miltiorrhizae Bunge*, *Panax notoginseng Burkill*, and borneol120.

- **Reported Effects:** Inhibits pro-inflammatory cytokines and NF-κB expression, decreases D-dimer, erythrocyte aggregation, and blood hemorheology, promotes AQP1 and Nrf2 expression in a rat model of high-altitude hypoxia120. Plays a role in the inhibition of myocardial fibrosis276.

- **Qiliqiangxin**276

- **Reported Effects:** Plays a role in the inhibition of myocardial fibrosis276.

- **Buyang Huanwu decoction (BHD)**70...

- **Composition:** *Astragalus mongholicus Bunge*, *Angelica sinensis (Oliv.) Diels*, *Paeonia lactiflora Pall*, *Conioselinum anthriscoides 'Chuanxiong'*, *Carthamus tinctorius L*, *Prunus persica (L.) Batsch*, and Earthworm70....

- **Reported Effects:** Reduces *Lachnospiraceae* abundance, inhibiting TMA production and thus decreasing TMAO levels70.... Plays a role in the inhibition of myocardial fibrosis276.

- **Qi Shen Yi Qi pill**276

- **Reported Effects:** Plays an important role in the inhibition of myocardial fibrosis276.

- **Gualou Xiebai decoction**276

- **Reported Effects:** Plays an important role in the inhibition of myocardial fibrosis276.

- **Compound Dihuang Granule (CDG)**70...

- **Composition:** Composed of seven herbs: *Rehmannia glutinosa (Gaertn.) Libosch. ex DC.*, *Paeonia lactiflora*, *Uncaria rhynchophylla (Miq.) Miq.*, *Pearl Shell*, *Salvia miltiorrhiza*70....

- **Reported Effects:** An ancient Parkinson's Disease (PD) treatment70....

- **Gegen Qinlian decoction**¹⁵⁴...

- **Composition:** *Coptis Salisb*, *Scutellaria baicalensis* Georgi, *Pueraria lobata* (Willd.) Ohwi, *Anemarrhena asphodeloides* Bunge, *Panax quinquefolius* L., *Paeonia lactiflora* Pall., and *Zingiber officinale* Roscoe¹⁵⁴....

- **Reported Effects:** Lowered glucose in T2DM GK rats and Wistar rats¹⁵⁴....

- **Danggui Sini San**¹⁴²...

- **Composition:** *Angelica sinensis* (Oliv.) Diels, *Cinnamomum cassia* Presl, *Paeonia lactiflora* Pall., *Atractylodes macrocephala* Koidz., *Bupleurum chinense* DC., *Citrus aurantium* L., *Tetrapanax papyrifer* (Hook.) K. Koch, *Glycyrrhiza uralensis* Fisch, *Astragalus membranaceus* Fisch. ex Bunge, and *Pueraria lobata* (Willd.) Ohwi¹⁴²....

- **Reported Effects:** Alleviated insulin resistance in patients with Cardiovascular Diseases¹⁴²....

- **Coptis root and ginseng formula**¹²⁶...

- **Composition:** *Coptis chinensis* Franch., *Panax ginseng* C.A. Mey., *Scutellaria baicalensis* Georgi, and *Gardenia*¹²⁶....

- **Reported Effects:** Reduced serum levels

make a complete list of herbs mentioned in the documents, listing those with strongest effects first
The documents mention a variety of herbs and herbal formulations with diverse therapeutic potentials. Below is a comprehensive list of these herbs, prioritized by the strength of effects explicitly stated in the sources.

I. Herbs with Explicitly Stated "Strongest" or "Most Potent" Effects

- **Rauvolfia serpentina (R.serpentina):** This herb is considered the **most potent hypotensive herb**¹. Reserpine, an alkaloid derived from *R.serpentina*, was the first powerful medication widely used for long-term hypertension (HTN) treatment¹.

- **Fibraurea tinctoria:** This plant demonstrated the **highest activity** among 38 plants examined for antimalarial properties².

- **Bergamot:** Among several nutraceuticals, bergamot was found to be the **most effective** at raising HDL-C and lowering triglyceride (TG) levels³.

