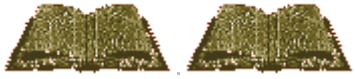
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Book Reviews: Technical Books Section



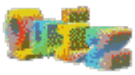
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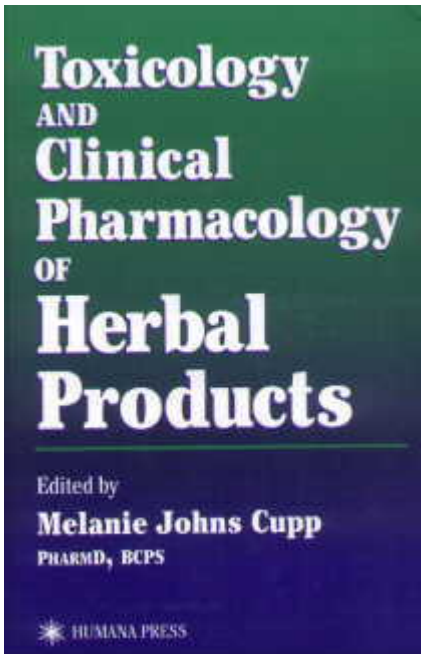
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QUIZ ON THE TOXICOLOGY AND CLINICAL PHARMACOLOGY OF HERBAL PRODUCTS

Toxicology and Clinical Pharmacology of Herbal Products, 1st Edition, *Edited by* Melanie Johns Cupp, PharmD, BCPS . Hard Bound, 6" x 9".
(A Book from *Forensic Science and Medicine* Series by Humana Press)
Humana Press Inc., 999 Riverview Drive, Suite 208, Totowa, New Jersey 07512; Publication Date 15 February, 2000. xxvi + 325 pages, ISBN 0-89603-791-6 (alk. Paper). Price $79.50

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You just read the review of this book. Are you still undecided about this book? Well, you might want to take this quiz to evaluate yourself on the *Toxicology and Clinical Pharmacology of Herbal Products*.
Here goes!

1. Its botanical name is *Uncaria tomentosa*. It is considered so good for health, that it is often referred to as the *life-giving vine of Peru*? Can you identify this plant?
○
Garlic
○
Ginger
○
Chaparral
○
Cat's claw
(for detailed information, see Page 295 of this book)

2. Among other uses, this herb has been used as an antidote for LSD flashbacks. Can you name this herb?
○
St. John's wort
○
Valerian
○
Chaparral
○
Ma Huang
(for detailed information, see Page 177 of this book)

3. It is a small tree native to eastern North America and eastern Asia. Among the many fantastic claims about its magical properties was that it could promote pregnancy because it aided menstrual flow. In the 1787 edition of *Materia Medica Americana*, its root was listed a remedy for cancerous ulcers. In 1833, The *American Practice of Medicine* listed its oil as a cure for osteosarcomatous tumors. It is now known that not only does it have no antineoplastic activity, it is

carcinogenic itself. In fact FDA prohibits most of its products as food additives and flavorings because of their carcinogenic properties. Can you name this tree?

○
Borage
○
Sassafras
○
Calamus
○
Comfrey

(for detailed information, see Pages 245-246 of this book)

4. It is a perennial plant with a yellow flower that reaches heights of 30 cm. The leaves are hoof-shaped and toothed, and they are green on top with white hairs on the underside. Senkirkine, one of the pyrrolizidine alkaloids (PA) present in this plant has been shown to be hepatotoxic in rats. Which herb are we talking about?

○
Coltsfoot
○
Borage
○
Cranberry
○
Ginseng

(for detailed information, see Page 191 of this book)

5. It is a small perennial shrub with thin stems. It rarely grows to more than a foot in height, and at first glance, the plant looks very much like a small broom. It contains a novel antibiotic called transtorine, which might explain why in the 1600s, Indians and Spaniards in the American Southwest used it as a treatment for venereal disease. Which shrub are we talking about?

○
St. John's Wort
○
ephedra
○
Feverfew
○
Chamomile

(for detailed information, see Pages 11-12 of this book)

6. The name of this plant means "proper order". It has been known historically as a female remedy and has been referred to variously as "empress of the herbs", "sovereign herb for women" and "the female ginseng". Historic uses include treatment of dysmenorrhea, amenorrhea, metrorrhagia and menopausal syndromes (all female disorders related to menstruation). Which plant are we talking about?

○
Dong Quai
○
Saw Palmetto
○
Panax Ginseng
○
Cascara Sagrada

(for detailed information, see Page 289 of this book)

7. Its name is derived from a Hebrew word meaning "a shining, bitter substance". It is also called "burn plant", because of its reputed use in wounds and burns. People who use it chronically suffer

from a harmless discoloration of the colon called "Melanosis coli". Which plant are we talking about?

