

CNS PLANTS

CNS plants	Common name	Scientific name	Part used	Active ingredient	Uses	Side effects
	Ergot/ LSD lysergic acid diethylamide	Claviceps purpurea	Fungus grows on plants	Ergometrine & Ergotamine	facilitate delivery/ anti-migraine	
	Peyote	Lophophora williamsii		Mescaline	Hallucinogen	
	Cannabis	Cannabis sativa	Leaves	THC (tetrahydrocannabinol)	Hallucinogen, antibacterial, reduce pain	
	Caffeine	Coffea arabica	Seeds		Diuretic, anorexic	
	Theophylline	Camellia sinensis	Tea leaves		Bronchodilator, stimulant, diuretic, astringent, antioxidant, useful in diarrhea	
	Theobromine	Theobroma cacao	Seeds	Flavonoids (epicatechin helps cardiovascular effects)	Diuretic, bronchodilator	
	Cola seeds	Cola vera	Seeds	Caffeine & theobromine	Stimulant, flavoring agent	
	Cocaine	Erythroxylum coca	Leaves		Local anesthetic	
	Ginkgo biloba	Ginkgo biloba	Leaves		Improves memory	
	Ginseng	Panax ginseng		Ginsenoside	Improves mental concentration, aphrodisiac, treatment of anemia, diabetes, diuretic, adaptogenic agent	
	Galantamine	Galanthus nivalis			Alzheimers	
	Hops	Humulus lupulus	Flower heads	alpha-acid humulone, beta-acid lupulone	Insomnia, neuralgia, excitability, sedative, antibacterial, antifungal	

Valerian	Valeriana officinalis	Roots, rhizomes, stolons	Valerenic acid	Insomnia, stress, anxiety, carminative, antispasmodic, sedative, useful in migraine, headaxches, hysteria	Poisoning
Passiflora	Passiflora incarnata	Leafy aerial parts like flowers and fruits	Chrysin	Insomnia, hysteria, nervous tachycardia, neuralgia, nervous restlessness, sedative, antiinflammatory, antispasmodic, hypnotic, anxiety,	
Lemon balm	Melissa officinalis	Dried leaves		Sedative, GI disorders, antispasmodic, anti thyroid, anti infective	
St. johns wort	Hypericum perforatum	Flowering tops, leaves, unopened buds, flowers	Hypericin, pseudohypericin	Relieve mild to moderate depression, mild anxiety	Interacts with warfarin, cannot be used in pregnancy and lactation
Sage	Salvia officinalis	Leaves		Counter memory loss, soothes inflammation, antiviral, anti inflammatory, used for asthma	
Reserpine	Rauwolfia serpentina	Rauwolfia root		Antipsychotic, anti hypertensive, sedative, hypnotic	Exacerbate Parkinson's symptoms
Rosemary	Rosmarinus officinalis	Leaves	Rosmarinic acid, caffeic acid	Antioxidant, improves memory, improves concentration, carminative, spasmolytic	
Lavender	Lavendula officinalis/ angustifolia	Flower		Perfume..., sedative, antispasmodic	Cytotoxic (lavender oil)
Picrotoxin	Picrotoxin				Toxic, causes conclusion
Lobeline	Lobelia inflata	Leaves and tops		Smoking cessation	Similar effects to nicotine

Strychnine	Strychnine		Strychnos nux-vomica		Highly poisonous
Camphor	Cinnamomum camphora	Leaves and tops		Antiseptic, decongestant, aromatic stimulant	
Opium poppy	Papaver somniferum		Codeine & Morphine	Dental pain/ cough suppressant & analgesia/ management of severe pain	Nausea, constipation, drowsiness, respiratory depression
Feverfew	Tanacetum parthenium	Fresh leaves		Prophylaxis, migraine	
Pilocarpine	Pilocarpus microphyllus	Leaves	Pilocarpine	Glaucoma	
Calabar bean	Physostigma venenosum		Physostigmine	Glaucoma	Poisonous
		In a type of mushrooms	Muscarine	Glaucoma	Contraindicated in asthma, toxic
Atropa belladonna	Atropa belladonna	Roots, leaves	Atropine		
Datura stramonium	Datura stramonium	Seeds, leaves	Hyoscine (scopolamine)	Motion sickness	
Ephedra sinica	Ephedra sinica	Aerial parts	Ephedrine	Decongestant, bronchodilator, treat asthma	
Lavender	Lavendula officinalis/ Lavandula angustifolia		Linalool/ Limonene/ Cineole	Perfumes , creams , lotions , Shampoo (cosmetics). Sedative (aromatherapy). Antispasmodic . Have antiseptic and anti-inflammatory properties	Toxicity /cytotoxic when used topically
Picrotoxin				GABA inhibitor	Toxic, causes convulsions

