Safety of Traditional Arab Herbal Medicine

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Abstract

Herbal remedies are widely used for the treatment and prevention of various diseases and often contain highly active pharmacological compounds. Many medicinal herbs and pharmaceutical drugs are therapeutic at one dose and toxic at another. Toxicity related to traditional medicines is becoming more widely recognized as these remedies become popular in the Mediterranean region as well as worldwide. Most reports concerning the toxic effects of herbal medicines are associated with hepatotoxicity although reports of other toxic effects including kidney, nervous system, blood, cardiovascular and dermatologic effects, mutagenicity and carcinogenicity have also been published in the medical literature. This article presents a systematic review on safety of traditional Arab medicine and the contribution of Arab scholars to toxicology. Use of modern cell biological, biochemical, in vitro and in vivo techniques for the evaluation of medicinal plants safety is also discussed.
Herbal remedies are widely used for the treatment and prevention of various diseases and often contain highly active pharmacological compounds. Many medicinal herbs and pharmaceutical drugs are therapeutic at one dose and toxic at another. Toxicity related to traditional medicines is becoming more widely recognized as these remedies become popular in the Mediterranean region as well as worldwide. This article presents a systematic review on safety of traditional Arab medicine and the contribution of Arab scholars to toxicology. Use of modern cell biological, biochemical, in vitro and in vivo techniques for the evaluation of medicinal plants safety is also discussed. This Article has been visited 1200 times. The use of herbal medicine is still poorly understood by the public. Nowadays, toxicity and safety of medicinal herbs is one of the most discussed topics as herbal products have become popular in the Pearl Delta Region as well as worldwide. Traditional Concepts on Toxicity. The fact that something is natural does not necessarily make it safe. Anyone who uses herbal medicine should understand a few basic safety rules. Traditionally, Chinese medicines are divided into three categories: those with heavy toxicity, minor toxicity and no toxicity. According to Chinese medicinal pharmacology, serious...