

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

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 boostingAmygdalin, anticancer	
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