

# **POSSO AIUTARE IL PROCESSO DIGESTIVO GASTRICO CON PRODOTTI NATURALI?**

**CHE COSA MI SERVE?  
CHE COSA HO A DISPOSIZIONE?**

# Zenzero



## *I benefici per la salute:*

- ✓ È **ANTIEMETICO**, AIUTA IN CASO DI NAUSEA E VOMITO
- ✓ È **CARMINATIVO**, COMBATTE FLATULENZA E METEORISMO
- ✓ FAVORISCE E ACCELERA IL PROCESSO **DIGESTIVO**
- ✓ HA PROPRIETÀ **ANTINEVRALGICHE** E **ANTINFIAMMATORIE**
- ✓ DECONGESTIONA LE **VIE RESPIRATORIE**
- ✓ CURA IL **MAL DI GOLA**
- ✓ È **ANTICOAGULANTE**
- ✓ ABBASSA IL **COLESTEROLO**
- ✓ ACCELERA IL **METABOLISMO** E RIDUCE IL SENSO DI FAME
- ✓ È **AFRODISIACO**

# GINGER

European Review for Medical and Pharmacological Sciences

2015; 19: 1291-1296

## Can nausea and vomiting be treated with ginger extract?

A. GIACOSA<sup>1</sup>, P. MORAZZONI<sup>2</sup>, E. BOMBARDELLI<sup>2</sup>, A. RIVA<sup>2</sup>,  
G. BIANCHI PORRO<sup>3</sup>, M. RONDANELLI<sup>4</sup>

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<sup>1</sup>Department of Gastroenterology, Policlinico di Monza, Monza, Italy

<sup>2</sup>R&D Department, Indena Spa, Milano, Italy

<sup>3</sup>Department of Gastroenterology, Luigi Sacco University, University of Milan, Milan, Italy

<sup>4</sup>Department of Public Health, Experimental and Forensic Medicine, Section of Human Nutrition, University of Pavia, Pavia, Italy

# GINGER

**Abstract.** – Ginger (*Zingiber officinale*) is a spice traditionally used to treat indigestion, nausea and vomiting. Ginger extracts accelerate gastric emptying and stimulate gastric antral contractions. These effects are mainly due to the presence of gingerols and shogaols and their activity on cholinergic M receptors and serotonergic 5-HT and 5-HT receptors. Various researches on this subject have led to controversial results, due to the chemical instability of ginger extracts and particularly of gingerols, which are readily-oxidizable substances. A systematic review of double-blind, placebo-controlled, randomized studies highlighted the potential efficacy of ginger on the prevention and treatment of nausea and vomiting of various origins, even though additional controlled studies are needed. This review focuses on pregnancy-induced nausea and vomiting and on chemotherapy induced nausea, and hypothesizes a therapeutic role for ginger extracts in case of side effects, as an alternative to traditional prokinetic drugs such as domperidone, levosulpiride or metoclopramide.

# GINGER

## Conclusions

Ginger (*Zingiber officinale*) may represent a reasonable and safe alternative to treat PINV and it may be useful to treat CINV. The prokinetic effects shown on gastric motility may suggest a potential role of ginger extracts in the treatment of various digestive diseases and particularly in functional dyspepsia, as well as in patients with neurologic or endocrinologic side effects to traditional prokinetic drugs such as domperidone, levosulpiride or metoclopramide. In particular, treatment with ginger extracts could avoid the risk of sudden cardiac death observed in the elderly treated with domperidone at doses of more than 30 mg per day<sup>31-34</sup>. Additional controlled studies are needed to confirm these interesting hypotheses. In addition, ginger does present other intriguing properties that may be worth investigation<sup>35</sup>.



# GINGER

*Eur J Gastroenterol Hepatol*. 2008 May;20(5):436-40. doi: 10.1097/MEG.0b013e3282f4b224.

## Effects of ginger on gastric emptying and motility in healthy humans.

Wu KL<sup>1</sup>, Rayner CK, Chuah SK, Changchien CS, Lu SN, Chiu YC, Chiu KW, Lee CM.

