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J[16.01

**Effekt von Pfefferminz- und Eukalyptusölpräparationen auf Kopfschmerzparameter
(Effect of peppermint and eucalyptus oil preparations on headache parameters)**

Z. Phytother., 16, No. 1, 23-33(1995)

The effects of peppermint oil and eucalyptus oil preparations on neurophysiological, psychological and experimental algometric parameters were investigated in 32 healthy subjects in a double-blind, placebo-controlled, randomized cross-over design. Four different test preparations were used. The test preparations were applied to large areas of the forehead and temples using a small sponge. The treatment effect of the preparations tested was evaluated by comparing baseline and treatment measurements. The combination of peppermint oil and ethanol can increase cognitive performance while having a muscle-relaxing and mentally relaxing effect, but has little influence on pain sensitivity. A significant analgesic effect with reduction in sensitivity to headache is however produced by the combination of peppermint oil and ethanol. The essential plant oil preparations often used in empirical medicine can thus be shown by laboratory tests to exert significant effects on mechanisms associated with the pathophysiology of clinical headache syndromes.

KW[Peppermint oil, eucalyptus oil, experimental headache induction, contingent negative variation, exteroceptive suppression, experimental algometry, mood states

Autor[Meier, B.
J[16.02

**Passiflora incarnata - Passionsblume
(Passiflorae herba - passion flower)**

Z. Phytother., 16, Nr. 2, 115-126 (1985)

The herb of passion flower (*Passiflora incarnata* L.) was introduced into European phytotherapy via homeopathy. There are a variety of indications for the traditional use of the drug in Europe. While *Passiflora* is generally acknowledged as a sedative, the cardiostimulant effect corresponding to that of hawthorn is known in general in France and in Swiss only. Former and recent pharmacological in vitro studies and animal experiments confirm the traditional use of *Passiflora*. Modern human-pharmacological trials however are missing. The herb of passion flower is mainly used in combination with other drugs having the same or at least similar indications. The main constituents are C-glycosylflavones. Harmanalkaloids do not play a role because of their low concentration. Maltol is rather an artifact than a relevant constituent. The fruits of *Passiflora*, which gain increasing significance in Europe thanks to the international trade, are not derived from the same species as the official drug, but from two subspecies of *Passiflora edulis* SIMS.

KW[*Passiflora incarnata* L., *Passiflora* species, harman-alkaloids, C-glycosylflavones, maltol, pharmacological investigations of *Passiflora incarnata*

Autor[Orth-Wagner, S., W.J., Ressin, J., Friedrich, I.
J[16.03

**Phytosedativum gegen Schlafstörungen. Klinische Wirksamkeit und Verträglichkeit eines
Phytosedativums mit Auszügen von Baldrianwurzel, Hopfenzapfen und Melissenblättern.
(Phytosedative for the treatment of sleeping disorders. Clinical efficacy and safety of a
phytosedative containing extracts from Valerian root, Hop grains, and Balm leaves)**

Z. f. Phytother. 16, No. 3, 147-156 (1995)

In an open multicenter trial the efficacy and safety of the phytotherapeutic Novo-Baldriparan, containing extracts from Valerian root, Hop grains, and Balm leaves was tested in 225 patients, suffering from difficulties initiating and maintaining sleep and/or states of nervous agitation. Therapy with this product for 2 weeks resulted in a significant improvement of the severity and frequency of the principal symptoms mentioned above. Both the nervous restlessness, which was the underlying cause of the sleeping disorders, and the sleeping disorders were significantly reduced. Especially the difficulties initiating sleep improved in 89% of the patients. Difficulties maintaining sleep improved in 80% and the states of nervous restlessness in 82% of the patients. Sleeping time was increased significantly, while external stressors were experienced as being less distressing by the patients. There was a similar improvement concerning the intercurrent somatic symptoms, such as headache, dizziness, cardiovascular or gastrointestinal discomfort. The reduction in heart rate and blood pressure under therapy was accompanied as a whole by a noticeable improvement of the patient's wellbeing. The tolerability of Novo-Baldriparan was rated positively by physicians and patients: 96,9% of the physicians and 96,4% of the patients judged the efficacy of the phytomedicine to be "very good" or "good".