Lobeline	Lobelia inflata	leaves and tops		Has similar effects to nicotine, has been used for smoking cessation	
Strychnine	Strychnos nux-vomica (الجوز المقيء)			stimulant	Highly poisonous
Camphor	Cinnamomum camphora	leaves		Aromatic stimulant and decongestant Antiseptic	
Codeine opium poppy (الأفيون)	Papaver somniferum			less potent than morphine, /management of moderate to severe pain like in dental pain, /cough suppressant	nausea, constipation, drowsiness, respiratory depression
Morphine opium poppy (الأفيون)	Papaver somniferum			preoperative analgesia short term management of severe pain	nausea, constipation, drowsiness, respiratory depression
Feverfew (أفحوان)	Tanacetum parthenium	Leaves		prophylaxis and treatment of migraine (inhibit secretion of serotonin)	
ANS drugs common name	Scientific name	Part used	Active ingredient	Uses	Side effects
Pilocarpine	Pilocarpus microphyllus	leaves		Parasympathomimetic agent, causes salivation/	

				ophthalmic preparations as a miotic and for glaucoma	
Physostigmine	Physostigma venenosum	(Calabar bean)		Acetylcholinesterase inhibitor/ glaucoma(topically	poisonous
Muscarine				Muscarinic agonist in glaucoma	Contraindicated in asthma /cholinergic symptoms such as :Sweating, facial flushing, salivation, lacrimation, vomiting, abdominal cramps, diarrhea, urination, and miosis/Occasionally: bradycardia, hypotension, and dizziness
Atropine	Atropa belladonna	roots, leaves,		mydriatic agent	
Hyoscine (Scopolamine US)	Datura stramonium	seeds, leaves		motion sickness	
Ephedrine	Ephedra sinica	Aerial parts		Decongestant and bronchodilator/to treat asthma	

Reserpine	Rauwolfia serpentina	Rauwolfia root	antihypertensive effects/noradrenaline depletion/Blocks the sequestering of catecholamine neurotransmitters
-----------	----------------------	----------------	---

Blood and heart drugs common name	Scientific name	Part used	Active ingredient	Uses	Side effects
Foxglove	Digitalis purpurea Digitalis lanata	leaves	digoxin and digitoxin	Digoxin increases the force of myocardial contractility /treat supraventricular tachycardia and heart failure	Toxicity : nausea, vomiting and anorexia/ Can cause arrhythmia /Not used in herbal extract form
Hawthorn mayflower or whitethorn(الزعور)	Crataegus monogyna		flavonoids like quercetin	Inhibits myocardial Na/K ATPase pump/Positive inotropic effect/Cardiac tonic,hypotensive, coronary and peripheral vasodilator,anti-atherosclerotic, + antiarrhythmic Antioxidant	Nausea, headache

<p>Quinidine</p>	<p>Cinchona officinalis</p>		<p>Found in cinchona (quina) bark</p> <p>Quinine</p> <p>Quinidine</p> <p>Cinchonine</p>	<p>Arrhythmias treatment (quinidine). Antiseptic in abscess & ulcers (tannins)/Stomachic (tannins)/Tonic (quinidine). (Quinine): skeletal muscles relaxant/ night muscles spasm/ abortifacient</p> <p>Anti-malarial/ Antipyretic/ Analgesic</p>	<p>Auditory and visual disturbances (cinchonism).</p> <p>Skin rash .</p> <p>Bleeding (haemolysis).</p>
<p>Bilberry</p> <p>European blueberry</p>	<p>Vaccinium myrtillus/ Similar to American blueberry (Vaccinium cyanococcus)</p>	<p>ripe fruit leaves</p>	<p>anthocyanosides(galactosides) + glucosides of cyanidin with vitamin C</p>	<p>Fruits : antidiabetic, an astringent and antiseptic for diarrhea ,antioxidant and free radical scavenging ,improve blood circulation in hemorrhoids and vision disorders (retinopathy) due to diabetes or hypertension</p> <p>Extract:anti-inflammatory, anti-ulcer, anti-atherosclerotic ,reduce fluid retention.</p>	