[Author information](#)

### Abstract

**OBJECTIVE:** Ginger has been reported to improve upper gastrointestinal symptoms. Little information about the effects of ginger on gastric motor function, exists, however. Our aim was to investigate the effects of ginger on gastric emptying, antral motility, proximal gastric dimensions, and postprandial symptoms.

**METHODS:** Twenty-four healthy volunteers were studied twice in a randomized double-blind manner. After an 8 h fast, the volunteers ingested three ginger capsules (total 1200 mg) or placebo, followed after 1 h by 500 ml low-nutrient soup. Antral area, fundus area and diameter, and the frequency of antral contractions were measured using ultrasound at frequent intervals over 90 min, and the gastric half-emptying time was calculated from the change in antral area. Gastrointestinal sensations and appetite were scored using visual analog questionnaires. Data are expressed in terms of mean $\pm$ standard error.

**RESULTS:** Antral area decreased more rapidly ( $P<0.001$ ) and the gastric half-emptying time was less after ginger than placebo ingestion (13.1 $\pm$ 1.1 vs. 26.7 $\pm$ 3.1 min,  $P<0.01$ ), whereas the frequency of antral contractions was greater ( $P<0.005$ ). Fundus dimensions did not differ, and there was no significant difference in any gastrointestinal symptoms.

**CONCLUSION:** Ginger accelerates gastric emptying and stimulates antral contractions in healthy volunteers. These effects could potentially be beneficial in symptomatic patient groups.

PMID: 18403946 DOI: 10.1097/MEG.0b013e3282f4b224

[Indexed for MEDLINE]

# GINGER

World J Gastroenterol. 2011 Jan 7;17(1):105-10. doi: 10.3748/wjg.v17.i1.105.

## Effect of ginger on gastric motility and symptoms of functional dyspepsia.

Hu ML<sup>1</sup>, Rayner CK, Wu KL, Chuah SK, Tai WC, Chou YP, Chiu YC, Chiu KW, Hu TH.

### ⊕ Author information

#### Abstract

**AIM:** To evaluate the effects of ginger on gastric motility and emptying, abdominal symptoms, and hormones that influence motility in dyspepsia.

**METHODS:** Eleven patients with functional dyspepsia were studied twice in a randomized double-blind manner. After an 8-h fast, the patients ingested three capsules that contained ginger (total 1.2 g) or placebo, followed after 1 h by 500 mL low-nutrient soup. Antral area, fundus area and diameter, and the frequency of antral contractions were measured using ultrasound at frequent intervals, and the gastric half-emptying time was calculated from the change in antral area. Gastrointestinal sensations and appetite were scored using visual analog questionnaires, and blood was taken for measurement of plasma glucagon-like peptide-1 (GLP-1), motilin and ghrelin concentrations, at intervals throughout the study.

**RESULTS:** Gastric emptying was more rapid after ginger than placebo [median (range) half-emptying time 12.3 (8.5-17.0) min after ginger, 16.1 (8.3-22.6) min after placebo,  $P \leq 0.05$ ]. There was a trend for more antral contractions ( $P = 0.06$ ), but fundus dimensions and gastrointestinal symptoms did not differ, nor did serum concentrations of GLP-1, motilin and ghrelin.

**CONCLUSION:** Ginger stimulated gastric emptying and antral contractions in patients with functional dyspepsia, but had no impact on gastrointestinal symptoms or gut peptides.





# ENZIMI DA ACIDO DI RISO FERMENTATO

SITUAZIONI CON CALO DEGLI ENZIMI DIGESTIVI:

