



Clinical Pharmacognosy Series

AROMATHERAPY

Basic Mechanisms and
Evidence-Based Clinical Use



Edited by
Giacinto Bagetta • Marco Cosentino
Tsukasa Sakurada



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Aromatherapy Basic Mechanisms And Evidence Based Clinical Use Clinical Pharmacognosy Series

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Natural Products Interactions on Genomes Siva Somasundaram,2015-12-16 Foods from natural products are a major contributor to contemporary dietary needs The knowledge of interactions of specific natural products on genes is accumulating due to recent scientific advancements *Natural Products Interactions on Genomes* focuses on recent developments in understanding human genome interactions with various natural products

Natural Products and Cardiovascular Health Catherina Caballero-George,2018-12-05 This unique volume provides the latest information on secondary metabolites obtained from selected organisms plants or microorganisms that have beneficial effects in the treatment of cardiovascular diseases and an ability to offer protection against their progress A detailed description of their source chemistry and mechanism of action is provided together with results of clinical studies Here a clear connection is made between chemical structures in vitro studies and their clinical significance The topic is extensive and the audience gains an understanding of the medicinal applications of these groups of secondary metabolites that have the potential to improve cardiovascular health Features The latest information on secondary metabolites with beneficial effects in the treatment of cardiovascular diseases Written by an outstanding team of authors their work provides new insights into the beneficial effects of different components present in well known plant products evidencing their impressive cardiovascular effects This volume discusses novel targets to screen for new drugs and the need for data obtained from clinical studies using natural products in order to better analyze the significance of in vitro experimental data Here the reader will find a unique and timely volume with an international flavor This book describes the source chemistry and mechanism of action of natural products with the potential to improve cardiovascular health

Herbal Treatment of Major Depression Scott D Mendelson,2019-10-16 This unique volume presents new understandings of the neurochemical nature of major depression and how herbs and their constituent flavonoids and terpenes appear to address some of the mechanisms now thought to be

involved It explores how recent studies of the rapid antidepressant effects of ketamine inform neuroscientists about deep intracellular mechanisms of antidepressant action that have little to do with simple enhancement of monoaminergic activity These mechanisms include actions on PI3K Akt mTOR GSK3 BDNF and other intracellular pathways New theories of the pathophysiology underlying major depression such as oxidative damage inflammation stress and insulin resistance are then explored Key Features Focuses on oxidative damage inflammation and metabolic syndrome Explains that a significant percentage of people treated for major depression obtain little if any relief from standard antidepressant medications These facts lead to discussion of herbs that can be used to treat major depression as well as consideration of the scientific basis for how these herbs act The antidepressant properties of 66 herbs are discussed along with dosing and safety information

Principles and Practice of Botanicals as an Integrative Therapy Anne Hume, Katherine Kelly Orr, 2019-03-18 The purpose of this book is to focus on major considerations in the clinical use of botanicals as an integrated therapy in current health care The book uses an organ system approach to presenting clinical evidence on the use of botanicals for common conditions The chapters include brief sections on background and pharmacognosy preparation and do Herbal Treatment of Anxiety Scott D. Mendelson, 2022-07-25 Herbal Treatment of Anxiety Clinical Studies in Western Chinese and Ayurvedic Traditions explains the nature and types of anxiety its neurobiology the pathophysiology that exacerbates and perpetuates it and the psychopharmacology of the chemical agents that relieve its manifestations Throughout the text are discussions of Western Chinese and Ayurvedic herbal treatments that have been clinically shown to be effective in relieving anxiety The book also features a scientific discussion of the use of herbs and essential oils in aromatherapy and the mechanisms by which they may work The book concludes by providing bases upon which herbs can be chosen to treat the anxiety of patients according to their individual needs Additional features include Examines the increasingly popular subject of the use of herbs as a natural alternative treatment and provides a much needed scientific basis for treatments often considered as merely folk medicine Discusses the psychoactive phytochemicals contained in herbs Includes a chapter discussing the nature and mechanisms of action of adaptogens Adds to the armamentarium of anxiolytics for providers who have become reluctant to prescribe benzodiazepines as treatment of anxiety particularly in the context of the opiate crisis Gives an introduction to herbal treatments of traditional Chinese and Ayurvedic medicine Offers practical advice on initiating and managing herbal treatments Herbal Treatment of Anxiety is a valuable reference for psychiatrists psychiatric nurse practitioners primary care providers naturopathic doctors and therapists interested in the most current scientific information on the effects of herbal treatments of anxiety disorders **Aromatherapy: The Science of Essential Oils** Pradeep Kumar Shukla, Ajeet Kumar Srivastav, Deepti Chopra, Shikha Agnihotry, Pragati Misra, Jyoti Singh, 2024-04-23 Aromatherapy is a medical practice that uses aromatic compounds or essential oils to influence mood and health Essential oils used in aromatherapy are created from a wide variety of medicinal plants flowers herbs roots and trees that are found all over the world and have significant well

documented benefits on enhancing physical emotional and spiritual wellbeing This book is a comprehensive reference on aromatic compounds present in essential oils and their therapeutic use Starting from fundamentals of essential oil biosynthesis the book guides the reader through their basic biochemistry toxicology profiling blending and clinical applications The concluding chapters also present focused information about the therapeutic effects of essential oils on specific physiological systems plant sources skin treatment and cancer therapeutics The combination of basic and applied knowledge will provide readers with all the necessary information for understanding how to develop preclinical formulations and standard clinical therapies with essential oils This is an essential reference for anyone interested in aromatherapy and the science of essential oils *Medicinal Plants* Amit Baran Sharangi,K. V. Peter,2022-08-04 With chapters written by scientists from respected institutes and universities around the world this book looks at the bioprospecting of medicinal plants for potential health uses and at the pharmacognosy of a selection of medicinal and aromatic plants The book touches on a diverse selection of topics related to medicinal plants Chapters look at the use of medicinal plants in healthcare and disease management such as to treat inflammation antihyperglycemia and obesity and as immunity boosters The authors also address the conservation maintenance and sustainable utilization of medicinal plants along with postharvest management issues A chapter discusses the use of synthetic seeds in relation to cryopreservation and a chapter is devoted to the use of microcomputed tomography and image processing tools in medicinal and aromatic plants Other topics include consumption supply chain marketing trade and future directions of research *Aromatica Volume 2* Peter Holmes,2019-09-12 The second volume in the Aromatica series builds on the fundamentals found in Volume 1 Principles and Profiles This comprehensive clinical text delves further into the different profiles of essential oils and the proper applications for physiological and psychological functions as well as energetic and Chinese Medicines Packed with charts depicting different functions and methods of administration and an extensive catalogue of 40 new essential oil profiles this is an indispensable guide for all complementary medicine practitioners

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