KW] Clinical trial, phytosedative, Novo-Baldriparan, valerian root, hop grains, balm leaves, disturbances of initiating and maintaining sleep, nervous restlessness

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J] 16.04

**Phytotherapie in der Dermatologie. 9. Schweizerische Tagung für Phytotherapie
(Phytotherapy in dermatology. 9th Swiss Congress for Phytotherapy)**

Z. f. Phytother., 16, No. 4, 201-210 (1995)

Herbal drugs for topical application can be used as an alternative for the treatment of skin ailments, especially concerning their high benefit/risk ratio as compared to synthetic drugs. However herbal drugs can also have an allergic potential. Up to now the topic phytotherapy has not been discussed to a large extent, because of the sparse proof of efficacy. There is large demand of investigation of the therapeutic effects of herbal drugs in dermatology. This also counts for traditional used plants such as chamomile or marigold (*Calendula*). Today the effects of medicinal plants, of plant extracts and of isolated constituents can be investigated with modern pharmacological and biochemical in vitro methods. Concerning the final proof of clinical efficacy, this is still missing in most cases, but the results of some recent clinical trials are very promising.

KW] Phytotherapy in dermatology, efficacy, safety, herbal drugs for topical application, chamomile, chamazulene, apigenin, marigold, *Calendula officinalis*, *Hamamelis virginiana*, *Cardiospermum halicabum*, *Mahonia aquifolium*.

Autor] Beuscher, N.
J] 16.05

**Cimicifuga racemosa L. - Die Traubensilberkerze
(Cimicifuga racemosa L. - Black cohosh)**

Z. f. Phytother. 16, No.5, 301-310 (1995)

Black cohosh, *Cimicifuga racemosa*, is a medicinal herb which originally belonged to the medicinal treasures of the North American Indians. The herb was introduced into modern phytotherapy via homoeopathy. The plant is distributed around the northern hemisphere, only some controlled cultivation being done in the People's Republic of China. For medicinal preparations extracts of the dried rhizome is used. Quality is controlled by determination of the total content of the triterpenglycosides. As active ingredients the two triterpenglycosides actein and cimifugosid and further the flavonoid formononetin has to be mentioned. Extracts of the rhizomes exhibit hormonal properties, especially estrogenic effects. Formononetin is a competitive ligand in the estrogen-receptor

assay and binds to receptors in the uteri of ovariectomized rats. Further pharmacological properties reported from animal experiments are hypoglycemic, hypotensive and anti-inflammatory activities. Extracts of *C. racemosa* do not possess toxic or mutagenic properties. The clinical efficacy could be demonstrated in open and placebo-controlled trials as well as in comparison to therapy with hormones by significant relief of neurovegetative symptoms. The herbal preparations were very well tolerated with only minor gastrointestinal side effects.

KW[Cimicifuga racemosa, Black cohosh, botany, pharmacology, toxicology, clinical efficacy, estrogenic activity, triterpenglycosides, actein, cimifugosid, formononetin

Autor[Merklinger, S., Messemer, C., Niederle, S.
J[16.05

Ekzembehandlung mit *Cardiospermum halicacabum*. *Cardiospermum*-Salbe und Salbengrundlage im Halbseitenvergleich (Treatment of eczema with *Cardiospermum halicacabum*. *Cardiospermum* ointment and ointment base in part-placebo comparison - a controlled trial)

Z. Phytother., 16, Nr. 5, 263-266 (1995)

In a prospective, double blind trial, controlled by part placebo comparison, 28 patients with various forms of eczema were treated with *Cardiospermum* ointment (Halicar , DHU Karlsruhe) and ointment base for 3 weeks. At the beginning, during the course and after treatment, ten objective and subjective symptoms (desquamation, dryness, pruritus, infiltration, erosion/excoriation, fissures/rhagades, lichenification, edema, vesicles, and erythema) were recorded by means of a verbal rating scale and from the corresponding values a total score was calculated. The results of the therapeutic measures were evaluated by means of the decrease of the total score. Referring to all parameters *Cardiospermum* ointment proved to be significantly superior to the ointment base. Tolerability was judged to be predominately well or very well.

KW[*Cardiospermum halicacabum*, Halicar , *Cardiospermum* ointment, eczema, clinical trial

Autor[Czygan, F.-C.
J[16.06

**Die Himbeere *Rubus idaeus* L.
Raspberry: *Rubus idaeus***

Z. Phytother., 16, Nr. 6, 366-374 (1995)

Since more than 2000 years raspberry leaves (*Rubus idaeus* L.) are used mainly as an antidiarrhetic drug and as an adstringent for the treatment of inflammations of the mucous membranes of mouth and throat, the fruits as food and luxury. The paper reports on the constituents of leaves and fruits, summarizes the poor data concerning the medical use of the leaves and deals with some aspects of plant in the history of art and civilization.

KW[*Rubus idaeus* L., raspberry, medical use, history of art, history of civilization