

Phytotherapy

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Phytotherapy



derives from the Greek

phyton= plant, therapy = the science of treating and curing diseases

It is a treatment method of diseases based on medical plants and herbal remedies which contain complexes of biologically active substances.



History of phytotherapy



**Egyptian papyrus from Ebers (3000 BC)
contained 877 recipes and 400 medicines**

**During the Roman Empire Dioscorides was
considered the best botanists**

**In the year 50 AC appears the first important
book about the medical properties of plants—
"About medical science"**



Legislation

EU 2004 - European Directive 2004/24 / EC - providing guidance on the use of herbal medicinal products

USA - plants are considered supplements (Drug and Food Administration)

In Germany - herbal are subject to the same rigors as chemical drugs (German Drug Law).

Republic of Moldova - National Medicines Agency





It is estimated that

25% of modern medicines

60% of antitumor drugs come from natural products

According to WHO, **65% -80%** of the populations of developing countries use herbs currently as treatment remedies.





Phytotherapy

also includes

Aromatherapy - treatment with essential oils.

Oil therapy - treatment with plants oil.

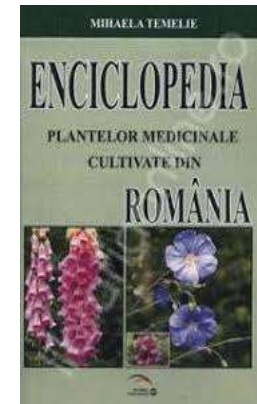
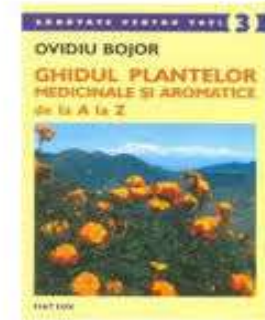
Gemotherapy - uses the embryonic tissues of plants (in the phase of cell division), also called meristematic tissues or meristems, for cell detoxification and for the restoration of cellular functionality (the so-called "biological drainage").





Classification of medicinal plants

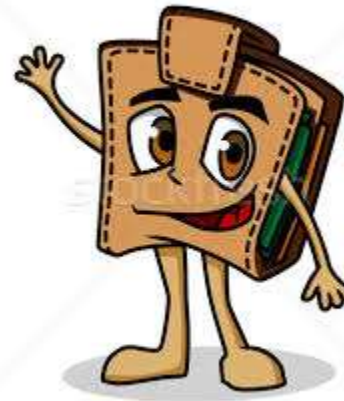
1. According to the predominant content of biologically active substances.
2. Classification by pharmacological action (ex. excites / inhibits the function of an organ or system).
3. Classification by the therapeutical use.
4. According to botanical criteria and the living environment.





Advantages of Phytotherapy

- It balances the body at all levels.
- Absorption is done naturally by the body (physiological).
- Medicinal plants (except toxic ones) do not present a risk of toxicity, if we follow the indicated dose.
- Side effects - less compared to synthetic drugs.
- In general, it does not present a serious risk of habituation.
- They are cheaper than synthetic drugs.





Disadvantages of Phytotherapy

The effects appear slowly.

The treatment is long lasting.

The amount of active ingredients in a plant is variable.

The need for daily preparation.

Few indisputable scientific research and evidence.



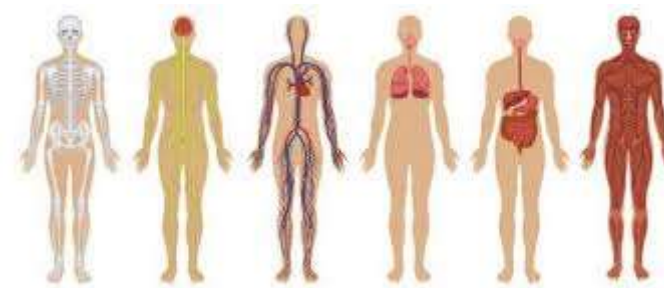


General indications for phytotherapy

Chronic and torpid diseases.

The recovery period of all diseases.

Combination with pharmacotherapy to increase its efficacy.





Contraindications to phytotherapy

- Allergy to medicinal plants.
- As a mono treatment in oncological, mental, infectious diseases.
- Serious health conditions, acute diseases that require urgent therapy.
- As a mono-treatment in the acute phases of chronic diseases (asthma, hypertonic crisis, myocardial infarction)
- Pregnancy or lactation (some plants).
- Some medical herbs are contraindicated for children under 3, 6, 12 years.





Dosage

David Hoffmann

„Medical herbalism the science and practice of herbal medicine,,

1/2 of the dose of adults -
children under 7, adults over
70

$\frac{3}{4}$ from the dose of adults -
children under 12, adults
over 65

• Karin Kraft & Christophor Hobbs

„Pocket guide of Herbal medicine,,

Children 1 -5 years: 1 - 2 teaspoons
of infusion -3-5 / day

Children 6 - 10 years: $\frac{1}{4}$ to $\frac{1}{3}$ of
the adult dose.

Children 11 -16 years: $\frac{1}{2}$ of the
adult dose.

Children over 16 years: generally the
adult dose, with caution



Phytotherapy

Principles of comparison of Chinese and European phytotherapy

Chinese

1. Diagnosis - based on syndromes
(manifestations)

Ex: Sn. Headache

Wind - Cold

Wind-heat

Wind-humidity

European

1. Diagnosis - based on Nozologies

Ex: Migraine



Phytotherapy

Principles of comparison of Chinese and European phytotherapy

2. Diagnosis - according to the integral principle (holistic)

Ex: Qi and Blood Deficiency

2. Diagnosis - according to the segmental principle (organ and organ systems)

Ex: Anemia



Phytotherapy

Principles of comparison of Chinese and European phytotherapy

3. Classification of plants
by the Four Qi

Ex: Cold, cool, warm, hot

3. Classification
by the chemical composition
Ex: Glycosides, saponins,
bitter substances etc.



Phytotherapy



Principles of comparison of Chinese and European phytotherapy

4. From antiquity to the present, the pathogenesis and treatment have remained the same. The energetic state of the organ or system is determined. -Yin insufficiency, -Yang hyperactivity

Ex:

- 1 Spleen and Stomach Deficiency
2. The Qi of the Liver attacks the Stomach
3. Food traumatizes the stomach
- 4 The cold attacks the stomach

4. The pathogenesis and treatment of the disease changed according to the development of science

Ex: Gastric ulcer

- Theory of trauma of the gastric mucosa- soft food diet.
- Corticovisceral theory (stress) - Sedatives.
- Helicobacter pylori - antibacterial treatment, strengthening immunity.



Phytotherapy

Principles of comparison of Chinese and European phytotherapy

5. Human being is considered a component of the external environment and interacts with it.

Ex: The action of the external environment is taken into account (prefers cold / heat).

5. Human being is perceived separately from the external environment.

Ex: It does not take into account the action of the external environment, the law "cause-effect".



Fitoterapia

Principles of comparison of Chinese and European phytotherapy



6. In CM human being is a component part of the Universe.

6.No connection between Universe and human being.

Ex: Seasonal changes influence human energy, seasonal phytotherapy is practiced.