

## **Botanical Medicine: From Bench to Bedside**

Mary Ann Liebert, Inc. Publishers, 2009

### **Weighted Numerical Score: 98 - 5 Stars!**

#### **DOODY'S - REVIEWER'S EXPERT OPINION**

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##### **\*\*Description\*\***

This significant contribution to the field of botanical medicine discusses three important areas: selection and quality issues, preclinical and clinical approaches, and a practitioner's review. With its examples of high quality research and detailed discussions on the most important issues in botanicals used for medicinal purposes, the book is valuable to the broad community of researchers and health practitioners who seek reliable and efficacious botanical products that can be rigorously clinically tested and trusted.

##### **\*\*Purpose\*\***

The purpose is to address critical issues facing the field of botanical medicine, including the conduct of sound scientific studies of botanical supplements and medicines, the challenges to the dietary supplement industry to improve the quality of botanical products, and the effort to increase the industry's commitment to facilitating the collection of data that will provide the evidence base for the safety and effectiveness of the products. This book also aims to reassure consumers and healthcare providers and to bring into the user group clinicians and a wider public who all seek treatments that are safe and effective. These are very important objectives because of the wide marketing of plant products, and because there is an increasing interest in natural products by the general public, yet the complex issues related to safety, quality, and efficacy are not well understood. This book serves the purpose of clarifying these issues.

##### **\*\*Audience\*\***

A broad range of readers who are interested in rigorous botanical medicine research are the intended audience, including scientific researchers, physicians, healthcare providers, and industrial scientists. Both editors are highly credible authorities Dr. Raymond Cooper is the world expert in botanical chemistry and Dr. Fredi Kronenberg is a world leader in clinical physiology and integrative medicine. Chapters are written by a diverse group of authors with expertise in a variety of fields, with the same goal of facilitating reliable and high quality botanical medicine research.

##### **\*\*Features\*\***

The book covers the current critical issues in botanical medicinal research and addresses the characterization of phyto-equivalence/generic herbal issues facing the supplement industry. Organized into three parts, the chapters cover the topics of qualified preparations, preclinical and clinical studies, and the safety, efficacy, and dose of botanical preparations. High quality studies are used as illustrative examples. Most interestingly, either popular preparations (St. John's Wort, green tea, and cranberry), or representative subjects (Iberogast for multicomponent mixtures, and chaste tree for challenges to health practitioner) that highlight broader questions are used for discussions in this book. Part I of the book addresses how the quality of the herbal product influences the quality of scientific research and clinical outcomes, including the accurate identification of the plant and components in its preparation. Part II is the most interesting, illustrating with carefully selected examples, the complexity of herb-drug interactions, the issue of whole extract versus particular constituents, the complexity and issues in preclinical work to develop a multicomponent herbal mixture (Iberogast), and plants that are studied both individually and in combination (Valerian and hops). It also enforces that even if the active compounds or the mechanism of actions are not yet clear, it is necessary to enforce the standards for these botanical products that define the consistency. Part III provides a perspective review from a health practitioner. The appropriate use of tables and figures in the chapters makes the content flow and easy to understand. References are adequate and informative.

##### **\*\*Assessment\*\***

This is an important contribution to the field of botanical medicine research. It presents the critical concepts as well as the most up-to-date research in botanical medicine. Compared to *Clinical Botanical Medicine*, Yarnell et al. (Mary Ann Liebert, Inc., 2003), which focuses more on issues in clinical applications of botanical medicine, this book serves a wider range of interest for readers in botanic chemistry, preclinical research, clinical research, and the supplement industry.

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