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## When Science Confirms Traditional Medicine!

Post date: Sunday, March 11th 2012 at 10:30 am by [Sayer Ji](#)



Unbeknownst to the general public, billions of dollars of drug company and government grant money has flowed into finding lead compounds for new drug development over the past 50 years. Although much has been learned about the power and relative safety of natural substances in preventing and treating disease in the process, natural substances rarely if ever find the sustained capitalization necessary to make it through the additional FDA hurdles required for drug approval, which costs over 800 million dollars per drug.

Inadvertently, some of the very same companies and interests which would like for natural substances *not* to receive the same drug-approval status available to the synthetic ones, are funding research that prove basic vitamins, foods and spices are at least as effective, sometimes more effective, and often *much safer and affordable* than the drugs they are developing to replace or supplant them.

This means that tens of thousands of studies have already been performed demonstrating that natural substances may prevent and/or treat disease, at least in the test tube and animal models. [GreenMedInfo.com](#), contains close to 20,000 of these. What is even more amazing is that these scientific results often confirm the traditional uses for these natural substances in ancient Indian medicine, Chinese medicine, and countless other folk medicine traditions around the world. This can only make their use more compelling for individuals or healthcare practitioners, as folk medicine contains many thousands of years of tried and true human experience applying these substances to diseases – often with great success.

Over the course of the past few years of indexing, GreenMedInfo.com has been collecting studies that confirm the traditional use of a natural substance for medicinal purposes. This section is called "[Science Confirms Tradition](#)" and contains 43 studies. We are looking to greatly expand this section in the future. If you happen to find any relevant studies while diving for clinical pearls on [Pubmed.gov](#), please [send us an email](#), or get involved as a GMIpedia contributor. We have designed a parser that will enable you to enter studies into our database directly, in exchange for [a professional membership](#) and a few other perks we can disclose if you are interested.

Thanks as always for supporting the world's largest, open source, evidence-based natural health resource. Enjoy the studies below!

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[A purple potato variety which has been used for the prevention of metabolic diseases as a folk remedy in Korea, demonstrates anti-obesity potential via inhibition of lipid metabolism](#)

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**Pubmed Data** : J Ethnopharmacol. 2008 Aug 13;118(3):396-404. Epub 2008 May 20.

PMID: [18579324](#)

**Article Published Date** : Aug 13, 2008

**Study Type** : Animal Study

#### Additional Links

**Substances** : [Potato](#) : [CK\(71\)](#) : [AC\(24\)](#)

**Diseases** : [Cholesterol: LDL/HDL ratio](#) : [CK\(415\)](#) : [AC\(52\)](#), [Obesity](#) : [CK\(1255\)](#) : [AC\(266\)](#), [Triglycerides: Elevated](#) : [CK\(364\)](#) : [AC\(67\)](#)

**Additional Keywords** : [Anti-Obesity Agents](#) : [CK\(94\)](#) : [AC\(25\)](#), [Plant Extracts](#) : [CK\(3297\)](#) : [AC\(1135\)](#), [Science Confirms Tradition](#) : [CK\(64\)](#) : [AC\(43\)](#)

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[Acorus calamus has insulin releasing and alpha-glucosidase inhibitory activity, confirming its traditional use in American and Indonesia for diabetes.](#)

[Click here to see the entire article](#)

**Pubmed Data** : J Ethnopharmacol. 2010 Jan 4. Epub 2010 Jan 4. PMID: [20051258](#)

**Article Published Date** : Jan 04, 2010

**Study Type** : Animal Study

#### Additional Links

**Substances** : [Acorus calamus](#) : [CK\(11\)](#) : [AC\(6\)](#)

**Diseases** : [Diabetes Mellitus: Type 1](#) : [CK\(1003\)](#) : [AC\(215\)](#)

**Pharmacological Actions** : [Alpha-glucosidase inhibitor](#) : [CK\(19\)](#) : [AC\(11\)](#), [Insulin-releasing](#) : [CK\(26\)](#) : [AC\(16\)](#)

**Additional Keywords** : [Science Confirms Tradition](#) : [CK\(64\)](#) : [AC\(43\)](#)

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[Agrimony exhibits anti-inflammatory activity, substantiating its traditional uses for inflammation and allergic diseases.](#)

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**Pubmed Data** : Immunol Invest. 2010 Jan;39(2):159-70. PMID: [20136621](#)

**Article Published Date** : Jan 01, 2010

**Study Type** : Animal Study

#### Additional Links

**Substances** : [Agrimony](#) : [CK\(15\)](#) : [AC\(12\)](#)

**Diseases** : [Allergies](#) : [CK\(527\)](#) : [AC\(94\)](#), [Inflammation](#) : [CK\(1001\)](#) : [AC\(341\)](#), [Lipopolysaccharide-Induced Toxicity](#) : [CK\(232\)](#) : [AC\(126\)](#)