- **St. John's Wort (Hypericum perforatum):** Oils extracted from *Hypericum perforatum* during its flowering time were determined to be the **most potent**, exhibiting significant antibacterial activities⁴⁵.

- **Garlic (Allium sativum):** In one experiment, a daily supplement of 480 mg of garlic caused the **strongest antihypertensive effects**⁶.

- **Origanum vulgare (Greek oregano):** A methanolic extract from commercial Greek oregano was a **better inhibitor of DPP-IV** compared to greenhouse-grown extracts⁷. It also contained the **highest concentration of polyphenols** among the greenhouse-grown herbs tested⁸.

- **Coptidis rhizoma (CR):** When combined with other herbs in Traditional Chinese Medicine (TCM), CR "often resulted in **superior effects** compared to using them individually"⁹¹⁰. For example, the CR-Euodiae fructus (CR-EF) herb pair showed "better therapeutic effects" on Wei heat syndrome¹¹.

- **Danshen-Shanzha Formula (DSF):** This specific herb pair demonstrates **synergistic effects**, and its combination can "quicken and enhance the absorption of their ingredients" when compared to administering the single herbs¹²¹³.

- **Bu-Zhong-Yi-Qi-Tang (BZYQT):** This formulation showed **significant efficacy** in treating Overactive Bladder (OAB)¹⁴.

II. Herbs with Noteworthy or Significant Effects

- **Phytomedicines / Anti-diabetic plants:** Are explored for their therapeutic potential due to their bioactive compounds¹⁵.
- **Hypericum (St. John's Wort):** This herb is researched for its traditional use, phytochemistry, pharmacology, drug delivery, and bioactivity¹⁶. It is reported to ameliorate liver-related disorders and is rich in bioactive metabolites such as flavonoids, naphthodianthrone, and phloroglucinols^{17,18}.
- **Herbal medicines (general):** These remedies contain a wide range of bioactive compounds that can act as antioxidants, promote blood vessel relaxation, reduce inflammation, inhibit cell proliferation, and increase urine production¹⁹.
- **Hibiscus sabdariffa (Roselle):** Effective for antihypertensive treatment, exhibiting diuretic and Angiotensin-converting enzyme (ACE)-inhibitory effects²⁰.... It also possesses anti-inflammatory and antioxidant properties²⁵.
- **Ginger (Zingiber officinale):** This herb has antihypertensive efficacy; its active components (gingerols and shogaols) strengthen blood circulation and affect ion channels in smooth muscle cells²⁰.... It also demonstrates anti-inflammatory and antioxidant properties²⁵.
- **White mulberry, sea-buckthorn, lily of the valley, motherwort, hawthorn:** These herbs are suggested to contribute to the treatment of cardiovascular disorders²⁷.
- **Hawthorn (Crataegus sp.):** This is the most thoroughly and extensively studied plant for cardiovascular health, showing significant effectiveness as a supportive drug for chronic heart failure (specifically NYHA class II)^{28,29}.
- **Lily of the valley:** Contains cardiac glycosides that exert positive inotropic effects, and possesses anti-inflammatory and anticancer activities³⁰.
- **Motherwort (Leonurus spp.):** Known to contain various secondary metabolites; stachydrine is cardioprotective, antioxidant, and anti-inflammatory, while leonurine is antiapoptotic and cardioprotective^{31,32}. Its compounds also have antihypertensive and psycho-neurological effects³².
- **Coriandrum sativum (Coriander):** Has a proven antihypertensive effect, primarily due to leaves rich in flavonoids that exhibit ACE inhibition^{33,34}. It also has diuretic properties³⁴.
- **Apium graveolens (Celery):** Used in the treatment of hypertension, with reported cardioprotective, renal disease, and hypotensive applications³⁴.... It can improve fitness, indirectly affecting blood pressure³⁶.
- **Daucus carota (Carrot):** Traditionally used to treat HTN, it has been shown to decrease arterial blood pressure, possibly by blocking calcium channels³⁷.
- **Fuchsia Magellanica:** Leaf extract is noted for decreasing body temperature, acting as a diuretic, and lowering blood pressure³⁷.
- **Musanga Cecropioides (Umbrella tree, Cork Wood):** Latex and leaf extracts are established as vasorelaxant and hypotensive agents, reducing mean arterial blood pressure in a dose-dependent manner³⁷.
- **Rubiaceae family species:** Extensively studied for diverse pharmacological effects, including hypoglycemic, antihypertensive, and hypolipidemic effects relevant to Metabolic Syndrome (MetS)³⁸.
- **Essential Oil-Bearing Plants from Balkan Peninsula:** Identified as promising sources for new drug candidates for preventing and treating Diabetes Mellitus and Dyslipidemia^{39,40}.
- **Lychee Seed:** Recognized as a potential hypoglycemic agent^{39,40}.
- **Berberine** (from *Coptis chinensis* and *Berberis pruinosa* var. *pruinosa*): Demonstrates antidiabetic potential, effectively lowering TG and raising HDL-C, and is effective against insulin resistance (IR) and hyperinsulinemia (Hyperin)³.... It also ameliorates MAFLD by regulating gut microbiota and treats myocardial fibrosis (MF) by interfering with ncRNAs^{45,46}.

