

Top three conditions where herbal medicine can be effective

Rebecca Lazarou MSc

**herbal
reality**



Fundamentals of plant and fungi science

Synergy/ Entourage
Effect



Complex Interactions between
Phytochemicals. The Multi-Target
Therapeutic Concept of Phytotherapy

Authors: Efferth, Thomas; Koch, Egon

Source: *Current Drug Targets*, Volume 12, Number 1, 2011, pp. 122-132(11)

Publisher: Bentham Science Publishers

**Network pharmacology: the next paradigm in drug
discovery**

[Andrew L Hopkins](#) 


Nature Chemical Biology **4**, 682–690 (2008) | [Cite this article](#)

Network
Pharmacology

Immune support



***Andrographis paniculata* (Chuān Xīn Lián) for symptomatic relief of acute respiratory tract infections in adults and children: A systematic review and meta-analysis**

Xiao-Yang Hu , Ruo-Han Wu, Martin Logue, Clara Blondel, Lily Yuen Wan Lai, Beth Stuart, Andrew Flower, Yu-Tong Fei, Michael Moore, Jonathan Shepherd, Jian-Ping Liu, George Lewith †

Stress and mental Health



Efficacy and tolerability of a *Rhodiola rosea* extract in adults with physical and cognitive deficiencies

[Volker Fintelmann MD](#) & [Joerg Gruenwald PhD](#) 

Stress and mental Health

Reishi mushroom



A Randomized, Double-Blind and Placebo-Controlled Study of a *Ganoderma lucidum* Polysaccharide Extract in Neurasthenia

Wenbo Tang, Yihuai Gao, Guoliang Chen, He Gao, Xihu Dai, Jinxian Ye, Eli Chan, Min Huang, and Shufeng Zhou

Metabolic illness



Antidiabetic Effect of Fenugreek Seed Powder Solution (*Trigonella foenum-graecum L.*) on Hyperlipidemia in Diabetic Patients

Genet Alem Geberemeskel  ¹, **Yared Godefa Debebe**¹ and **Nigisty Abraha Nguse**¹

A herbalist's approach to arthritis

External treatments:

Counter-irritation

Internal treatments:

Clearing acid wastes

Addressing immunological factors

Maintaining endothelial health

Clearing old infections

Healing the gut wall



herbal reality

A voice for herbal medicine