**Pharmacological Actions** : [Anti-Inflammatory Agents](#) : [CK\(1159\)](#) : [AC\(412\)](#)

**Additional Keywords** : [Science Confirms Tradition](#) : [CK\(64\)](#) : [AC\(43\)](#)

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[An extract of plantain has blood sugar lowering effects in diabetic mice.](#)

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**Pubmed Data** : Methods Find Exp Clin Pharmacol. 2003 Jul-Aug;25(6):453-6. PMID: [12949631](#)

**Article Published Date** : Jul 01, 2003

**Study Type** : Animal Study

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**Substances :** [Plantain : CK\(39\) : AC\(12\)](#)

**Diseases :** [Diabetes Mellitus: Type 1 : CK\(1003\) : AC\(215\)](#), [Diabetes Mellitus: Type 2 : CK\(1911\) : AC\(315\)](#)

**Pharmacological Actions :** [Hypoglycemic Agents : CK\(538\) : AC\(152\)](#)

**Additional Keywords :** [Plant Extracts : CK\(3297\) : AC\(1135\)](#), [Science Confirms Tradition : CK\(64\) : AC\(43\)](#)

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[Anise demonstrates antispasmodic properties consistent with its use in folk medicine.](#)

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**Pubmed Data :** J Clin Gastroenterol. 2001 Jul;33(1):27-31. PMID: [17027208](#)

**Article Published Date :** Jul 01, 2001

**Study Type :** Animal Study

**Additional Links**

**Substances :** [Anise : CK\(20\) : AC\(8\)](#)

**Diseases :** [Gastric Spasm : CK\(18\) : AC\(6\)](#), [Muscle Spasm : CK\(43\) : AC\(5\)](#)

**Pharmacological Actions :** [Antispasmodic : CK\(110\) : AC\(29\)](#)

**Additional Keywords :** [Science Confirms Tradition : CK\(64\) : AC\(43\)](#)

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[Baccharis dracunculifolia possess antinociceptive and anti-inflammatory activities, confirming its traditional use in Brazilian folk medicine.](#)

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**Pubmed Data :** J Ethnopharmacol. 2010 Feb 3;127(2):543-50. Epub 2009 Oct 4. PMID: [19808087](#)

**Article Published Date :** Feb 03, 2010

**Study Type :** Animal Study

**Additional Links**

**Substances :** [Baccharis dracunculifolia : CK\(10\) : AC\(7\)](#)

**Diseases :** [Inflammation : CK\(1001\) : AC\(341\)](#)

**Pharmacological Actions :** [Anti-Inflammatory Agents : CK\(1159\) : AC\(412\)](#), [Antinociceptive : CK\(15\) : AC\(8\)](#)

**Additional Keywords :** [Brazilian Traditional Medicine : CK\(8\) : AC\(4\)](#), [Science Confirms Tradition : CK\(64\) : AC\(43\)](#)

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[Cassava leaves have anti-inflammatory and analgesic principles, which justify its use in traditional African medicine.](#)

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**Pubmed Data :** Arch Pharm Res. 2010 May;33(5):775-80. Epub 2010 May 29. PMID: [18675525](#)

**Article Published Date :** May 01, 2010

**Study Type :** Animal Study

**Additional Links**

**Substances :** [Cassava : CK\(7\) : AC\(4\)](#)

**Diseases :** [Inflammation : CK\(1001\) : AC\(341\)](#), [Pain : CK\(593\) : AC\(90\)](#)

**Pharmacological Actions :** [Analgesics : CK\(374\) : AC\(80\)](#), [Anti-Inflammatory Agents : CK\(1159\) : AC\(412\)](#)

**Additional Keywords :** [Plant Extracts : CK\(3297\) : AC\(1135\)](#), [Science Confirms Tradition : CK\(64\) : AC\(43\)](#)

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[Catnip has spasmolytic and bronchodilatory properties, confirming its traditional use in colic, diarrhea, cough and asthma.](#)

[Click here to see the entire article](#)

**Pubmed Data** : Neurosci Lett. 2011 Jan 3;487(1):70-2. Epub 2010 Oct 7. PMID: [19041706](#)

**Article Published Date** : Jan 03, 2011

**Study Type** : Animal Study

**Additional Links**

**Substances** : [Catnip](#) : CK(6) : AC(4)

**Diseases** : [Bronchial Asthma](#) : CK(974) : AC(131), [Colic](#) : CK(84) : AC(12), [Cough](#) : CK(14) : AC(2), [Diarrhea](#) : CK(519) : AC(69)

**Pharmacological Actions** : [Antispasmodic](#) : CK(110) : AC(29), [Bronchodilator Agents](#) : CK(46) : AC(11)

**Additional Keywords** : [Plant Extracts](#) : CK(3297) : AC(1135), [Science Confirms Tradition](#) : CK(64) : AC(43)

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Certain traditional plant treatments for diabetes, namely agrimony, alfalfa, coriander, eucalyptus and juniper, can retard the development of streptozotocin diabetes in mice.