- **Quercetin** (found in plants like Motherwort, *Moringa oleifera*, Onion): Effective against IR and Hyperin, and is cardioprotective⁴¹.... It also treats MF by interfering with ncRNAs⁴⁶.
- **Silymarin**: Shown to be effective against IR and Hyperin⁴¹.
- **Phytosterols**: Have a modest lipid-lowering effect, which can be more effective when combined with other nutraceuticals³.
- **Moringa oleifera (MO) seeds**: A promising source of bioactive compounds for antioxidant and wound-healing purposes, particularly beneficial for managing diabetic ulcers⁴⁸.
- **Emblica officinalis (E. officinalis)**: This extensively studied plant contains a variety of chemical components and exhibits substantial antibacterial potency, potential to stop herpes virus, and numerous other pharmacological activities including antioxidant, anti-cancer, hepatoprotective, neuroprotective, immunomodulatory, anti-inflammatory, anti-diabetic, and anti-hyperlipidemic effects⁴⁹....
- **Arcangelisia flava, Coscinium blumeum**: These Thai medicinal plants demonstrate antioxidant and cytotoxic activities⁵⁴.
- **Chicory**: Shows a favorable safety profile and is considered a promising natural therapeutic option for long-term diabetes management⁵⁵. *Cichorium glandulosum* Boiss. & A. Huet can also enhance hyperuricemia by augmenting probiotics and inhibits inflammatory pathways⁵⁶.
- **Cinnamon (Cinnamomum verum)**: Possesses antidiabetic characteristics and evidence suggests clinical benefits for blood pressure lowering⁵⁷⁵⁸.
- **Aloe vera**: Identified with antidiabetic characteristics⁵⁷.
- **Cocoa (Theobroma cacao)**: Shows antidiabetic characteristics and contains antihypertensive phytochemicals like procyanidins, catechins, and epicatechin⁵⁷⁵⁹.
- **Soybean (Glycine max)**: Identified with antidiabetic characteristics⁵⁷.
- **Walnut (Juglans regia)**: Identified with antidiabetic characteristics⁵⁷.
- **Jing Si herbal tea (JSHT)**: A combination of eight herbs with anti-viral, anti-aging, and anti-cancer properties, and protective effects against cardiovascular, metabolic, neural, digestive, and genitourinary diseases, with most studies showing weak potential toxicity⁶⁰⁶¹.
- **Lindera aggregata (LA)**: Over 166 chemical components have been isolated from LA, and it is used in more than 525 classic formulations. Different parts of the plant exhibit varied chemical compositions and pharmacological activities⁶²....
- **Summer Savory (Satureja hortensis L.)**: Used as a traditional antibacterial medicine for gastrointestinal issues. Its antimicrobial activity is attributed to high carvacrol and thymol content⁶⁷⁶⁸. It also shows antioxidant properties and stimulatory effects on reproduction⁶⁹....
- **Ginseng (Panax spp.)**: Considered a promising candidate drug for treating coronary heart disease (CHD)⁷²⁷³. It contains over 200 ginsenoside and non-saponin components and influences blood pressure, cardiac function, and has lipotropic/antioxidant effects⁷³....
- **Danshen (Salvia miltiorrhiza Bunge)**: A traditional Chinese herb that promotes blood circulation and improves cardiac fibrosis⁷⁶. Its main active components (Tanshinone and Salvianolic acids) have regulatory effects on oxylipins, which are important in cardiovascular diseases (CVDs)⁷⁶⁷⁷. It also exhibits anti-atherosclerotic effects⁷⁸.
- **Fructus Crataegi (Shanzha)**: A component of the Danshen-Shanzha Formula (DSF), implicated in its atherosclerotic protection⁷⁹⁸⁰.
- **Scutellariae radix (SR)**: Its main active component, baicalin, possesses antioxidant, anti-diabetic, anti-viral, and anti-ulcer properties⁸¹⁸². The CR-SR herb pair is used for various heat-related symptoms⁸¹⁸².

