

Contents

Contributors	xvii
Series Foreword	xxi
Preface	xxiii
Abbreviations	xxvii

Ethnopharmacology: The Fundamental Challenges

1 Ethnopharmacology: A Short History of a Multidisciplinary Field of Research	3
<i>Michael Heinrich</i>	
1.1 Introduction	3
Acknowledgements	8
References	8
2 Medicinal Plant Research: A Reflection on Translational Tasks	11
<i>Anna K Jäger</i>	
2.1 Introduction	11
2.2 Translational research: preclinical research	12
2.3 Translational research: clinical research	13
2.4 Reaching the patient	14
2.5 A 'developed' traditional medicine system	14
References	16
3 The Anthropology of Ethnopharmacology	17
<i>Ina Vandebroek and Daniel E. Moerman</i>	
3.1 Introduction	17
3.2 Primary example: Traditional medicine in New York City	18
3.2.1 Missing out on cultural context	19
3.2.2 People change plants due to availability	20
3.2.3 The spiritual component	21
3.3 An example from ancient Roman architecture	22
3.4 An example from native North America	23

3.5	Comparative ethnobotany	24
3.6	Conclusions	26
	References	27
4	Quantitative and Comparative Methods in Ethnopharmacology	29
	<i>Marco Leonti and Caroline S. Weckerle</i>	
4.1	Introduction	29
4.1.1	Materia medica and cultural consensus	29
4.1.2	The intent of ethnopharmacological projects: Basic and applied research	30
4.1.3	Ethnopharmacology as cross-cultural endeavour and the concept of emic and etic	30
4.2	Research questions	31
4.2.1	Descriptive questions	32
4.2.2	Relational questions	32
4.3	Field research	33
4.3.1	Data sampling	33
4.4	Analyzing the data	34
4.4.1	Use-reports for quantification	34
4.5	Pharmacological research	35
4.6	Contextualization	36
4.7	Conclusion	37
	References	37
5	Biodiversity, Conservation and Ethnopharmacology	41
	<i>Vernon H. Heywood</i>	
5.1	Introduction	41
5.2	Changing attitudes to the ownership of biodiversity	42
5.3	Medicinal and aromatic plants as resources	43
5.4	How many species?	44
5.5	Chemical diversity	45
5.6	Wild harvesting and over-collection	45
5.7	Medicinal plant conservation	46
5.8	Conservation approaches	46
5.9	Protected areas	47
5.10	Community conservation	47
5.11	Genetic conservation	47
5.12	Cultivation	48
5.13	Conclusions	48
	References	49
6	Ecopharmacognosy	53
	<i>Geoffrey A. Cordell</i>	
6.1	Introduction	53
6.2	Sustainable medicines and pharmacognosy	54
6.3	Ecopharmacognosy: background	55
6.4	Ecopharmacognosy practices	55
6.4.1	Replacement plant parts	56
6.4.2	Vegetables as chemical reagents	56
6.4.3	The 'Medicine Man' approach and remote sensing	56
6.4.4	Dereplication	57
6.4.5	<i>In silico</i> evaluation of natural products	57
6.4.6	Biosynthesis of secondary metabolites	58
6.4.7	Complex traditional medicines	58