-ANZIANI

-PERSONE CON DISPESIE

-PAZIENTI CON GASTRITE

-PAZIENTI CON ESOFAGITE DA REFLUSSO

-PAZIENTI IN ANTIBIOTICO TERAPIA PROTRATTA

-GASTROPARESI

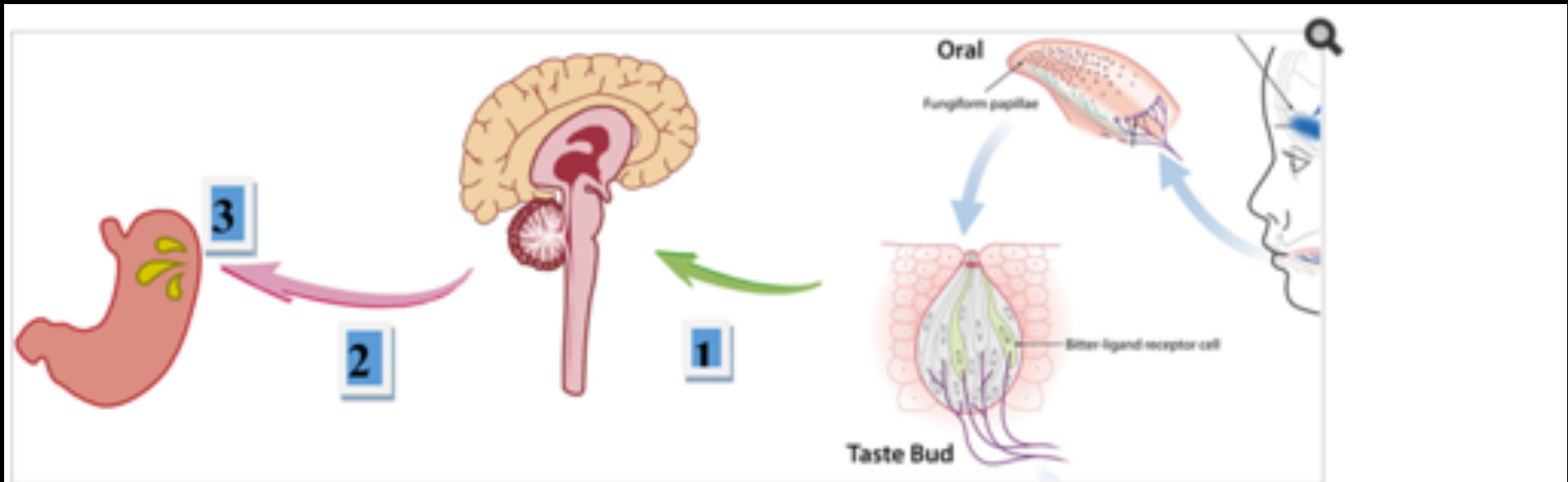
# GENTIANA LUTEA



# AVICENNA NOZIONI DI MEDICINA COMPLEMENTARE



# GENTIANA LUTEA



Cephalic phase (Neurogenic signals arise in the appetite centers of hypothalamus). 1: The taste or smell of food, tactile sensations of food in the mouth, or even thoughts of food cause stimulation in appetite brain center, 2: parasympathetic action potentials are carried by the vagus nerves to the stomach (pink arrow), 3: stimulation of enteric stomach nerves by vagus nerve and gastrin secretion.<sup>52</sup>