[Click here to see the entire article](#)

**Pubmed Data** : Diabetologia. 1990 Aug;33(8):462-4. PMID: [2210118](#)

**Article Published Date** : Aug 01, 1990

**Study Type** : Animal Study

**Additional Links**

**Substances** : [Agrimony](#) : CK(15) : AC(12), [Alfalfa](#) : CK(20) : AC(6), [Coriandrum sativum](#) : CK(53) : AC(27), [Eucalyptus](#) : CK(80) : AC(22), [Juniper](#) : CK(8) : AC(7)

**Diseases** : [Diabetes Mellitus: Type 1](#) : CK(1003) : AC(215)

**Pharmacological Actions** : [Hypoglycemic Agents](#) : CK(538) : AC(152)

**Additional Keywords** : [Science Confirms Tradition](#) : CK(64) : AC(43)

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Coconut husk fiber contains compounds with pain and inflammation-killing activities.

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**Pubmed Data** : J Ethnopharmacol. 2009 Apr 21;122(3):541-6. Epub 2009 Feb 7. PMID: [19429325](#)

**Article Published Date** : Apr 21, 2009

**Study Type** : Animal Study

**Additional Links**

**Substances** : [Coconut](#) : CK(135) : AC(35), [Coconut Husk/Fiber](#) : CK(12) : AC(8)

**Diseases** : [Inflammation](#) : CK(1001) : AC(341), [Pain](#) : CK(593) : AC(90)

**Pharmacological Actions** : [Analgesics](#) : CK(374) : AC(80), [Anti-Inflammatory Agents](#) : CK(1159) : AC(412)

**Additional Keywords** : [Plant Extracts](#) : CK(3297) : AC(1135), [Science Confirms Tradition](#) : CK(64) : AC(43)

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Coriandrum sativum has diuretic properties.

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**Pubmed Data** : J Ethnopharmacol. 2008 Jan 4;115(1):89-95. Epub 2007 Sep 16. PMID: [17961943](#)

**Article Published Date** : Jan 04, 2008

**Study Type** : Animal Study

**Additional Links**

**Substances** : [Coriandrum sativum](#) : CK(53) : AC(27)

**Diseases :** [Water Retention : CK\(37\) : AC\(11\)](#)

**Pharmacological Actions :** [Diuretics : CK\(45\) : AC\(11\)](#)

**Additional Keywords :** [Plant Extracts : CK\(3297\) : AC\(1135\)](#), [Science Confirms Tradition : CK\(64\) : AC\(43\)](#)

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[Devil's claw \(H. procumbens\) exhibits a uterotonic effect in the rat uterus, lending pharmacological credence to the suggested folkloric obstetric uses of the plant's secondary root for induction and/or acceleration of labour, as well as for expelling ret](#)

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**Pubmed Data :** J Smooth Muscle Res. 2009 Oct; 45(5):231-9. PMID: [19907121](#)

**Article Published Date :** Oct 01, 2009

**Study Type :** Animal Study

**Additional Links**

**Substances :** [Devils Claw : CK\(24\) : AC\(7\)](#)

**Diseases :** [Uterus: Contraction/Expulsion Disorders : CK\(331\) : AC\(10\)](#)

**Pharmacological Actions :** [Uterotonic : CK\(34\) : AC\(11\)](#)

**Additional Keywords :** [Midwifery Plants : CK\(2\) : AC\(1\)](#), [Plant Extracts : CK\(3297\) : AC\(1135\)](#), [Science Confirms Tradition : CK\(64\) : AC\(43\)](#)

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[Earthworm paste has gastroprotective properties and is superior to the drug ranitidine in preventing experimentally induced gastric ulcer.](#)

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**Pubmed Data :** Eur Rev Med Pharmacol Sci. 2010 Mar; 14(3):171-6. PMID: [20391954](#)

**Article Published Date :** Mar 01, 2010

**Study Type :** Animal Study

**Additional Links**

**Substances :** [Earthworms : CK\(6\) : AC\(3\)](#)

**Diseases :** [Gastric Ulcer : CK\(254\) : AC\(98\)](#)

**Pharmacological Actions :** [Anti-Ulcer Agents : CK\(160\) : AC\(58\)](#), [Gastroprotective : CK\(57\) : AC\(29\)](#)

**Additional Keywords :** [Science Confirms Tradition : CK\(64\) : AC\(43\)](#), [Superiority of Natural Substances versus Drugs : CK\(897\) : AC\(173\)](#)

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[Noni has demonstratable wound healing properties, confirming its traditional use in Polynesian medicine.](#)

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**Pubmed Data :** Phytother Res. 2010 Oct; 24(10):1437-41. PMID: [20878690](#)

**Article Published Date :** Oct 01, 2010

**Study Type :** Animal Study

**Additional Links**

**Substances :** [Noni : CK\(85\) : AC\(43\)](#)

**Diseases :** [Wound Healing : CK\(214\) : AC\(69\)](#)

**Additional Keywords :** [Science Confirms Tradition : CK\(64\) : AC\(43\)](#)

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[Noni has immunostimulatory activity on T and B lymphocytes, confirming its traditional use in the treatment of infections.](#)