Butcher's broom	Ruscus aculeatus	dried underground roots and rhizomes	saponin glycosides	anti-inflammatory Used for varicose veins and hemorrhoids (suppository) retinopathy, lipid profiles of diabetic patients.	local irritation
Ginkgo	Ginkgo biloba			peripheral arterial occlusive, prevents platelet aggregation, platelet-activating factor (PAF) antagonist, improves blood circulation, alleviate some of the symptoms of tinnitus, intermittent claudication and altitude sickness	
Horse chestnut	Aesculus hippocastanum	Seeds Bark	30 saponins (escin) /Sterols, coumarins and flavonoids	chronic venous insufficiency, hemorrhoids and varicose veins / decrease the likelihood of DVT after surgery, and topically for bruises and sport injuries /Escin (saponin) reduces edema, decrease capillary permeability (cerebral edema post road accident	gastrointestinal upset with internal use, and occasional irritation with external application

Red vine leaf	Vitis vinifera			treatment of chronic venous insufficiency like varicose veins /Improve microcirculation and wound healing Inhibit platelet aggregation ,reduce edema (reduce) capillary permeability	
Garlic	<i>Allium sativum</i>	bulb	Sulfur compounds (Diallyl Disulfide Diallyl trisulfide /E-ajoene & Z-ajoene (formed from allicin	antiplatelet + antithrombotic activity/ Hypolipidemic(inhibitin g LDL oxidation)/antiviral and antibacterial, chemopreventive activity/ antifungal/Antihypertensive activity. Carminative Antihistaminic activity (external). expectorant, treat bronchial asthma Allicin : antioxidant	Be careful: when used combination with other cardiogenic drugs

Guar gum	Cyamopsis tetragonolobus			Lowers lipid levels+Glucose, anti-diarrheal, tablet binder ,slimming effects	
Artichoke	Cynara scolymus			lower cholesterol levels, decrease risk of cardiovascular diseases	
Psyllium	Plantago ovata			Lowers cholesterol levels/ for constipation	
Oat brans	Avena sativa			lowering cholesterol levels	
Pear	Pyrus syriaca	Fruit		source of fiber, antioxidants/Reduce risk of cardiovascular diseases,cancer,diabet es/ infections	

Almond	Prunus amygdalus		Amygdalin, anticancer	Reduce blood pressure and cardiovascular diseases/Anti Aging benefits/Immune boosting Amygdalin, anticancer	
--------	------------------	--	-----------------------	--	--

resperatory common name +active ingredient	scientific name	part of plant	uses	notes	Toxicological risks
Ephedra ephedrine	<i>Ephedra sinica</i>	stems	decongestant and bronchodilator, for asthma,allergy, narcolepsy, anti-inflammatory. Increase HR,CNS stimulants.	Sympathomimetic agent + stimulate alpha ,β2,β1 adrenergic receptors.	abused as a slimming aid and ergogenic aid in sports and athletics, HTN, hepatitis,thyrotoxicosis ,not for glaucoma
cocoa Theophylline coffee Theophylline tea Theophylline	<i>Theobroma cacao</i> <i>Coffea arabica</i> <i>Camellia sinensis</i>	seeds, leaves	in asthma	caution especially in smokers, and heart failure patients	tachycardia and palpitations, nausea and other GI upsets
Chamomile azulene	<i>Matricaria chamomilla</i>	flowers	Anti inflammatory in case of respiratory system inflammations,vapor inhalations, ophthalmic inflammations,vaginitis.	Antispasmodic, Antiseptic Carminative, Stomachic, Cosmetics.	Chamomile oral gel for easing pain in oral gums and mucosa releasing from teething.
Camphor tree Camphor	<i>Cinnamomum camphora</i>	bark	aromatic stimulant and decongestant	now only used externally	Overdose causes vomiting, convulsions and palpitations