○
Valerian
○
Kava
○
Echinacea
○
Aloe

(for detailed information, see Pages 259-262 of this book)

8. It was introduced into American medicine in 1773 by Dr. Lawrence Van Derveer who used it to treat rabies; hence its common name "mad-dog weed". It was believed that it relieved muscle spasm associated with rabies, but was not found to cure it. Can you name this perennial?

○
Comfrey
○
Cascara Sagrada
○
Scullcap
○
Borage

(for detailed information, see Page 215 of this book)

9. The flowers and leaves of this herb have long been used to treat all kinds of respiratory disorders, but its use to prevent coughs and soothe the throat is well documented. Can you tell the name of this herb?

○
Comfrey
○
Coltsfoot
○
Scullcap
○
Licorice

(for detailed information, see Page 191 of this book)

10. This plant contains an active principle which is a potent central nervous system (CNS) stimulant. Injections of this active principle, called *philopon* (which means "love of work") were given to Japanese *kamikaze* pilots during World War II. Can you name the plant?

○
Senna
○
Cascara Sagrada
○
Dong Quai
○
ephedra

(for detailed information, see Page 12 of this book)

11. Nordihydroguaiaretic acid (NDGA) is the active constituent of which of the following herbs?

○
Ginger
○
Garlic
○
Calamus
○

Chaparral
(for detailed information, see Page 177 of this book)

12. Tussilagone is the active constituent of which of the following herbs?
○
Cat's claw
○
Coltsfoot
○
Cascara Sagrada
○
Calamus
(for detailed information, see Page 193 of this book)

13. In the Philippines, a mixture called *shabu* was once traditionally smoked for its stimulating effect. It was a mixture of caffeine and a chemical which comes from one of the following plants. Can you identify it?
○
Cranberry
○
Saw Palmetto
○
Panax Ginseng
○
ephedra
(for detailed information, see Page 12 of this book)

14. L-652,469 is a compound that has been shown to weakly inhibit receptors for platelet-activating factor (PAF) and to weakly block Ca^{2+} channels, thus inhibiting platelet aggregation and inflammation. Which herb does it come from?
○
Aloe
○
Pokeweed
○
Licorice
○
Coltsfoot
(for detailed information, see Page 193 of this book)

15. Some European reports suggest that this plant could be useful in the treatment of AIDS when used in combination with zidovudine (AZT). These reports have in fact fueled its demand in the United States. Can you identify this interesting plant?
○
Comfrey
○
Cat's claw
○
scullcap
○
Coltsfoot
(for detailed information, see Pages 295-6 of this book)

16. This herb acts as a demulcent, which is one of its main pharmacologic effects. Mucilage is the sole ingredient responsible for this action. Which herb are we talking about?
○
Cat's claw
○
Dong Quai
○

Coltsfoot
○
Cascara Sagrada
(for detailed information, see Page 192 of this book)

17. A member of the rose family, it is a spiny, small tree or bush with white flowers and red berries, each containing one to three nuts. Known also as "ladies' meat" and "bread and cheese tree", its extract purportedly dilates coronary blood vessels. Its active principles are thought to be flavonoids, including hyperoside, vitexin, vitexin-rhamnose, rutin and oligomeric procyanidins. Which plant are we talking about?
○
Hawthorn
○
Scullcap
○
Ma Huang
○
Comfrey
(for detailed information, see Pages 253-254 of this book)

18. The hepatotoxic pyrrolizidine alkaloids (PAs) present in this herb pose the greatest concern regarding its use. Which herb are we talking about?
○
Cat's Claw
○
Coltsfoot
○
Aloe
○
Hawthorn
(for detailed information, see Page 193 of this book)

19. Characteristic of pyrrolizidine alkaloid (PA) intoxication is
○
hepatic venoocclusive disease
○
spontaneous brain hemorrhages
○
macular degeneration
○
gastric and duodenal ulcers
(for detailed information, see Page 193 of this book)

20. It grows in several parts of the world, including the eastern United States, Canada, California, and Hawaii along roadsides and fences. Its stems resemble those of horseradish, resulting in accidental poisoning. Its berries yield a juice which has been used by Europeans as a dye for wine. So characteristic is its colored juice that it has been called the "red ink plant". In fact one of the major clues that a person has accidentally poisoned himself with it, is the purple stains from its juice on the hands and face of the victim. Three lectins (PL-A, PL-B and PL-C) have been purified from its root, and all three exhibit mitogenic actions. Mobitz type I heart block has been reported after ingestion of its uncooked leaves. Can you name this large perennial herb?
○
Valerian
○
Chamomile
○
Senna
○

Pokeweed
(for detailed information, see Pages 237-239 of this book)

Get score
Clear

Your Score Was:

Correct answers:

Your rating:

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90-95% - Your knowledge on the *Toxicology and Clinical Pharmacology of Herbal Products* is admirable. You probably might do without it.
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