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**Pubmed Data** : Pharm Biol. 2010 Jul;48(7):724-31. PMID: [20645768](#)

**Article Published Date** : Jul 01, 2010

**Study Type** : Animal Study

**Additional Links**

**Substances** : [Noni](#) : CK(85) : AC(43)

**Diseases** : [Immune Disorders: Low Immune Function](#) : CK(483) : AC(116)

**Pharmacological Actions** : [Immunomodulatory](#) : CK(516) : AC(145)

**Additional Keywords** : [Science Confirms Tradition](#) : CK(64) : AC(43)

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[Parsley's traditional use as a diuretic is supported by its inhibition of water absorption.](#)

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**Pubmed Data** : J Ethnopharmacol. 2002 Mar;79(3):353-7. PMID: [11849841](#)

**Article Published Date** : Mar 01, 2002

**Study Type** : Animal Study

**Additional Links**

**Substances** : [Parsley](#) : CK(16) : AC(10)

**Diseases** : [Water Retention](#) : CK(37) : AC(11)

**Pharmacological Actions** : [Diuretics](#) : CK(45) : AC(11)

**Additional Keywords** : [Science Confirms Tradition](#) : CK(64) : AC(43)

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[Patchouli has analgesic and anti-inflammatory activity.](#)

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**Pubmed Data** : Evid Based Complement Alternat Med. 2009 Nov 20. Epub 2009 Nov 20. PMID: [19933324](#)

**Article Published Date** : Nov 20, 2009

**Study Type** : Animal Study

**Additional Links**

**Substances** : [Patchouli](#) : CK(15) : AC(6)

**Diseases** : [Inflammation](#) : CK(1001) : AC(341), [Pain](#) : CK(593) : AC(90)

**Pharmacological Actions** : [Analgesics](#) : CK(374) : AC(80), [Anti-Inflammatory Agents](#) : CK(1159) : AC(412), [Cyclooxygenase 2 Inhibitors](#) : CK(274) : AC(167), [Tumor Necrosis Factor \(TNF\) Alpha Inhibitor](#) : CK(1005) : AC(351)

**Additional Keywords** : [Science Confirms Tradition](#) : CK(64) : AC(43)

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[Rehmannia activates intracellular antioxidant enzyme systems in mouse auditory cells, confirming its traditional use for treating auditory diseases.](#)

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**Pubmed Data** : Am J Chin Med. 2006;34(6):1083-93. PMID: [17163596](#)

**Article Published Date** : Jan 01, 2006

**Study Type** : Animal Study

**Additional Links**

**Substances** : [Rehmannia](#) : CK(145) : AC(36)

**Diseases** : [Auditory Diseases](#) : CK(3) : AC(2)

**Pharmacological Actions** : [Antioxidants](#) : CK(3530) : AC(1293)

**Additional Keywords** : [Science Confirms Tradition](#) : CK(64) : AC(43)

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Schisandra fruit has a therapeutic effect in the treatment of hepatitis C virus infection.

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**Pubmed Data** : Phytother Res. 2007 Sep;21(9):895-7. PMID: [11154048](#)

**Article Published Date** : Sep 01, 2007

**Study Type** : Animal Study

**Additional Links**

**Substances** : [Schisandra](#) : CK(129) : AC(44)

**Diseases** : [Hepatitis C](#) : CK(400) : AC(62)

**Pharmacological Actions** : [Antiviral Agents](#) : CK(627) : AC(290)

**Additional Keywords** : [Science Confirms Tradition](#) : CK(64) : AC(43)

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Sesamol has wound healing properties.

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**Pubmed Data** : J Ethnopharmacol. 2011 Jan 27 ;133(2):608-12. Epub 2010 Oct 28.

PMID: [21035533](#)

**Article Published Date** : Jan 27, 2011

**Study Type** : Animal Study

**Additional Links**

**Substances** : [Sesamol](#) : CK(80) : AC(30)

**Diseases** : [Wound Healing](#) : CK(214) : AC(69)

**Pharmacological Actions** : [Antioxidants](#) : CK(3530) : AC(1293)

**Additional Keywords** : [Science Confirms Tradition](#) : CK(64) : AC(43)

**Problem Substances** : [Dexamethasone](#) : CK(49) : AC(8)

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Tarragon (Artemisia d.) essential oil has anticonvulsant activity, confirming its traditional use in Iranian folkloric medicine.

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**Pubmed Data** : Clin Cancer Res. 2008 Feb 15;14(4):1248-57. PMID: [15325732](#)

**Article Published Date** : Feb 15, 2008

**Study Type** : Animal Study

**Additional Links**

**Substances** : [Tarragon](#) : CK(19) : AC(14)

**Diseases** : [Epilepsy](#) : CK(107) : AC(26), [Seizures](#) : CK(108) : AC(26)

**Pharmacological Actions** : [Anticonvulsants](#) : CK(113) : AC(29)

**Additional Keywords** : [Plant Extracts](#) : CK(3297) : AC(1135), [Science Confirms Tradition](#) : CK(64) : AC(43)

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The traditional use of Zhu Ling (P. umbellatus) as a diuretic is confirmed by animal experiments.