Eucalyptus oil كينا	<i>Eucalyptus globulus</i>	leaf extract	decongestant and solvent	antiseptic, antispasmodic, expectorant and insect repellent	if used internally, it is fatalities
mint oil menthol	<i>Mentha piperita</i>	leaf extract	treat decongestant, cold, influenza, colic.	vex product	can be irritant and toxic in overdose
Some naturally occurring flavonoids have anti-allergic properties but they are not as potent as synthetic antihistamines like chlorpheniramine					
Khella خله khellin it has CCB and spasmolytic	<i>Ammi Visnaga</i>	fruit	for asthma, hay fever and other allergic conditions.	antispasmodic for colic, vasodilator for angina Khellin was the basis for developing nifedipine and amiodarone for heart D.	
Butterbur petasin	<i>Petasites hybridus</i>	All plant parts are used	—spasmolytic, and reduce allergic airway inflammation and for asthma, colds. seasonal allergic rhinitis	treat headaches and urinary tract disorders, Protects from migraine butterbur extract is as potent as cetirizine	
Thyme thymol زعترا	<i>Thymus vulgaris</i>	leaves	used for coughs and colds, bronchitis and sinusitis, and in conjunction with other decongestants, demulcents, analgesics and antibiotics	are carminative, antiseptic, antitussive مضاد للسعال, popular ingredient of mouthwashes and dentifrices .	Thymol is irritant, and toxic in overdose, and should be used with care
Sage thujone, cineole, camphor	<i>Salvia officinalis</i>	leaves	similar to thyme.	gargle or mouthwash for pharyngitis, tonsillitis, sore gums, mouth ulcers enhance memory, antimicrobial effects.	

senega جذور الحيه senengin	Polygala senega	root	similar to thyme.	for external use only	contraindicated in Anemia
Ipecacuanha	Cephaelis ipecacuanha	root and rhizome	similar to thyme at low doses, amoebicidal	induce vomiting in drug overdose	Ipecac causes vomiting in large doses, cytotoxic
Cough suppressants, antitussive					
Codeine	Papaver somniferum	capsules and flowers	cough suppressant. sedating and constipating	large doses it may cause respiratory depression	not be used in hepatic or renal impairment
Honey has good demulcent properties, and has been suggested for nocturnal cough					
Linden flowers	Tilia	flowers	Used for feverish colds, coughs and influenza. It induces diaphoresis.	act as mild sedative on benzodiazepine receptor	
Mallow الخبيزة	Malva sylvestris	flower and leaves	Used for colds and coughs. It is anti-inflammatory		
Echinacea	Echinacea purpurea	aerial parts and secondary roots	— for pain, inflammatory skin conditions and toothache. Immunostimulants	prevent colds and respiratory infections' (prophylactically) it is combined with garlic, for treating colds and allergic rhinitis.	Contraindications: autoimmune diseases.

GI common name	scientific name	part of plant	active ingredient	use
Rice	Oryza sativa	seeds	starch	for diarrhea, rehydration purposes (1st line treatment)
Potato ()	Solanum tuberosum		starch	for diarrhea, rehydration purposes (1st line treatment)
—Cat thyme الجعدة	Teucrium polium	leaves	Tannin	for diarrhea
—Oak bark (السنديان)	Quercus robur	leaves	Tannin	for diarrhea
Coffee and tea	> has Tannin	seed, leaves		for diarrhea
Ispaghula ملينات-Bulk forming laxatives	Plantago ovata	seeds		treat chronic constipation and for IBS ملينات.
Psyllium ملينات-Bulk forming laxatives	Plantago psyllium	seeds		help regulating bowel movement

Linseed (الكتان)Bulk forming laxatives, flaxseed(2nd name)	Linum usitatissimum	dried seeds	Linamarin, Mucilage, Proteins	Cholesterol lowering due to its Omega-3 fatty acids content, anticancer, anti-inflammatory.
Flaxseed oil	Linum usitatissimum	extract oil from seed		printing ink and paints,As food ,Cosmetics: emollient & protective properties, used in creams and lotions .
Flax seeds	Linum usitatissimum	seeds	Lignans	benefit the heart and anti-cancer .
Wheat Bran	Triticum vulgare	نخالة القمح	phytic acid	is less useful as laxative unless it is a natural part of the diet .
Lactulose or lactose Osmotic laxatives		derived from milk		used for treatment of chronic constipation
Senna السنامكي Stimulant laxative	Senna alexandrina	leaves and pods	sennoside A and B	for constipation which systemic absorption is limited
senna leaves ()	Senna alexandrina	leaves	anthranoid	increase risk colon carcinoma, constipation /depandance
Castor oil زيت الخروع	Ricinus communis	seeds oil		Stimulant laxative,Used in cosmetics, soap, as a cream base
Rhamnus	Rhamnus frangula	leaves, bark	emodin aloe-emodin	treatment of habitual constipation
Anise fruits طارده لغازات	Pimpinella anisum	flowers	Volatile oil , Anethole	Carminative,Condiment,Flavoring agent, Antispasmodic, Popular drink, Anethole has potent antimicrobial properties, against bacteria, yeast, and fungi Expectorant, Sedative.
Star Anise fruits طارد للغازات	Illicium verum	flowers	Volatile oil, anethole	Uses: like Anise fruits uses ولكنها أقل فعالية قليلا منه يستخدم كبديل عنه
Fennel, (شومر) طارد للغازات	Foeniculum vulgare	fruit		carminative, supplement
fennel oil طارد للغازات	Foeniculum vulgare	fruit extract	Fenchone,Anethole, limonene	Carminative,Antispasmodic, Flavoring agent,menstrual pains,Stomachic, bactericidal.

