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Handbook of Medicinal Plants of the World for Aging

Botany, Ethnopharmacology, Natural Products, and Molecular Pathways

Christophe Wiart

Handbook of Medicinal Plants of the World for Aging

Handbook of Medicinal Plants of the World for Aging: Botany, Ethnopharmacology, Natural Products, and Molecular Pathways provides an unprecedented comprehensive overview of more than 100 plants used globally as medicine with the potential to prevent premature aging. This handbook covers the pathophysiology of aging from the molecular and cellular to the organ levels, as well as the current state of knowledge about the modes of action of natural products from plants on the pathophysiological pathways related to the (i) cardiovascular system and metabolism, (ii) central nervous system, (iii) kidneys, (iv) bones, (v) skin and hair, and (vi) immune system.

Medicinal plants are presented alphabetically. For each plant is indicated the botanical family, synonyms, and common names in English, French, German, Portuguese, Russian, and Spanish. For each plant, the reader will also find the part used, active principles, medical history, contemporary medicinal uses, as well as pharmacological, clinical, and toxicological studies. The bibliographical references have been carefully selected for their relevance. This handbook is intended for medical doctors, nurses, pharmacists, dieticians, and nutritionists, as well as readers with interest in health food and herbs.

FEATURES

- Alphabetical presentation of over 100 medicinal plants and the pharmacological rationales for their uses for aging
- Discusses the medical history, current medicinal uses, and potential candidates for the prevention of premature aging
- Introduces the molecular mechanism of natural products on the pathophysiology of aging
- Contains a selection of bibliographic references
- A useful research tool for postgraduates, academics, and the pharmaceutical, herbal, or nutrition industries

Handbook of Medicinal Plants of the World for Aging: Botany, Ethnopharmacology, Natural Products, and Molecular Pathways presents comment sections that invite further research and reflection on the fascinating and timely subject of herbals for healthy aging. This is an ideal reference text for medicinal plant enthusiasts.


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A ma grand-mère, Madame Renée Monllor,
A ma mère, Madame Flora Monllor,
A ma famille,
A mes amis et maîtres, les arbres


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Contents

Preface

People around the world have been observed living healthily to very old ages without medical care by mainly relying on medicinal plants. In our Western civilization, where the medical systems offer great assistance in maintaining good health, we still observe a recrudescence of pathologies and long-term treatments, which raises the question of whether the medicinal plants and food plants used globally could delay the physiological process of aging and related pathologies. The present handbook covers the physiology of aging from the molecular and cellular to organs levels, as well as the current state of knowledge about the mode of action of natural products from plants on the pathophysiological pathways related to the aging of the (i) cardiovascular system and metabolism, (ii) central nervous system, (iii) kidneys, (iv) bones, (v) skin and hair, and (vi) immune system.

The purpose of this handbook is to provide readers with a compendium of botanical, phytochemical, historical, ethnopharmacological, and pharmacological information on over 100 medicinal plants that can be found around the world and have the potential to prevent premature aging. The plants are presented alphabetically. For each plant is indicated the botanical family; synonyms; and common names in English, French, German, Portuguese, Russian, and Spanish. The reader will also find the parts used, active principles, medical history, contemporary medicinal uses, and the results of relevant pharmacological and clinical studies. The bibliographical references have been carefully selected for their relevance.

This book has been deliberately written in a very simple and accessible way to give students a clear introduction to the subject. This work is also intended for university lecturers and researchers working on anti-aging. Finally, reading this book is recommended for doctors, pharmacists, nurses, dieticians, researchers in the private sector, and anyone who wishes to learn more about the virtues of these plants against premature aging.

There is a global keen interest about medicinal plants, yet the very teaching of medicinal plants has been removed from most medical and pharmacy schools. It is clear that pharmacy students need a full course in medicinal plants, at least six semesters, in order to be able to prevent poisoning and frauds involving the use of adulterated products. The manufacture, prescription, and delivery of medicinal plants must be the responsibility of well-trained pharmacists, if not graduates from national schools of herbalism under pharmaceutical control could do the job. Furthermore, none of the plants listed in this handbook is intended for pediatric or veterinary use.

I have no doubt that the time will come when humans will be able to live much longer because of medicines that will be able to slow the physiological process of aging, and it is my hope that this book will assist in some way in the discovery of such “immortality pills”.