6.4.8	Network pharmacology	59
6.4.9	Can ecopharmacognosy change the dark side of traditional medicine?	59
6.5	Conclusions	60
	Acknowledgements	60
	References	60
7	NMR-based Metabolomics and Hyphenated NMR Techniques: A Perfect Match in Natural Products Research	63
	<i>Joachim Møllesø Vinther, Sileshi Gizachew Wubshet and Dan Staerk</i>	
7.1	Introduction	63
7.2	Metabolomics	64
7.3	Principles of NMR-based metabolomics	65
7.4	NMR-based metabolomics in natural products research	66
7.5	Hyphenated NMR techniques	68
7.6	Principle of HPLC-SPE-NMR	69
7.7	High-resolution bioassay-coupled HPLC-SPE-NMR	70
7.8	Combining metabolomics and hyphenated NMR techniques	71
7.9	Perspectives in ethnopharmacology	72
7.10	Conclusions	72
	References	72
8	New Medicines Based On Traditional Knowledge: Indigenous and Intellectual Property Rights from an Ethnopharmacological Perspective	75
	<i>Michael Heinrich</i>	
8.1	Introduction	75
8.2	The legal framework	76
8.3	Industrial research in an ethnopharmacological context	77
8.4	Some case studies	79
	8.4.1 Pure natural products as drug leads	79
	8.4.2 Extracts and partially purified preparations as drug leads	81
8.5	Conclusions	83
	Note	84
	References	84
9	Ethnopharmacology and Intellectual Property Rights	87
	<i>Alan Hesketh</i>	
9.1	Introduction	87
9.2	Indigenous community rights and traditional knowledge	88
9.3	Identifying a partner	89
	9.3.1 The foreign partner's attitude	90
	9.3.2 The advantages of IP	90
9.4	Hurdles in considering IP	91
9.5	Building an effective IP portfolio	91
	9.5.1 Requirements for patentability	92
	9.5.2 The value of different types of patent protection	92
9.6	The patentability of products of nature	93
	9.6.1 Novelty	94
	9.6.2 Novelty and traditional knowledge	94
	9.6.3 Obviousness	94
9.7	Conclusion	95
	References	95

10	Ethnopharmacology in Elementary, Primary and Secondary Education: Current Perspectives and Future Prospects	97
	<i>Alonso Verde, Diego Rivera, José Ramón Vallejo, José Fajardo, Concepción Obón and Arturo Valdés</i>	
10.1	Introduction	97
10.2	Ethnopharmacology: a multidisciplinary subject for education	99
10.3	Developing an ethnopharmacological curriculum: some strategies	101
10.4	Conclusions	104
	References	105
The Pharmacological Angle		
11	Anti-infective Agents: The Example of Antibacterial Drug Leads	111
	<i>Maíra Bidart de Macedo, Sofie Clais, Ellen Lanckacker, Louis Maes, Emerson Silva Lima and Paul Cos</i>	
11.1	Introduction	111
11.2	Bacterial resistance	112
11.3	Plant-derived antibacterial agents	112
	11.3.1 Direct antibacterial agents	112
	11.3.2 Antivirulence agents	113
	11.3.3 Resistance-modifying agents	117
11.4	Basic requirements for successful antimicrobial drug discovery (Cos <i>et al.</i> , 2006)	118
11.5	Conclusion	119
	References	120
12	Searching for New Treatments of Malaria	123
	<i>Colin W. Wright</i>	
12.1	Introduction	123
12.2	Traditional herbal remedies as a source of antimalarial lead compounds	123
12.3	Developments from established antimalarials	126
12.4	Non-traditional medicine sources of potential antimalarials	127
12.5	Alternative strategies in the search for natural antimalarial compounds	129
12.6	Herbal preparations for the treatment of malaria	130
12.7	Conclusion and future prospects	132
	References	132
13	CNS Disorders	135
	<i>Anna K Jäger</i>	
13.1	Introduction	135
13.2	Epilepsy	135
13.3	Depression and anxiety	137
	13.3.1 Selective serotonin reuptake inhibitors	137
	13.3.2 MAO-A inhibitors	138
	13.3.3 Clinical evidence	138
13.4	Insomnia	139
13.5	Sedatives	139
13.6	Dementia	139
	13.6.1 Countering neurotransmitter abnormalities: acetylcholinesterase inhibitors	140
	13.6.2 Countering neurotransmitter abnormalities: MAO-B inhibitors	140