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**Pubmed Data** : J Ethnopharmacol. 2010 Jan 15. Epub 2010 Jan 15. PMID: [20083182](#)

**Article Published Date** : Jan 15, 2010

**Study Type** : Animal Study

**Additional Links**

**Substances** : [Zhu Ling Mushroom](#) : CK(16) : AC(4)

**Diseases** : [Water Retention](#) : CK(37) : AC(11)

**Pharmacological Actions :** [Diuretics : CK\(45\) : AC\(11\)](#)

**Additional Keywords :** [Science Confirms Tradition : CK\(64\) : AC\(43\)](#)

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[A water extract of dandelion exhibits anti-influenza activity.](#)

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**Pubmed Data :** Virol J. 2011 Dec 14 ;8(1):538. Epub 2011 Dec 14. PMID: [22168277](#)

**Article Published Date :** Dec 14, 2011

**Study Type :** In Vitro Study

**Additional Links**

**Substances :** [Dandelion : CK\(86\) : AC\(30\)](#)

**Diseases :** [Influenza : CK\(694\) : AC\(103\)](#)

**Pharmacological Actions :** [Antiviral Agents : CK\(627\) : AC\(290\)](#)

**Additional Keywords :** [Science Confirms Tradition : CK\(64\) : AC\(43\)](#), [Science Confirms Traditional Chinese Medicine : CK\(1\) : AC\(1\)](#)

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[Arnica exhibits anti-inflammatory properties on a molecular level that confirms its traditional medical uses.](#)

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**Pubmed Data :** Teratology. 1999 Apr;59(4):252-60. PMID: [12808362](#)

**Article Published Date :** Apr 01, 1999

**Study Type :** Review

**Additional Links**

**Substances :** [Arnica : CK\(158\) : AC\(26\)](#)

**Diseases :** [Inflammation : CK\(1001\) : AC\(341\)](#)

**Pharmacological Actions :** [Anti-Inflammatory Agents : CK\(1159\) : AC\(412\)](#), [NF-kappaB Inhibitor : CK\(596\) : AC\(403\)](#)

**Additional Keywords :** [Plant Extracts : CK\(3297\) : AC\(1135\)](#), [Science Confirms Tradition : CK\(64\) : AC\(43\)](#)

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[Astragalus contains two isomers which decrease the expression of p16, which may slow aging.](#)

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**Pubmed Data :** Chin Med J (Engl). 2008 Feb 5;121(3):231-5. PMID: [18298915](#)

**Article Published Date :** Feb 05, 2008

**Study Type :** In Vitro Study

**Additional Links**

**Substances :** [Astragalus : CK\(284\) : AC\(57\)](#)

**Diseases :** [Aging : CK\(1315\) : AC\(367\)](#)

**Pharmacological Actions :** [Antioxidants : CK\(3530\) : AC\(1293\)](#), [Cyclin-Dependent Kinase Inhibitor: P16 : CK\(2\) : AC\(2\)](#)

**Additional Keywords :** [Science Confirms Tradition : CK\(64\) : AC\(43\)](#)

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[Black pepper has melanocyte modulating activity, confirming its traditional use for vitiligo.](#)

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**Pubmed Data :** J Pharm Pharmacol. 2007 Apr;59(4):529-36. PMID: [17430636](#)

**Article Published Date :** Apr 01, 2007



**Study Type : In Vitro Study**

**Additional Links**

**Substances :** [Black Pepper : CK\(151\) : AC\(36\)](#)

**Diseases :** [Vitiligo : CK\(47\) : AC\(10\)](#)

**Pharmacological Actions :** [Antiproliferative : CK\(957\) : AC\(711\)](#)

**Additional Keywords :** [Plant Extracts : CK\(3297\) : AC\(1135\)](#), [Science Confirms Tradition : CK\(64\) : AC\(43\)](#)

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[Coriander fruit exhibits gut modulatory, blood pressure lowering and diuretic activities.](#)

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**Pubmed Data :** J Ethnopharmacol. 2009 Feb 25;122(1):123-30. Epub 2008 Dec 25.

PMID: [19146935](#)

**Article Published Date :** Feb 25, 2009

**Study Type : In Vitro Study**

**Additional Links**

**Substances :** [Coriandrum sativum : CK\(53\) : AC\(27\)](#)

**Diseases :** [Abdominal Cramps : CK\(98\) : AC\(4\)](#), [Diarrhea : CK\(519\) : AC\(69\)](#), [Dyspepsia : CK\(401\) : AC\(21\)](#), [Hypertension : CK\(2610\) : AC\(260\)](#), [Water Retention : CK\(37\) : AC\(11\)](#)

**Pharmacological Actions :** [Antihypertensive Agents : CK\(194\) : AC\(38\)](#), [Vasodilator Agents : CK\(250\) : AC\(52\)](#)

