

## BIBLIOGRAFIA

### Rosa Canina

#### *In vivo anti-inflammatory and antinociceptive activity of the crude extract and fractions from Rosa canina L. fruits*

Didem Deliorman Orhan et al. *J Ethnopharmacol.* 2007.

##### *Abstract*

The aqueous and ethanol extracts of *Rosa canina* L. (Rosaceae) fruits and the fractions prepared from the latter were investigated for their anti-inflammatory and antinociceptive activities in several in vivo experimental models. **The ethanolic extract was shown to possess significant inhibitory activity against inflammatory models** (i.e., carrageenan-induced and PGE(1)-induced hind paw edema models, as well as on acetic acid-induced increase in a capillary permeability model) and on a pain model.... **Ethylacetate and n-butanol fractions displayed potent anti-inflammatory and antinociceptive activities** ....without inducing acute toxicity.

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#### *In vivo anti-inflammatory effect of Rosa canina L. extract*

Francesca Lattanzio et al. *J Ethnopharmacol.* 2011. Department of Pharmacology, Bologna University, Via Irnerio 48, 40126 Bologna, Italy.

##### *Abstract*

*Rosa canina* L. is a medicinal plant largely used in traditional folk medicine. Several compounds from rose hip extracts were reported to display in vitro anti-inflammatory activities.

**Results:** Data show that the ***Rosa canina* extract inhibits the development of carrageenin-induced edema; the anti-inflammatory power is similar to that of indomethacin...**Chemical analysis revealed that **the extract owns a good antioxidant activity that may also contribute to the anti-inflammatory effects observed in vivo.**

**Conclusions:** **Altogether, the present data demonstrate the anti-inflammatory property of Rosa canina suggesting its potential role as adjuvant therapeutic tool for the management of inflammatory-related diseases.**

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## *Rosehip - an evidence based herbal medicine for inflammation and arthritis*

Marc Cohen. *Aust Fam Physician*. 2012 Jul. School of Health Sciences, RMIT University, Victoria. marc.cohen@rmit.edu.au

### *Abstract*

**Rosehips** - which contain a particular type of galactolipid - **have a specific antiinflammatory action... (and) has demonstrated antioxidant and anti-inflammatory activity..** In contrast to nonsteroidal anti-inflammatory drugs and aspirin, **rosehip has antiinflammatory actions that do not have ulcerogenic effects and do not inhibit platelets nor influence the coagulation cascade or fibrinolysis.**

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## *Does the hip powder of Rosa canina (rosehip) reduce pain in osteoarthritis patients?--a meta-analysis of randomized controlled trials*

R Christensen et al. *Osteoarthritis Cartilage*. 2008 Sep. The Parker Institute, Musculoskeletal Statistics Unit, Frederiksberg Hospital, Denmark.

### *Abstract*

**Conclusions:** Although based on a sparse amount of data, **the results of the present meta-analysis indicate that rosehip powder does reduce pain; accordingly it may be of interest as a nutraceutical...**

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## *Polyphenolic Composition of Rosa canina, Rosa sempervivens and Pyrocantha coccinea Extracts and Assessment of Their Antioxidant Activity in Human Endothelial Cells*

Efthalia Kerasioti et al. *Antioxidants (Basel)*. 2019.

### *Abstract*

The aim of the present study was the investigation of the antioxidant activity of plant extracts from *Rosa canina*... **treatment with R. canina ... extract significantly increased the levels of the antioxidant molecule glutathione...significantly decreased Reactive Oxygen Species (ROS) in endothelial cells. The results herein indicated that the R. canina extract in particular may be used for developing food supplements or biofunctional foods for the prevention of oxidative stress-induced pathological conditions of endothelium.**

*Comparative study of biological activities and phytochemical composition of two rose hips and their preserves: Rosa canina L. and Rosa arvensis Huds*

*Jelena D Nađpal et al. Food Chem. 2016.*

*Abstract*

***R. canina hips showed some anti-inflammatory (cyclooxygenase-1 and 2-lipoxygenase inhibition potency) activity.*** *The presented results support traditional use of rose hips and their fruit preserves as food with health and nutritional benefits.*

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*The genus Rosa and arthritis: Overview on pharmacological perspectives*