GI natural drug continued	scientific name	part of plant	Active incident	use
Dill الشبث/ عين جرادة	Anethum graveolens	fruit, seeds, leaves	Volatile oil, Carvone	Carminative :given to infants to relief of flatulence,Stomachic.
Basil leaves الريحان طارد للغازات	Ocimum bacilicum	leaves		Used in cold/flu- removes phlegm from lungs Diaphoretic, Adaptogen
Cumin طارد للغازات	Cuminum cyminum	fruit		Carminative,Condiment, Stomachic
Caraway كراوية طارد للغازات	Carum carvi	fruit		oil act as spasmolytic, antimicrobial
Bay Leaves ورق غار dyspep..	Laurus nobilis	leaves		carminative,soothe stomach,etc
Artichoke ارضي شوكي	Cynara scolymus	leaves	cynaropicrin, flavonoids	indigestion,dyspepsia,IBS, Reduces TG, Antihepatotoxic, cholagogue.
artichoke leaf extract for dyspepsia	<i>Cynara scolymus</i>	leaves		treat fat intolerance, bloating, flatulence constipation and vomiting
Coriander	Coriandrum sativum	fruit	Volatile oil, Linalool Geraniol طارد للغازات	Carminative, Condiment, Anti-bad breath, Aphrodisiac, Flavoring agent.
Clove buds طارد للغازات-Clove oil,Eugenol Vanillin,Caryophyllene Methyl salicylate , Gallotannic acid, eugenin	Eugenia caryophyllus	buds		Condiment,Carminative,Antiseptic. Flavoring agent. Pain killer Dental uses : as filling material with ZnO,Local anesthetic
Gentian for dyspepsia	Gentiana lutea	leaves		for poor appetite, flatulence and bloating, suppress liver damage.
Wormwood الشيح for dyspepsia	Artemisia absinthium	leaves and stems		used as anthelmintic,increasing secretion of saliva, digestive juices.
Ginger زنجبيل(مانع غثيان) Zingiber, Zingiberene	Zingiber officinale	rhizome		carminative,antiemetic,spasmolytic,antitussive,antiplatelet,hypolipid
Alginate لالتهابات المعده	Ascophyllum nodosum			for peptic ulcer and GERD by produce coat over stomach walls

Chamomile لالتهابات المعده (inhale it for respir	Matricaria chamomilla	flower head	azulene	Anti-inflammatory, antibacterial, Laxative,antispasmodic,Analgesic.
Berberis لأمراض الكبد	Berberis vulgaris		berberine	antibacterial and amoebicidal, used to treat dysentery and liver disease
Milk thistle كثير مستخدم لأمراض سموم الكبد	Silybum marianum	seed	silybin	Antihepatotoxic(the death cap mushroom),Hypolipidemic of liver fat
Turmeric الكركم	Curcuma domesticae	Rhizome	curcumin	treat liver disorder,inflammatory conditions,antispasmodic,hepatoprotective from paracetamol and ulcer, Hypocholesterolaemic,applied to wounds as antiseptic,studied for cancer, Alzheimer's disease
Licorice عرق سوس لالتهابات	Glycyrrhiza glabra	root		expectorant, mucolytic, antitussive
Hyoscine=scopolamine for sickness motion	Hyoscyamus niger			with opiate, cause patient to relax, dry up bronchial secretions prior to administration of halothane anesthetics