I wish to express my gratitude to CRC Press, especially Hilary Lafoe and Sukirti Singh, as well as Dr. David J. Newman for his excellent foreword, and University Malaysia Sabah for providing me with the conditions favorable to the writing of this book.

Christophe Wiart Pharm.D., Ph.D.
Kota Kinabalu,
June 16, 2023

Foreword

It gives me significant pleasure to write a foreword to Christophe Wiart's latest compendium covering plant-related treatments for "premature ageing'. This is an area that has not been covered to any significant extent in translated treatises based on TCM (Traditional Chinese Medicine) or Ayurvedic-derived treatments (Indian subcontinent and contiguous areas). Ageing includes loss of cognition and includes dementia, which are frequently obvious to relatives of the "patient" and have been treated for centuries in many parts of the world.

This treatise covers the areas that "modern-day" natural product chemists and pharmacognosists would search in order to identify the active principles involved in the "treatment modalities" covered in the text. He has used indigenous lore to identify the plant(s) and/or their components and subsequent treatment, covering over 100 medicinal plants. What is of definite utility is the listing of the different names ascribed to a plant depending upon the sources of the information. This is a point that is frequently overlooked when describing a medicinal plant, since cross-referencing the name(s) used in different languages permits one to search current databases for information.

Another "plus" is his linkage of identified plant entities to information as to their "formal toxicities" which in some cases link-back to identified chemical entities. This part of the overall dataset should not stop any scientific work on the components that are described, since today, methods of delivery of toxic agents are well defined and used.

Therefore, I definitely recommend this handbook to anyone who is interested in potential treatments for premature ageing, be they scientific or medical professionals or people who are interested in the topic for general interest.

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National Cancer Institute, NIH, USA


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Author Biography

Christophe Wiart was born on 12th of August 1967 in Saint Malo, France. After his A-levels, he completed his Pharm.D. at the Facultée des Sciences Pharmaceutiques et Biologiques, Université Rennes 2 (France) and earned his Ph.D. in Natural Products Chemistry at the Universiti Pertanian Malaysia. He has taught pharmacognosy at the University of Malaya, and elsewhere. Dr. Wiart is the author of *Medicinal Plants of the Asia-Pacific: Drugs from the Future?* (2006), *Medicinal Plants of Asia and the Pacific* (2006), *Ethnopharmacology of Medicinal Plants: Asia and the Pacific* (2006), *Medicinal Plants from the East* (2010), *Medicinal Plants from China, Korea and Japan: Bioresource for Tomorrow's Drug and Cosmetic Discovery* (2012), *Lead Compounds from Medicinal Plants for the Treatment of Cancer* (2012), *Lead Compounds from Medicinal Plants for the Treatment of Neurodegenerative Diseases* (2013), *Medicinal Plants in Asia for Metabolic Syndrome* (2018), *Medicinal Plants from West Bengal and Bangladesh* (2019), *Medicinal Plants in Asia and Pacific for Parasitic Infections: Botany, Ethnopharmacology, Molecular Basis, and Future Prospect* (2020), *Medicinal Plants in Asia and the Pacific for Zoonotic Pandemics* (2021). He has published numerous articles. Dr. Wiart is presently completing a book on the medicinal plants of North Borneo. Other current research interests include the ethnopharmacological study of the medicinal plants of Southeast Asia for the development of herbals and lead therapeutic compounds.


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1 Yarrow (*Achillea millefolium* L.)

Etymology: After *Achilleos* (Achilleus), an ancient Greek mythological warrior of the Trojan War, and from the Latin *millefolium* = thousands of leaves

Family: Asteraceae

Synonyms: *Achillea californica* Pollard; *Achillea lanulosa* Nutt.; *Achillea pecten-veneris* Pollard

Common names: Yarrow; achillée millefeuille (Fr.); gemeine schafgarbe (Ger.); planta milefólio (Port.); тысячелистник (Rus.); planta de milenrama (Spa.)

Part used: Leaf

Constituents: Sesquiterpene lactones (leucodin, achillin) (Li et al., 2021), flavones (artemetin) (Falk et al., 1975).