*Brian Chi Yan Cheng et al. Pharmacol Res. 2016 Dec.*

*The genus Rosa (roses) has long been used in traditional or folk medicine worldwide for the treatment of various types of arthritis including rheumatoid arthritis and osteoarthritis. **The active constituents of Rosa spp... inhibit pro-inflammatory enzymes (e.g. MMPs and COX-2), lower the production of inflammatory cytokines and chemokines (e.g. TNF- $\alpha$ , IL-1 $\beta$ , IL-6, CCL5), and reduce oxidative stress, which in turn suppress inflammatory processes.** Preclinical and clinical studies have demonstrated that these species possess analgesic, anti-arthritic, anti-inflammatory, anti-oxidative and bone-preserving activities.*

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## Ribes nigrum

### *Blackcurrants (Ribes nigrum): A Review on Chemistry, Processing, and Health Benefits*

Regina E Cortez et al. *J Food Sci.* 2019 Sep. Dept. of Food Science and Human Nutrition, Univ. of Illinois at Urbana-Champaign, Urbana, IL, 61801, U.S.A.

#### *Abstract*

**BC are a rich source of phytochemicals with potent antioxidant, antimicrobial, and anti-inflammatory properties. Also, BC have the potential to improve overall human health particularly with diseases associated with inflammation and regulation of blood glucose.**

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### *Anthocyanin-rich black currant extract and cyanidin-3-O-glucoside have cytoprotective and anti-inflammatory properties.*

Desjardins J, Tanabe S, Bergeron C, Gafner S, Grenier D. Desjardins J, et al. *J Med Food.* 2012

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### *Phytoestrogenic activity of blackcurrant (Ribes nigrum) anthocyanins is mediated through estrogen receptor alpha*

Naoki Nanashima et al. *Mol Nutr Food Res.* 2015 Dec.

#### *Abstract*

*Blackcurrants (Ribes nigrum L., Grossulariaceae) contain high amounts of anthocyanin polyphenols, which have antioxidant and anti-carcinogenic health benefits...*

**Conclusion: These results suggest that blackcurrant anthocyanins act as phytoestrogens in vitro and in vivo.**

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### *The health benefits of blackcurrants*

Ashwin Gopalan et al. *Food Funct.* 2012 Aug.

#### *Abstract*

The blackcurrant (*Ribes nigrum* L., Grossulariaceae), a small, perennial shrub native to central Europe and northern Asia, is cultivated throughout the world, including the United States. In addition to its anecdotal use in traditional herbal medicine, **modern laboratories have demonstrated the potent anti-inflammatory, antioxidant and antimicrobial effects of blackcurrant constituents** on a myriad of disease states.

## *The impact of blackcurrant juice on attention, mood and brain wave spectral activity in young healthy volunteers*

A W Watson et al. Nutr Neurosci. 2019 Aug.

### *Abstract*

*There is a growing body of evidence from randomized controlled trials which indicates that consumption of berries has a positive effect upon the cognitive function of healthy adults. It has been recommended that studies combining cognitive and physiological measures be undertaken in order to strengthen the evidence base for the putative effects of flavonoid consumption on cognitive outcomes.*

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## *Phenolic composition, antioxidant capacity and physical characterization of ten blackcurrant (**Ribes nigrum**) cultivars, their juices, and the inhibition of type 2 diabetes and inflammation biochemical markers*

Rebecca Kowalski et al. Food Chem. 2021. Department of Food Science and Human Nutrition, University of Illinois, Urbana IL 61801, USA.

### *Abstract*

*The objective was to analyze the phenolic composition, antioxidant capacity, and physical characteristics of 10 blackcurrant cultivars, their juices, and the enzymatic inhibition of dipeptidyl peptidase-IV,  $\alpha$ -amylase,  $\alpha$ -glucosidase, nitric oxide synthase, and cyclooxygenase-2.... Juices from all cultivars favorably inhibited the activities of enzymes used as surrogate biochemical markers for T2 diabetes and inflammation.*

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## *Supplementation with orange and blackcurrant juice, but not vitamin E, improves inflammatory markers in patients with peripheral arterial disease*

Christine Dalgård et al. Br J Nutr. 2009 Jan.

### *Abstract*

*Inflammation and endothelial activation are associated with an increased risk of CVD and epidemiological evidence suggests an association between levels of markers of inflammation or endothelial activation and the intake of fruit.... Vitamin E supplementation had no significant effects on the various markers.... In this study, orange and blackcurrant juice reduced markers of inflammation, but not markers of endothelial activation, in patients with peripheral arterial disease, relative to sugar drinks.*

## Coriandrum sativum

### *Coriander (Coriandrum sativum): A promising functional food toward the well-being*

Veda Prachayasittikul et al. Food Res Int. 2018 Mar.