- **Trichosanthes dioica fruits**: Show antihypertensive activity in rat models of dexamethasone-induced hypertension⁸³.
- **Alseis yucatanensis**: A natural product from Belize that exhibits multiple mechanisms of vasorelaxation⁸⁴.
- **Bouvardia terniflora triterpenoids**: Show an effect on blood sugar levels in diabetic mice⁸⁴.
- **Dandelion (Taraxacum officinale)**: A folk medicine in Russia, India, and China for its hepatic and hyperglycemic properties⁸⁵. It also exhibits diuretic effects⁸⁶.
- **Astragalus membranaceus Bunge**: Rich in flavonoids, saponins, polysaccharides, and triterpenoids, it exhibits diverse biological activities and can enhance hyperuricemia by augmenting probiotics⁵⁶⁸⁷.
- **Violae herba, Lobeliae chinensis herba, Isatidis radix**: These herbs possess anti-inflammatory and antibacterial properties⁸⁶.
- **Atractylodes macrocephala Koidz., Plantago asiatica L., Polygonum cuspidatum Siebold & Zucc.**: These plants mitigate hyperuricemia (HUA) primarily by suppressing NF-κB and PI3K/Akt inflammatory signaling pathways⁵⁶.
- **Typha angustifolia L.**: This plant has a long medicinal legacy (over 1900 years) in China, traditionally used for hemostatic and diuretic properties, and in modern research, it shows anti-inflammatory, analgesic, anti-platelet aggregation, anti-atherosclerosis, and anti-oxidative activities⁸⁸....
- **Rhubarb (Rheum palmatum L.)**: Used in various medicinal and edible applications. Its main active compounds include anthraquinones (emodin, rhubarb acid) and stilbenes (resveratrol)⁹²⁹³.
- **Basil (Ocimum basilicum)**: Contains antihypertensive phytochemicals such as linalool and eugenol⁵⁹.
- **Cardamom (Elettaria cardamomum)**: Shows evidence for blood pressure lowering, with phytochemicals including 1,8-cineole, terpinyl acetate, limonene, and terpinolene⁵⁸⁵⁹.
- **Black Cumin (Nigella sativa)**: Contains thymoquinone, thymol, and dithymoquinone, with evidence for blood pressure lowering⁵⁸⁹⁴.
- **Onion (Allium cepa)**: Contains quercetin and organosulfur compounds, with evidence for blood pressure lowering⁵⁸⁹⁴.
- **Ashwagandha (Withania somnifera)**: Contains withanolides, alkaloids, flavonoids, and glycosides, noted for antihypertensive properties⁹⁴.
- **Coconut (Cocos nucifera)**: Contains flavonoids and phenols, noted for antihypertensive properties⁹⁴.
- **Bacopa monnieri**: Contains bacosides, noted for antihypertensive properties⁹⁴.
- **Parsley (Petroselinum crispum)**: Contains apigenin and its glycosides, exhibiting hypotensive and hypolipidemic effects³⁴⁹⁴.
- **Red pepper**: Evidence suggests clinical benefit for blood pressure lowering⁵⁸.
- **Sesame**: Evidence suggests clinical benefit for blood pressure lowering⁵⁸.
- **Sumac**: Evidence suggests clinical benefit for blood pressure lowering⁵⁸.
- **Turmeric**: Can interact metabolically with ACE inhibitors and shows evidence for blood pressure lowering⁵⁸⁹⁵.
- **Black seed**: Evidence suggests clinical benefit for blood pressure lowering⁵⁸.
- **Andrographis paniculata (bitter herb)**: Included in scientific herbal medicine for diabetes mellitus⁹⁶. Its major compound, andrographolide, protects against inflammation, oxidative stress, and hyperglycemia⁹⁷.
- **Securigera securidaca**: Elicits antidiabetic effects in animal models⁹⁸.