13.6.3	Reducing the formation and fibrillation of amyloid β peptides	141
13.6.4	Anti-inflammatory and antioxidant activity	141
13.7	Conclusion	142
	References	142
14	Respiratory Conditions	147
	<i>Adolfo Andrade-Cetto and Jorge García-Alvarez</i>	
14.1	Introduction	147
14.1.1	The respiratory system	147
14.1.2	Respiratory diseases	147
14.1.3	Common cold	148
14.1.4	Influenza	149
14.1.5	Acute lower respiratory tract infections: acute bronchitis	149
14.1.6	Other diseases of the upper respiratory tract: allergic rhinitis and rhinitis	149
14.1.7	Chronic lower respiratory tract diseases: COPD	149
14.1.8	Lung diseases caused by external agents: hypersensitivity pneumonitis	150
14.1.9	Other respiratory diseases principally affecting the interstitium: idiopathic pulmonary fibrosis	150
14.1.10	Suppurative and necrotic lower respiratory tract conditions: pneumonia with necrosis	150
14.1.11	Other pleural diseases: pleural plaque	151
14.1.12	Other diseases of the respiratory system: acute respiratory failure	151
14.2	Case studies	151
14.2.1	<i>Althaea officinalis</i> L. Malvaceae	152
14.2.2	Codeine and noscapine	153
14.2.3	<i>Echinacea purpurea</i> (L.) Moench and <i>Echinacea angustifolia</i> DC.	153
14.2.4	<i>Ephedra sinica</i> Stapf. (Ephedraceae)	154
14.2.5	<i>Thymus vulgaris</i> L. (Lamiaceae)	155
14.3	Conclusions	155
	Acknowledgments	156
	References	156
15	Can there be an Ethnopharmacology of Inflammation?	159
	<i>Michael Heinrich and Anthony Booker</i>	
15.1	Introduction	159
15.2	Ethnopharmacology of inflammation: some examples	161
15.2.1	The arnica complex	162
15.2.2	<i>Harpagophytum procumbens</i> (Burch.) DC. ex Meisn. (Pedaliaceae)	163
15.2.3	<i>Scutellaria baicalensis</i> Georgi (Huang Qin, Baical skullcap; Lamiaceae)	164
15.2.4	<i>Curcuma longa</i> L. (Zingiberaceae)	164
15.2.5	<i>Capsicum frutescens</i> L.	165
15.3	Conclusions	166
	References	166
16	Epidermal Growth Factor Receptors and Downstream Signalling Pathways as Cancer Treatment Targets for Medicinal Plants	169
	<i>Ean-Jeong Seo, Ching-Fen Wu, Henny J. Greten and Thomas Efferth</i>	
16.1	Role of epidermal growth factor receptors for cancer biology	169
16.2	Inhibition of epidermal growth factor signalling by phytochemicals and medicinal plants	171
16.2.1	Natural products as a resource for cancer treatment	171

16.2.2	Inhibitors of EGFR signalling	171
16.2.3	Inhibitors of HER2/HER3 signalling	172
16.3	Conclusions and perspectives	173
	References	174
17	From Ethnopharmacological Field Study to Phytochemistry and Preclinical Research: The Example of Ghanaian Medicinal Plants for Improved Wound Healing	179
	<i>Andreas Hensel, Emelia Kisseih, Matthias Lechtenberg, Frank Petereit, Christian Agyare and Alex Asase</i>	
17.1	Introduction	179
17.2	Results	180
17.2.1	The start of a research project: validated field study on wound-healing plants	180
17.2.2	Before starting laboratory work: who the healers are and some socioeconomic aspects	180
17.2.3	Evaluation of the data collection and cross-referencing to published literature	181
17.2.4	The next step: selection of plants for <i>in vitro</i> investigations	181
17.2.5	Screening of selected plant extracts: influence on skin cells under <i>in vitro</i> conditions	181
17.2.6	Phytochemical aspects of <i>P. muellerianus</i> and the ICH-validated HPLC method for quality control (ICH, 2014)	190
17.2.7	Influence of <i>P. muellerianus</i> on the cell physiology of human skin cells	192
17.2.8	Phytochemistry of <i>C. mucronatum</i>	194
17.2.9	Influence of <i>C. mucronatum</i> on the cell physiology of human skin cells	194
17.3	Conclusion	196
	References	196
18	Gynaecological, Andrological and Urological Problems: An Ethnopharmacological Perspective	199
	<i>Tinde van An del, Hugo de Boer and Alexandra Towns</i>	
18.1	Introduction	199
18.2	Menstrual disorders	200
18.2.1	Dysmenorrhea and uterine spasmolytics	200
18.2.2	Uterine spasmogenics	201
18.3	Postpartum use	201
18.3.1	Puerperal infections	201
18.3.2	Postpartum haemorrhage	202
18.3.3	Perineal healing	202
18.4	Vaginal applications	202
18.5	Female infertility	204
18.6	Andrology	204
18.6.1	Aphrodisiacs and male sterility	204
18.7	Urology	206
	References	207
19	Ethnopharmacological Aspects of Bone and Joint Health	213
	<i>Elizabeth M. Williamson</i>	
19.1	Introduction	213
19.2	Current views of bone and joint disorders	214
19.3	Traditional views of bone disorders	216
19.3.1	European traditional herbal medicine	216
19.3.2	North America	222