#### *Abstract*

*Coriandrum sativum (C. sativum) or coriander is one of the most popularly used spices in culinary worldwide, and its medicinal values has been recognized since ancient time. C. sativum contains bioactive phytochemicals that are accounted for a wide range of biological activities including antioxidant, anticancer, neuroprotective, anxiolytic, anticonvulsant, analgesic, migraine-relieving, hypolipidemic, hypoglycemic, hypotensive, antimicrobial, and antiinflammatory activities.... This review shed light on comprehensive aspects regarding the therapeutic values of the C. sativum, which indicate its significance of being a promising functional food for promoting the well-being in the era of aging and lifestyle-related diseases.*

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### *Coriander (Coriandrum sativum L.) and its bioactive constituents*

Bochra Laribi et al. Fitoterapia. 2015 Jun.

#### *Abstract*

*... coriander seed and herb essential oils have been actively investigated for their chemical composition and biological activities including antimicrobial, antioxidant, hypoglycemic, hypolipidemic, anxiolytic, analgesic, anti-inflammatory, anti-convulsant and anti-cancer activities, among others.*

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### *Evaluating the effect of Coriandrum sativum syrup on being migraine-free using mixture models*

Samaneh Mansouri et al. Med J Islam Repub Iran. 2020.

#### *Abstract*

*Migraine duration in migraineurs using coriander syrup reduced considerably during the study ... the finding of this study revealed that coriander has a significant effect both on the probability of being migraine free and the duration of migraine attacks...*

## **Coriandrum sativum improve neuronal function via inhibition of oxidative/nitrosative stress and TNF- $\alpha$ in diabetic neuropathic rats**

Anu Kajal et al. J Ethnopharmacol. 2020.

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### *Efficacy of combination of Viola odorata, Rosa damascena and Coriandrum sativum in prevention of migraine attacks: a randomized, double blind, placebo-controlled clinical trial*

Mohadese Kamali et al. Electron Physician. 2018.

#### *Abstract*

*... The study findings suggest that the Iranian traditional product combination of Viola odorata flowers, Rosa damascena flowers and Coriandrum sativum fruits may be effective in improving headaches in patients with migraine.*

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### *Effects of Coriandrum sativum Syrup on Migraine: A Randomized, Triple-Blind, Placebo-Controlled Trial*

Hosein Delavar Kasmaei et al. Iran Red Crescent Med J. 2016.

#### **Abstract**

*Migraine is one of the most common and debilitating neurological problems. Although numerous preventive drugs are used to treat migraine, their complications are unavoidable. Application of herbal medicine, especially well-known medicinal plants, to treatment of chronic diseases, like migraine, could be effective. Coriandrum sativum L. (C. sativum) fruit is one of the most commonly prescribed herbs in Persian medicine, which has been used to treat headache...*

*Results of this study showed that C. sativum fruit is efficient in reduction of the duration and frequency of migraine attacks and in diminishing pain degree.*

## *Herbal treatments for migraine: A systematic review of randomised-controlled studies*

Adrian L Lopresti et al. *Phytother Res.* 2020 Oct.

### *Abstract*

*Herbal treatments are often used as a treatment for migraine. Therefore, an evaluation of their safety and efficacy is important. **There were positive, preliminary findings on curcumin, citron, and coriander as a prophylactic treatment for migraine...** The results of this systematic review suggest that several herbal medicines, via their multifactorial physiological influences, present as potential options to enhance the treatment of migraine...*

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## *Cilantro leaf harbors a potent potassium channel-activating anticonvulsant*

Rian W Manville et al. *FASEB J.* 2019 Oct.

### *Abstract*

*Herbs have a long history of use as folk medicine anticonvulsants, yet the underlying mechanisms often remain unknown...Here we report that **cilantro (Coriandrum sativum)**, a widely used culinary herb that also **exhibits antiepileptic and other therapeutic activities, is a highly potent KCNQ channel activator...** The results provide a molecular basis for the therapeutic actions of cilantro and indicate that this ubiquitous culinary herb is surprisingly influential upon clinically important KCNQ channels.*

## *Herbal treatments for migraine: A systematic review of randomised-controlled studies*

Adrian L Lopresti et al. *Phytother Res.* 2020 Oct.