**Additional Keywords :** [Plant Extracts : CK\(3297\) : AC\(1135\)](#), [Science Confirms Tradition : CK\(64\) : AC\(43\)](#)

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[Crescentia alata exhibits anti-inflammatory properties confirming its traditional use in Guatemala herbalism.](#)

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**Pubmed Data :** Life Sci. 2001 Dec 21;70(5):523-34. PMID: [11811897](#)

**Article Published Date :** Dec 21, 2001

**Study Type : In Vitro Study**

**Additional Links**

**Substances :** [Crescentia Alata : CK\(2\) : AC\(2\)](#)

**Diseases :** [Inflammation : CK\(1001\) : AC\(341\)](#)

**Pharmacological Actions :** [Anti-Inflammatory Agents : CK\(1159\) : AC\(412\)](#), [Enzyme Inhibitors : CK\(385\) : AC\(210\)](#), [Nitric Oxide Inhibitor : CK\(108\) : AC\(57\)](#)

**Additional Keywords :** [Plant Extracts : CK\(3297\) : AC\(1135\)](#), [Science Confirms Tradition : CK\(64\) : AC\(43\)](#)

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[Crinum latifolium has immunomodulatory and possible antitumor activity.](#)

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**Pubmed Data :** Int Immunopharmacol. 2001 Nov;1(12):2143-50. PMID: [11710543](#)

**Article Published Date :** Nov 01, 2001

**Study Type : In Vitro Study**

**Additional Links**

**Diseases :** [Tumors : CK\(179\) : AC\(107\)](#)

**Pharmacological Actions :** [Immunomodulatory : CK\(516\) : AC\(145\)](#)

**Additional Keywords :** [Plant Extracts : CK\(3297\) : AC\(1135\)](#), [Science Confirms Tradition : CK\(64\) : AC\(43\)](#)

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[Fennel has significant antimycobacterial activity, indicating its benefits in the treatment of drug resistant tuberculosis.](#)

[Click here to see the entire article](#)

**Pubmed Data** : Phytother Res. 2008 Jan;22(1):82-5. PMID: [17726732](#)

**Article Published Date** : Jan 01, 2008

**Study Type** : In Vitro Study

**Additional Links**

**Substances** : [Fennel : CK\(60\) : AC\(15\)](#)

**Diseases** : [Bacterial Infections: Resistance/Biofilm Formation : CK\(209\) : AC\(66\)](#), [Tuberculosis : CK\(255\) : AC\(44\)](#)

**Additional Keywords** : [Science Confirms Tradition : CK\(64\) : AC\(43\)](#)

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[Globimetula braunii has oxytocic properties supporting its traditional use in hastening delivery in traditional medicine practice.](#)

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**Pubmed Data** : Pharmacology. 2006;76(2):69-75. Epub 2005 Nov 11. PMID: [18930855](#)

**Article Published Date** : Jan 01, 2006

**Study Type** : In Vitro Study

**Additional Links**

**Substances** : [Globimetula Braunii : CK\(1\) : AC\(1\)](#)

**Diseases** : [Uterus: Contraction/Expulsion Disorders : CK\(331\) : AC\(10\)](#)

**Pharmacological Actions** : [Oxytocics : CK\(1\) : AC\(1\)](#)

**Additional Keywords** : [Plant Extracts : CK\(3297\) : AC\(1135\)](#), [Science Confirms Tradition : CK\(64\) : AC\(43\)](#)

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[Gynura procumbens exhibits anti-inflammatory properties.](#)

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**Pubmed Data** : Plant Foods Hum Nutr. 2002;57(3-4):233-44. PMID: [12602932](#)

**Article Published Date** : Jan 01, 2002

**Study Type** : In Vitro Study

**Additional Links**

**Substances** : [Gynura Procumbens : CK\(12\) : AC\(7\)](#)

**Diseases** : [Inflammation : CK\(1001\) : AC\(341\)](#)

**Pharmacological Actions** : [Anti-Inflammatory Agents : CK\(1159\) : AC\(412\)](#)

**Additional Keywords** : [Plant Extracts : CK\(3297\) : AC\(1135\)](#), [Science Confirms Tradition : CK\(64\) : AC\(43\)](#)

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[Kava has anti-inflammatory properties used in traditional Fijian medicine to treat urinary tract infections and asthma.](#)

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**Pubmed Data** : Biochem Pharmacol. 2006 Apr 14;71(8):1206-18. Epub 2006 Feb 7.

PMID: [16464438](#)

**Article Published Date** : Apr 14, 2006

**Study Type** : In Vitro Study

**Additional Links**

**Substances** : [Kava Kava : CK\(239\) : AC\(44\)](#)

**Diseases** : [Asthma : CK\(865\) : AC\(127\)](#), [Inflammation : CK\(1001\) : AC\(341\)](#), [Urinary Tract](#)

[Infections : CK\(347\) : AC\(47\)](#)

**Pharmacological Actions :** [Anti-Inflammatory Agents : CK\(1159\) : AC\(412\)](#), [NF-kappaB Inhibitor : CK\(596\) : AC\(403\)](#), [Tumor Necrosis Factor \(TNF\) Alpha Inhibitor : CK\(1005\) : AC\(351\)](#)

**Additional Keywords :** [Science Confirms Tradition : CK\(64\) : AC\(43\)](#)

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### Mullein has a wide range of potential therapeutic applications.