19.3.3	Traditional Chinese medicine	222
19.3.4	Ayurveda	223
19.4	Conclusions	224
	References	224
20	Diabetes and Metabolic Disorders: An Ethnopharmacological Perspective	227
	<i>Adolfo Andrade Cetto</i>	
20.1	Introduction	227
20.2	Type-2 diabetes	228
20.2.1	Insulin	228
20.2.2	Insulin effects in peripheral tissues	229
20.2.3	Insulin resistance (skeletal muscle and adipose tissue)	229
20.2.4	Liver	230
20.2.5	Gut	230
20.3	Metabolic syndrome	230
20.4	Case studies	231
20.4.1	Liver targeting	231
20.4.2	Gut targeting	232
20.4.3	Insulin targeting	233
20.4.4	Obesity and insulin resistance	234
20.5	Conclusions	236
	Acknowledgments	236
	References	237
21	The Ethnopharmacology of the Food–Medicine Interface: The Example of Marketing Traditional Products in Europe	239
	<i>Gunter P. Eckert</i>	
21.1	Introduction	239
21.2	Medicinal products for human use	241
21.2.1	Legal framework	241
21.2.2	Definition of medicinal products	241
21.2.3	Herbal medicinal products	242
21.3	Food	243
21.3.1	Definition of food	243
21.3.2	Food supplements	243
21.3.3	Fortified food	244
21.3.4	Novel food	244
21.3.5	Functional food	245
21.4	Consumer protection - security and protection against fraud	245
21.4.1	Food safety	246
21.4.2	Health claims	246
21.5	Intended normal use: the distinction between medicinal products and foods	247
21.6	Conclusion	248
	References	248
22	Retrospective Treatment-Outcome as a Method of Collecting Clinical Data in Ethnopharmacological Surveys	251
	<i>Bertrand Graz, Merlin Willcox and Elaine Elisabetsky</i>	
22.1	Introduction	251
22.2	Key concepts: clinical data, outcome and patient progress	252
22.3	Evaluation of the effectiveness and safety of traditional medicines	253

22.4	The role of ethnopharmacologists and ethnobotanists	254
22.5	Collection of clinical data during ethnopharmacological field studies	255
22.6	Example of a method for gathering clinical data during field surveys	255
22.6.1	Defining the health problem	255
22.6.2	Research question	256
22.6.3	Data collection: ask patients!	256
22.6.4	Getting consent: a much debated topic	256
22.6.5	Sample size	257
22.6.6	Statistical analysis and interpretation	257
22.6.7	Results: a research programme leading to the validation of safe and effective phytomedicines	259
22.7	Conclusion: clinical data and field surveys for a positive impact on health	259
	References	260