- **Bidens pilosa L.:** This herb is extensively researched for its biological activity and its components are used to treat bacterial infections, cancer, obesity, HTN, malaria, and CVD⁹⁹.
- **Ostruthol:** A natural product that demonstrates strong activity against K⁺-spasms¹⁰⁰.

III. Other Mentioned Herbs and Their Uses

- **Saw Palmetto, Kava Root, Echinacea:** Mentioned in the context of supercritical extraction techniques for herbs¹⁰¹.
- **Amaranth seed oil:** Identified as a source of squalene¹⁰².
- **Ginkgo biloba, Ganoderma lucidum, Gynostemma pentaphyllum:** These plants are reviewed for their ethnopharmacological therapeutic potentials and medicinal properties against various CVDs¹⁰³.
- **Sonchus arvensis leaves:** An ingredient in scientific *jamu* (Indonesian traditional medicine) for Urinary Tract Stones and gout⁸³....
- **Orthosiphon stamineus leaves:** An ingredient in scientific *jamu* for Urinary Tract Stones⁸³. *Orthosiphon grandiflorus* is a medicinal plant used for kidney problems and bladder stones¹⁰⁶.
- **Strobilanthus crispa leaves, Imperata cylindrica roots:** Ingredients in scientific *jamu* for Urinary Tract Stones⁸³.
- **Curcuma xanthorrhiza (Temulawak) rhizomes, Curcuma longa (Turmeric) rhizomes, Phyllanthus niruri (Meniran) herb:** Ingredients in scientific *jamu* for Urinary Tract Stones, gout, and diabetes mellitus⁸³.... Meniran is also in a fitness formula that indirectly affects blood pressure³⁶.
- **Stelechocarpus burahol (Kepel) leaf, Caesalpinia sappan (Secang) wood/bark:** Ingredients in scientific *jamu* for gout¹⁰⁴¹⁰⁵.
- **Piper retrofractum (Cabe jawa) leaves, Plantago mayor (Daun sendok) leaves, Equisetum debile (Rumput bolong) herb:** Ingredients in herbal formulas for gout¹⁰⁵.
- **Cinnamomum zeylanicum (Cinnamon bark), Syzygium polianthum (Bay leaves):** Ingredients in scientific herbal medicine for diabetes mellitus⁹⁶.
- **Devil's claw, Eucalyptus, Pomegranate, Clover:** These herbs may modulate and inhibit CYP2C9 activity, impacting drug metabolism¹⁰⁷.
- **Yarrow:** Interacts metabolically with ACE inhibitors⁹⁵.
- **Himenaëa cangaceira:** Its essential oil contains sesquiterpenes (e.g., (E)-caryophyllene, germacrene D) with various reported bioactivities such as antitumoral, analgesic, and antimicrobial¹⁰⁸.
- **Verbascoside:** A phenylpropanoid glycoside isolated from various medicinal plants from different families¹⁰⁹.
- **Artemisia annua, Wrightia coccinea, Nigella sativa, Salvia officinalis:** Mentioned in the context of their structures or active compounds¹¹⁰.
- **Sesbania grandiflora:** Contains various active phytochemicals in its seeds, flowers, and bark¹¹¹.
- **Bombax ceiba:** Contains numerous phytoconstituents and is useful against chronic inflammation, bladder, and kidney ulcers¹¹².
- **Kalanchoe pinnatum (B. pinnatum):** Its extracts have antilithiatic effects by dissolving stones, preventing CaOx crystal formation, and providing antioxidant action¹⁰⁶.
- **Gynostemma pentaphyllum:** Its main components are gypenosides, also known as "southern ginseng"¹¹³.
- **Polygala tenuifolia, G. biloba, baicalin:** These plants exhibit anti-A β aggregation and anti-inflammatory properties¹¹⁴.
- **Lavender, thyme, sage (including Spanish sage):** Essential oils from these plants have been shown to inhibit acetylcholinesterase (AChE) and enhance cognitive function¹¹⁴.