[Click here to see the entire article](#)

**Pubmed Data :** Phytother Res. 2005 Sep;19(9):733-9. PMID: [16222647](#)

**Article Published Date :** Sep 01, 2005

**Study Type :** Review

#### **Additional Links**

**Substances :** [Mullein : CK\(25\) : AC\(6\)](#)

**Additional Keywords :** [Plant Extracts : CK\(3297\) : AC\(1135\)](#), [Science Confirms Tradition : CK\(64\) : AC\(43\)](#)

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### Phyllanthus muellerianus exhibits antimicrobial properties.

[Click here to see the entire article](#)

**Pubmed Data :** J Ethnopharmacol. 2011 Apr 4. Epub 2011 Apr 4. PMID: [21470574](#)

**Article Published Date :** Apr 04, 2011

**Study Type :** In Vitro Study

#### **Additional Links**

**Substances :** [Phyllanthus Muellerianus : CK\(1\) : AC\(1\)](#)

**Diseases :** [Clostridium Infections : CK\(151\) : AC\(29\)](#), [Clostridium Sporogenes : CK\(1\) : AC\(1\)](#), [Dental Caries : CK\(247\) : AC\(33\)](#), [Streptococcal Infections : CK\(1\) : AC\(1\)](#), [Streptococcus pyogenes : CK\(18\) : AC\(16\)](#), [Tetanus : CK\(32\) : AC\(5\)](#)

**Pharmacological Actions :** [Antimicrobial : CK\(21\) : AC\(19\)](#)

**Additional Keywords :** [Science Confirms Tradition : CK\(64\) : AC\(43\)](#)

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### Sesame seed extract has antimicrobial properties.

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**Pubmed Data :** Afr J Tradit Complement Altern Med. 2007 ;4(4):427-33. Epub 2007 Jun 10. PMID: [20161911](#)

**Article Published Date :** Jan 01, 2007

**Study Type :** In Vitro Study

#### **Additional Links**

**Substances :** [Sesame Seeds : CK\(111\) : AC\(30\)](#), [Sesamol : CK\(80\) : AC\(30\)](#)

**Diseases :** [Candida Infection : CK\(197\) : AC\(92\)](#), [Staphylococcus aureus infection : CK\(53\) : AC\(39\)](#), [Streptococcus pneumoniae infection : CK\(82\) : AC\(11\)](#)

**Pharmacological Actions :** [Antimicrobial : CK\(21\) : AC\(19\)](#)

**Additional Keywords :** [Science Confirms Tradition : CK\(64\) : AC\(43\)](#)

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### Solanum nigrum may have a therapeutic role in digestive system cancers.

[Click here to see the entire article](#)

**Pubmed Data :** J Ethnopharmacol. 2008 Jan 17;115(2):194-202. Epub 2007 Sep 29. PMID: [18022776](#)

**Article Published Date :** Jan 17, 2008

**Study Type :** In Vitro Study

#### **Additional Links**

**Substances** : [Solanum nigrum \(black nightshade\)](#) : CK(23) : AC(13)

**Diseases** : [Digestive System Cancer](#) : CK(1) : AC(1)

**Pharmacological Actions** : [Apoptotic](#) : CK(1419) : AC(1087), [Cell cycle arrest](#) : CK(371) : AC(311)

**Additional Keywords** : [Science Confirms Tradition](#) : CK(64) : AC(43)

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[Tansy \(T. vulgare\) has vasorelaxing properties, confirming its traditional use in Moroccan medicine as an antihypertensive remedy.](#)

[Click here to see the entire article](#)

**Pubmed Data** : J Ethnopharmacol. 2008 Oct 30;120(1):98-102. Epub 2008 Aug 7.

PMID: [18760343](#)

**Article Published Date** : Oct 30, 2008

**Study Type** : In Vitro Study

#### **Additional Links**

**Substances** : [Tansy](#) : CK(4) : AC(3)

**Diseases** : [Endothelial Dysfunction](#) : CK(873) : AC(168), [Hypertension](#) : CK(2610) : AC(260)

**Pharmacological Actions** : [Hypotensive](#) : CK(329) : AC(47), [Vasodilator Agents](#) : CK(250) : AC(52)

**Additional Keywords** : [Plant Extracts](#) : CK(3297) : AC(1135), [Science Confirms Tradition](#) : CK(64) : AC(43)

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[Tarragon, savory and marjoram have anti-coagulant activity, confirming their traditional role in Iranian folk medicine for cardiovascular and thrombotic disorders.](#)

[Click here to see the entire article](#)

**Pubmed Data** : Biochim Biophys Acta. 2007 Apr;1770(4):578-84. Epub 2006 Dec 5.

PMID: [18069068](#)