Ethnopharmacology: Regional Perspectives

23	Ethnopharmacology in Sub-Sahara Africa: Current Trends and Future Perspectives	265
	<i>Mack Moyo, Adeyemi O. Aremu and Johannes van Staden</i>	
23.1	Introduction	265
23.2	Role of traditional medicine in Africa	266
23.3	Ethnopharmacological research in sub-Saharan Africa	267
23.4	Challenges of traditional medicine in Africa	269
23.4.1	Efficacy, toxicology and safety concerns	270
23.4.2	Shelf-life, post-harvest physiology and storage	271
23.4.3	Conservation challenges of protecting plant resources	272
23.5	Future perspectives	272
23.6	Conclusions	273
	Acknowledgements	273
	References	273
24	Ethnopharmacology and Integrative Medicine: An Indian Perspective	279
	<i>Pulok K. Mukherjee, Sushil K. Chaudhary, Shiv Bahadur and Pratip K. Debnath</i>	
24.1	Ethnopharmacology and the development of traditional medicine in India	279
24.2	Biological wealth and ancient wisdom	281
24.3	Indian systems of medicine	281
24.4	Ayurveda: the Indian system of medicine	282
24.4.1	Panchakarma	282
24.4.2	Validation of classical Ayurvedic formulation	283
24.4.3	Ayurgenomics	284
24.4.4	Reverse pharmacology	286
24.4.5	Ayurinformatics	286
24.5	Siddha	286
24.6	Unani	287
24.7	Traditional knowledge digital library	287
24.8	Integrated approaches for the development of Indian traditional medicine	288
24.8.1	Strategies and innovations	288
24.9	Conclusion	289
	Acknowledgements	290
	References	290

25	Chinese Medicine: Contentions and Global Complexities	293
	<i>Anthony Booker</i>	
25.1	Introduction	293
25.2	Ancient concepts meet scientific understanding	294
25.3	Traditional and modern dosage forms and application	296
25.4	Medicinal plant production in China	296
25.5	Quality and safety	297
25.6	Aristolochic acids	298
25.7	Regulatory requirements	298
25.8	Training practitioners of TCM	299
25.9	Future prospects	300
	References	301
26	Chinese Medicinal Processing: A Characteristic Aspect of the Ethnopharmacology of Traditional Chinese Medicine	303
	<i>Ping Guo, Eric Brand and Zhongzhen Zhao</i>	
26.1	Introduction	303
26.2	Definition, methods and historical changes in Chinese medicinal processing	304
	26.2.1 Definition	304
	26.2.2 Methods	304
	26.2.3 Historical changes	308
26.3	Present state of Chinese medicinal processing	310
	26.3.1 Inconsistency of ancient and current processing methods	310
	26.3.2 Inconsistency of processing practice in different provinces of China	310
	26.3.3 Differences in decoction pieces between Hong Kong and mainland China	311
	26.3.4 Differences in national pharmacopoeias regarding medicinal processing	311
	26.3.5 Lack of objective quality control standards	312
	26.3.6 Progress in research	313
26.4	Prospect for future developments in Chinese medicinal processing	315
	References	315
27	A South-East Asian Perspective on Ethnopharmacology	317
	<i>Pravit Akarasereenont, Marianne J.R. Datiles, Natchagorn Lumlerdkij, Harisun Yaakob, Jose M. Prieto and Michael Heinrich</i>	
27.1	Introduction	317
27.2	Ethnopharmacology in Thailand	319
27.3	Ethnopharmacology in Malaysia	322
	27.3.1 Malay traditional medicine	322
	27.3.2 Clinical integration of the Malay traditional medicines	323
	27.3.3 Modern phytotherapeutic products and food supplements from Malay traditional medicinal plants	324
	27.3.4 The future direction of Malay TM	325
27.4	Ethnopharmacology in Indonesia	325
27.5	Ethnopharmacology in the Philippines	326
27.6	Ethnopharmacology in Vietnam	328
27.7	Ethnopharmacology in Myanmar, Lao PDR and Cambodia	328
27.8	Ethnopharmacology in Singapore and Brunei	328
27.9	Conclusion	328
	Acknowledgement	329
	References	329