Medical history: Dioscorides and Galen call yarrow *millefolium* and recommend it for wounds and internal injuries. The plant was used as a styptic in Middle Ages France and was called "*herbe aux charpentiers*". In Scotland, a decoction of leaves was used for cold and to treat common ailments in children. In England, it was vulnerary and was used to stop internal bleeding and profuse mucous discharges. In France, an infusion was used as an emmenagogue, for fevers, and for lochia. In Sweden, it was employed to make beer (Guibourt, 1836).

Medicinal uses: Period-related painful spasms and to facilitate digestion, 2–4 g of plant powder in 250 mL boiling water 3 or 4 times daily between meals (European Union); diuretic, inflammations (Turkey); rheumatoid arthritis, gout, angina pectoris (Iran); kidney stones, hypertension (Afghanistan); diuretic, dysentery (Pakistan); toothache (India)

Blood pressure: Aqueous methanol extract of aerial parts at concentrations ranging from about 2 to 4 mg/mL inhibited phenylephrine- and potassium ions- induced contraction of aortic rings, calcium-related vascular smooth muscle cells, and endothelium-dependent relaxant effects. This extract administered intravenously to rats at a dose of 10 mg/kg evoked about 20% fall in blood pressure (Khan & Gilani, 2011).

Hydroalcoholic extract of aerial parts (containing the methoxyflavone artemetin) given at the single oral dose of 100 mg/kg to rats evoked after 3 hours a transient decrease in blood pressure from 116.4 to 100 mmHg (de Souza et al., 2011). Leucodin and achillin given orally at 50 mg/kg decreased systolic and diastolic blood pressure in spontaneously hypertensive rat. *In vitro*, these sesquiterpene lactones evoked vasorelaxant effects that were inhibited by N(ω)-nitro-*L-arginine* methyl ester (L-NAME) and potassium

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chloride, suggesting nitric oxide (NO) and calcium ion channel blockage (Arias-Durán et al., 2021).

Plasma lipids and glucose: Hydroalcoholic extract given orally at 100 mg/kg for 28 days to streptozotocin-induced diabetic rats decreased glycemia from about 450 to 250 mg/dL, total cholesterol from about 120 to 75 mg/dL, and plasma triglycerides from about 80 to 40 mg/dL (Rezaei et al., 2020).

Kidneys: A single dose of 300 mg/kg hydroethanolic extract of aerial parts given to rats orally increased urine excretion by about 60% after 8 hours, as well as urinary sodium and potassium (De Souza et al., 2013).

Immune system: Methanol extract of aerial parts given intraperitoneally to mice at 100 mg/kg/day evoked an increase in leukocytes count (Al-Ezzy et al., 2018).

Skin and hair: A 2-month treatment with an extract at 2% reduced the appearance of wrinkles and pores (Pain et al., 2011). Aqueous extract of flowers promoted the growth of hair (Grollier & Rosenbaum, 1990).

Brain: Aqueous extract given orally at 2.8 mg/kg/day for 14 days protected rats against 6-hydroxydopamine-induced Parkinson's disease (Akramian et al., 2015).

Comments: (i) Infusions of leaves could be of value in delaying cardiovascular aging.

(ii) Most of the plants with the potential to delay aging were known to Greek and Roman physicians more than 2000 years ago. Nero's Greek physician, Pedanus Dioscorides, in the first century described thousands of plants and their uses, including yarrow, in his monumental book titled *De Materia Medica*. The Greek physician Claudius Galenus (129–216 AD), or Galen, is the author of another monumental book: *de Alimentorum Facultatibus*. The works of both Dioscorides and Galen were used as absolute medical texts in Europe until the end of the 19th century. Pharmacy students and even medical students need to read their work.

(iii) L-NAME is an inhibitor of NO synthetase, the enzyme responsible for the production of NO by vascular endothelial cells that relaxes vascular smooth muscle cells. This synthetic molecule is used to induce models of hypertension.

(iv) Streptozotocin is a bacterial toxin that destroys pancreatic β-cells and is used to mimic models of diabetes in rodents.

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Grains of Paradise (Aframomum melegueta (Roscoe) K. Schum.)

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Lesser Cardamom (Elettaria cardamomum (L.) Maton)

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Horsetail (Equisetum arvense L.)

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Philippines Wax Flower (Etlingera elatior (Jack) R.M. Sm.)

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