**Article Published Date** : Apr 01, 2007

**Study Type** : In Vitro Study

#### **Additional Links**

**Substances** : [Marjoram](#) : CK(11) : AC(7), [Savory](#) : CK(5) : AC(9), [Tarragon](#) : CK(19) : AC(14)

**Diseases** : [Cardiovascular Diseases](#) : CK(5035) : AC(631), [Clotting](#) : CK(177) : AC(35), [Thrombosis](#) : CK(711) : AC(73)

**Pharmacological Actions** : [Platelet Aggregation Inhibitors](#) : CK(161) : AC(36)

**Additional Keywords** : [Plant Extracts](#) : CK(3297) : AC(1135), [Science Confirms Tradition](#) : CK(64) : AC(43)

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[The therapeutic activity of feverfew on migraines and epilepsy may be due to its GABA-benzodiazepine modulatory effects.](#)

[Click here to see the entire article](#)

**Pubmed Data** : Phytother Res. 2009 Nov;23(11):1642-4. PMID: [19441011](#)

**Article Published Date** : Nov 01, 2009

**Study Type** : In Vitro Study

#### **Additional Links**

**Substances** : [Feverfew](#) : CK(41) : AC(22)

**Diseases** : [Epilepsy](#) : CK(107) : AC(26), [Migraine Disorders](#) : CK(472) : AC(53)

**Pharmacological Actions** : [Benzodiazepine receptor agonist](#) : CK(8) : AC(6), [GABA Modulators](#) : CK(11) : AC(7)

**Additional Keywords** : [Science Confirms Tradition](#) : CK(64) : AC(43)

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The use of garlic for cytomegalovirus infection may be supported by its suppressive effect on gene transcription in infected cells.

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**Pubmed Data** : Antiviral Res. 2006 Oct;72(1):68-74. Epub 2006 Apr 27. PMID: [16844239](#)

**Article Published Date** : Oct 01, 2006

**Study Type** : In Vitro Study

**Additional Links**

**Substances** : [Garlic](#) : [CK\(488\)](#) : [AC\(156\)](#)

**Diseases** : [Cytomegalovirus Infections](#) : [CK\(85\)](#) : [AC\(33\)](#)

**Pharmacological Actions** : [Antiviral Agents](#) : [CK\(627\)](#) : [AC\(290\)](#)

**Additional Keywords** : [Allitridin](#) : [CK\(6\)](#) : [AC\(4\)](#), [Science Confirms Tradition](#) : [CK\(64\)](#) : [AC\(43\)](#)

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These data suggest that cinnamaldehyde selectively induced progesterone production and inhibited production of testosterone and dehydroepiandrosterone in human adrenal cells, which may confirm its traditional use for menstrual pain and infertility.

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**Pubmed Data** : Life Sci. 2010 Jun 5;86(23-24):894-8. Epub 2010 Apr 25. PMID: [20423713](#)

**Article Published Date** : Jun 05, 2010

**Study Type** : In Vitro Study

**Additional Links**

**Substances** : [Cinnamaldehyde](#) : [CK\(167\)](#) : [AC\(15\)](#), [DHEA \(Dehydroepiandrosterone\)](#) : [CK\(230\)](#) : [AC\(37\)](#), [Progesterone](#) : [CK\(72\)](#) : [AC\(25\)](#)

**Diseases** : [Dysmenorrhea](#) : [CK\(399\)](#) : [AC\(25\)](#), [Infertility: Female](#) : [CK\(180\)](#) : [AC\(31\)](#), [Progesterone: Low](#) : [CK\(34\)](#) : [AC\(14\)](#)

**Additional Keywords** : [Science Confirms Tradition](#) : [CK\(64\)](#) : [AC\(43\)](#)

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Parsley's traditional use as a laxative is supported by its inhibition of water absorption.

[Click here to see the entire article](#)

**Pubmed Data** : Phytomedicine. 2001 Sep;8(5):382-8. PMID: [11695882](#)

**Article Published Date** : Sep 01, 2001

**Additional Links**

**Substances** : [Parsley](#) : [CK\(16\)](#) : [AC\(10\)](#)

**Diseases** : [Constipation](#) : [CK\(326\)](#) : [AC\(37\)](#)

**Pharmacological Actions** : [Laxative](#) : [CK\(12\)](#) : [AC\(3\)](#)

**Additional Keywords** : [Science Confirms Tradition](#) : [CK\(64\)](#) : [AC\(43\)](#)

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Unfortunately, doing this can lead to every day foods being labelled as drugs by the FDA and then they become controlled substances, illegal to grow in your own garden or produce and sell to others. Sad world we live in.

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But have some Cheese Whiz. It's.. technically edible! ;o)


Yeah, the seed monopoly is a dangerous thing. This is my problem with Intellectual Property law actually. You know you've gone overboard when you outlaw a person's right to grow food for themselves.

No man has such a power over another, as to deny self-sustenance. It undoes evolution.

The ability to farm also guarantees survival of the species if we get nuke-happy in the future. :p

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