28	Historical Approaches in Ethnopharmacology	333
	<i>Andreas Lardos</i>	
28.1	Introduction	333
28.2	Historical texts in ethnopharmacological research	334
28.2.1	Documentation of (mainly) medicinal plant knowledge	334
28.2.2	Evaluation of medicinal plant knowledge and identification of potential plant candidates	334
28.2.3	Development of (medicinal) plant knowledge	334
28.3	Methodological aspects	335
28.4	Challenges in the analysis of historical texts	335
28.5	Opportunities offered by a historical approach	337
28.6	Conclusions	338
	References	339
29	Medical Ethnobotany and Ethnopharmacology of Europe	343
	<i>Manuel Pardo-de-Santayana, Cassandra L. Quave, Renata Söukand and Andrea Pieroni</i>	
29.1	Introduction	343
29.2	A brief history of European medicinal plants studies	344
29.3	Modern European medico-ethnobotanical studies	345
29.3.1	The development of ethnobotanical studies in Europe	345
29.3.2	Recent medico-ethnobotanical studies in Europe	346
29.4	European ethnomedicinal flora	350
29.5	Adaptation, syncretism and resilience of traditional pharmacopoeias	351
29.6	Pharmacological studies of European medicinal plants	351
29.7	Concluding remarks	352
	References	352
30	Ethnopharmacology in the Eastern Mediterranean and the Middle East: 'The Sun Rises from the East, but Shines on the Eastern Mediterranean'	357
	<i>Erdem Yesilada</i>	
30.1	Introduction	357
30.2	Ethnobotany and ethnopharmacology in the Balkan region	358
30.3	Modern ethnobotany and ethnopharmacology in the Middle East	359
30.4	Ethnobotany and ethnopharmacology in Turkey	361
30.5	Concluding remarks	362
	References	362
31	Ethnopharmacology in Australia and Oceania	365
	<i>Graham Lloyd Jones and Nicholas J. Sadgrove</i>	
31.1	Introduction	365
31.1.1	Australian ethnobotany	365
31.1.2	Ethnobotany in Oceania	367
31.2	Ethnopharmacological 'classics'	367
31.2.1	Scopolamine from the Australian <i>Duboisia</i>	367
31.2.2	Polynesian breadfruit and kava used throughout Oceania	368
31.3	Australian aromatic plants	369
31.3.1	Eucalyptus	370
31.3.2	<i>Melaleuca alternifolia</i> (tea tree oil)	370

31.4	Recent developments: aromatic plants	371
31.5	Recent developments: cancer and HIV	376
31.6	Conclusion	376
	References	377
32	Ethnopharmacology in Central and South America	379
	<i>Salvador Cañigueral and Jaume Sanz-Biset</i>	
32.1	Introduction	379
32.2	The development of drugs	381
32.2.1	The case of dragon's blood	382
32.2.2	<i>The essential oil of Cordia verbenacea</i>	384
32.2.3	The example of developing ethnopharmacological-based herbal medicinal products in Guatemala	385
32.2.4	The Farmacias Vivas programme	386
32.3	Beyond the development of new drugs	386
32.4	Bridging indigenous and western knowledge	387
32.5	Hallucinogens	388
32.6	Conclusion	389
	References	389
33	Perspectives on Ethnopharmacology in Mexico	393
	<i>Robert Bye and Edelmira Linares</i>	
33.1	Introduction	393
33.2	Mexican tradition	394
33.3	Compilation of medicinal plants	396
33.4	Medicinal plant complex	398
33.5	Markets and medicinal plants	399
33.6	Bioprospection and conservation	399
33.7	Conclusions	401
	Acknowledgements	401
	References	401
34	Encounters with Elephants: A Personal Perspective on Ethnopharmacology	405
	<i>Peter J. Houghton</i>	
34.1	Introduction	405
34.2	The primacy of plants	406
34.3	Sources: dirty hands and databases	406
34.4	From cultural use to chemistry	407
34.5	Chemistry as a starter	407
34.6	Botany as a basis	408
34.7	Of mice and men and microwell plates	408
34.8	Aims and ethics	409
34.9	Molecules and mixtures	410
34.10	Tales of the unexpected	410
34.11	The end of the matter	411
	References	411
Index		415