

**Introduction:** Cardiovascular diseases are the number one cause of morbidity and mortality in the world. Traditional herbal concoctions and herb derived drugs are commonly used for these ailments. These three abstracts review popular herbal remedies, which have demonstrated beneficial cardiovascular effects and results have been validated by rigorous scientific studies.

**Methods:** PubMed interrogation revealed 65,034 entries under 'herbal medicines' and 2,963 under 'herbal and cardiovascular'. Relevant citations were reviewed. Other pertinent published scientific material was also consulted.

## **Results:**

### ***Commiphora mukul (Guggulipid):***



Z- and E-guggulsterones are the active ingredients and inhibit cholesterol synthesis in the liver via antagonism of the farnesoid X receptor and the bile-acid receptor. The extract has received regulatory approval for treating

hyperlipidemia in India since 1987, while in the United States, guggulipid is available as a nonprescription dietary supplement.

### ***Digitalis purpurea (Common Foxglove):***



Digitalis is used for symptomatic chronic heart failure for patients with reduced systolic function, preservation of systolic function, and combined with beta blockers, in rate control for atrial fibrillation with a rapid ventricular response. Digitalis works by inhibiting sodium-potassium ATPase in the myocardium, causing intracellular sodium concentration to increase.

### ***Ginkgo Biloba (Maidenhair tree):***



Its terpenes inhibit platelet-activating factor, decrease vascular resistance, and improve

circulatory flow, while the flavonoids reduce capillary permeability and fragility. Clinical studies support its use in treating cerebral insufficiency. It may also help peripheral vascular disease.

**Conclusions:** Several herbal medicines have convincingly established their therapeutic role as cardioceuticals. Evidence based scrutiny has repeatedly validated their efficacy and safety in clinical trials.

## **References:**

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