- **Herba Ephedrae, Semen Armeniacae Amarum, Gypsum Fibrosum, Radix Glycyrrhizae**
Preparata: These are components of Ma Xin Shi Gan Decoction (MXSGD), used in asthma treatment¹¹⁵¹¹⁶.
- **Rhizoma Belamcandae, Herba Ephedrae, Rhizoma Zingiberis Recens, Herba Asari, Radix Asteris, Flos Farfarae, Fructus Jujubae, Rhizoma Pinelliae, Fructus Schisandrae:** These are components of She Gan Ma Huang Decoction (SGMHD) for asthma treatment¹¹⁷¹¹⁸.
- **Magnolia officinalis, Herba Ephedrae, Gypsum Fibrosum, Semen Armeniacae Amarae, Herba Asari, Rhizoma Zingiberis, Fructus Schisandrae, Rhizoma Pinelliae, Fructus Triticis levis:** These are components of Hou Pu Ma Huang Decoction (HPMHD) for asthma treatment¹¹⁸¹¹⁹.
- **Dalbergia odoriferae Lignum, Salviae miltiorrhizae Radix et Rhizoma, Panax notoginseng Radix et Rhizoma:** These three herbs compose the Guan Xin Dan Shen Formulation (GXDSF), used for Diabetic Cardiomyopathy (DCM) treatment¹²⁰.
- **Cynara scolymus (leaves and seeds), Polygonum orientale, Lonicera japonica (flowers), Salvia plebeia (aerial parts):** These are natural sources of cynaroside¹²¹.
- **Nelumbo nucifera leaves:** Known to contain phenolic components¹²².
- **Stellaria media (Linn.) Vill.:** An edible medicinal species rich in β -carotenes, α -linolenic acid, phenols, vitamins, and minerals¹²².
- **Arctium lappa (larger burdock):** Its roots have been used as food and traditional herbal medicine for centuries¹²³.
- **S. sonchifolius:** Phytochemicals from this plant have been evaluated for DPP-IV inhibitory activity¹²⁴.
- **Strychnos lucida R.Br. (Ongga):** Strychnine, a phytoconstituent from this plant, showed notable DPP-IV inhibitory potential¹²⁴¹²⁵.
- **Momordica charantia:** Contains compounds with antidiabetic properties¹²⁵.
- **Radix Angelicae (dāng guī 当归), Radix Bupleuri (chái hú 柴胡), Fructus Zizyphi (dà zǎo 大枣), Aurantii Nobilis Pericarpium (chén pí 陈皮), Rhizoma Cimicifugae (shēng má 升麻), Radix Glycyrrhizae (gān cǎo 甘草), Rhizoma Zingiberis (shēng jiāng 生姜):** These are the components of Bu-Zhong-Yi-Qi-Tang (BZYQT) for OAB treatment¹⁴.
- **Red yeast rice (RYR):** Used in commercial Chinese polyherbal preparations (CCPP) for dyslipidemia¹²⁶¹²⁷.
- **Vitex doniana bark:** Shows activity on uterine muscle response to drugs¹⁰⁴.

make a complete list of herbs mentioned in the documents, listing those with strongest effects first