### *Abstract*

*Herbal treatments are often used as a treatment for migraine. Therefore, an evaluation of their safety and efficacy is important. **There were positive, preliminary findings on curcumin, citron, and coriander as a prophylactic treatment for migraine...** The results of this systematic review suggest that several herbal medicines, via their multifactorial physiological influences, present as potential options to enhance the treatment of migraine...*

## *Lippia citriodora (Verbena odorosa)*

### *Anticonvulsant, Anxiolytic, and Sedative Activities of Verbena officinalis*

Abdul Waheed Khan et al. Front Pharmacol. 2016.

#### *Abstract*

*These results indicate that Verbena officinalis possess anticonvulsant, anxiolytic and sedative activities, which provides scientific background for its medicinal application in various neurological ailments, such as epilepsy, anxiety, and insomnia.*

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### *Verbena officinalis (Common Vervain) - A Review on the Investigations of This Medicinally Important Plant Species*

Paweł Kubica et al. Planta Med. 2020 Nov.

#### *Abstract*

*Verbena officinalis (common vervain) is a medicinal plant species widely distributed in the world and commonly... Monographs on "Verbenae herba" have been included in the European Pharmacopoeia since 2008, and in the Chinese Pharmacopoeia since 1995....professional pharmacological in vitro and in vivo studies that prove new important applications, e.g., antioxidant, antimicrobial, anti-inflammatory, neuroprotective anticancer, analgesic, or anticonvulsant of verbena herb extracts and individual metabolites.*

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### *Anticonvulsant Effects of Aerial Parts of Verbena officinalis Extract in Mice: Involvement of Benzodiazepine and Opioid Receptors*

Amir Rashidian et al. J Evid Based Complementary Altern Med. 2017 Oct.

#### *Abstract*

*...The results propose that V officinalis ethanolic extract has anticonvulsant activity against seizure. It seems that these effects may be related to potentiating of GABAergic system. Moreover, this study supports the use of this plant by local Iranians in order to treat convulsion.*

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## *Tilia tomentosa*

### *Bud extracts from Tilia tomentosa Moench inhibit hippocampal neuronal firing through GABAA and benzodiazepine receptors activation*

Arianna Allio et al. J Ethnopharmacol. 2015.

#### *Abstract*

**Ethnopharmacological relevance:** *Tilia tomentosa Moench bud extracts (TTBEs) is used in traditional medicine for centuries as sedative compound. Different plants belonging to the Tilia genus have shown their efficacy in the treatment of anxiety ...*

**Conclusions:** *Our data suggest that TTBEs mimics GABA and BDZ agonists by targeting hippocampal GABAergic synapses and inhibiting network excitability by increasing the strength of inhibitory synaptic outputs. Our results contribute toward the validation of TTBEs as effective sedative and anxiolytic compound.*

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### *Isolation of pharmacologically active benzodiazepine receptor ligands from Tilia tomentosa (Tiliaceae)*

H Viola et al. J Ethnopharmacol. 1994 Aug.

#### *Abstract*

*Tilia species are traditional medicinal plants widely used ... as sedatives and tranquilizers... a complex fraction, ...probably of a flavonoid nature,... had a clear anxiolytic effect . This active fraction had no effect on total and ambulatory locomotor activity. In conclusion, **our results demonstrate the occurrence of active principle(s) in, at least, one species of Tilia that may explain its ethnopharmacological use as an anxiolytic.***

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### *Use of an Animal Model to Evaluate Anxiolytic Effects of Dietary Supplementation with Tilia tomentosa Moench Bud Extracts*

Federica Turrini et al. Nutrients. 2020.

*Anxiety disorders are common and complex psychiatric syndromes affecting a broad spectrum of patients. On top of that, we know that aging produces an increase in anxiety vulnerability and sedative consumption... Currently, the approved pharmacological strategies have severe side effects such as hallucinations, addiction, suicide, insomnia, and loss of motor coordination. Dietary integration with supplements represents an intriguing strategy for improving the efficacy and the safety of synthetic anxiolytics. Accordingly, a recent article demonstrated that glyceric **bud extracts from Tilia tomentosa Moench (TTBEs) exert effects that are consistent with anxiolytic activity...** Our results support the use of TTBEs as dietary supplements for anxiolytic purposes ....*