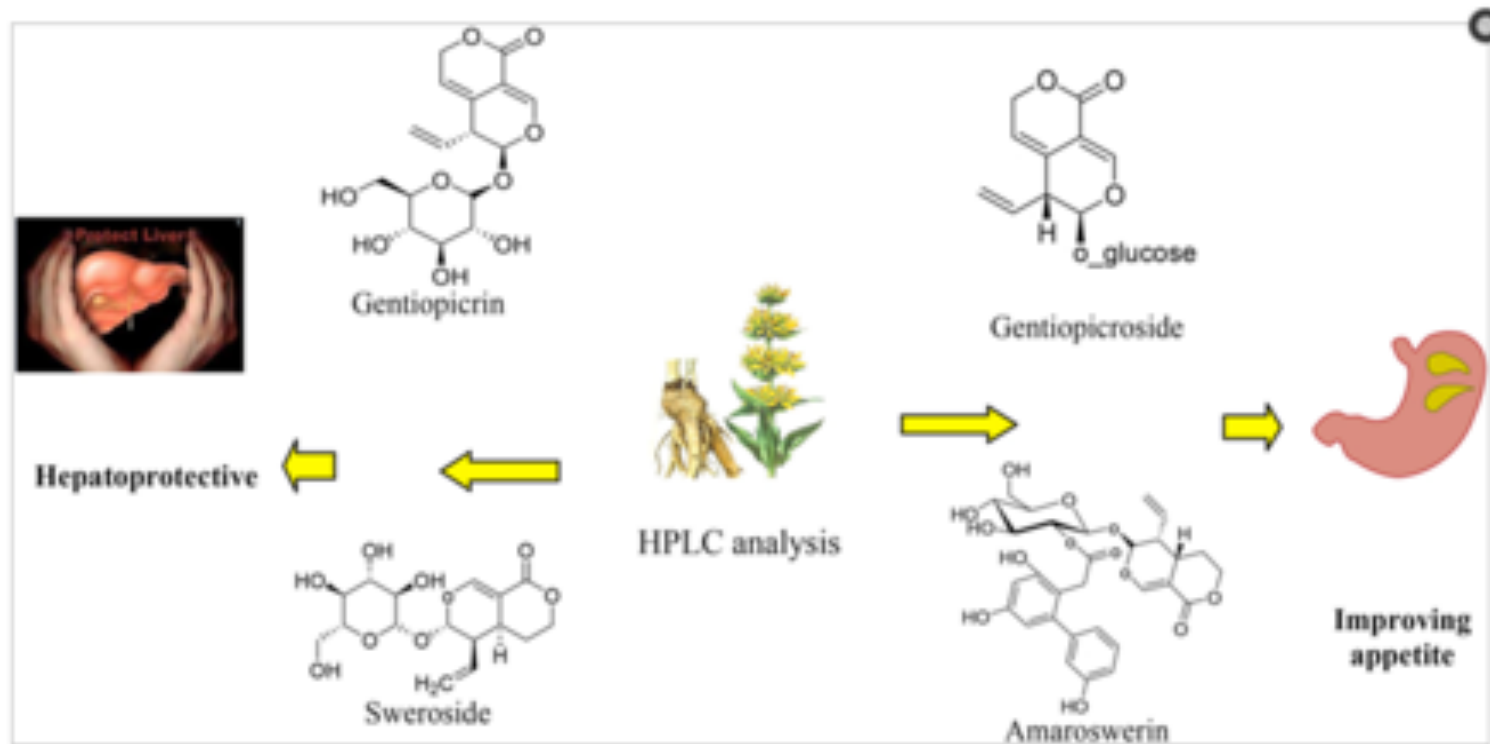


# GENTIANA LUTEA



# GENTIANA LUTEA

Fig. 7



Some of the activities relating to constituents of *Gentiana*.

# GENTIANA LUTEA

[J Tradit Complement Med.](#) 2017 Oct; 7(4): 400–408.

PMCID: PMC5634738

Published online 2017 Jan 28. doi: [10.1016/j.jtcme.2016.12.013](https://doi.org/10.1016/j.jtcme.2016.12.013)

## Medicinal, biological and phytochemical properties of *Gentiana* species

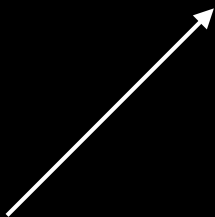
[Fatemeh Mirzaee](#)<sup>a</sup>, [Amirsaeed Hosseini](#)<sup>b</sup>, [Hossein Bakhshi Jouybari](#)<sup>a</sup>, [Ali Davoodi](#)<sup>a</sup> and [Mohammad Azadbakht](#)<sup>a,\*</sup>

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### Abstract

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Gentiana, a cosmopolitan and important genus of the Gentianaceae family, comprises 400 species distributed among the world. Based on the studies of Iranian traditional medicine texts, there are some promising bioactivities for this genus that is unknown in modern medicine and some of them are still the basis of new remedies. In traditional medicine texts, Gentiana's different exclusive forms of preparations are effective for treatment of some disorders such as menstrual over-bleeding, conjunctivitis, vitiligo, animals venom poisoning, injuries, infected wounds, pain and swelling of liver, spleen, stomach and sprains of muscles. There are some activities that are the same in traditional and modern medicine such as anti-inflammatory, hepatoprotective and diuretic effects. Phytochemical investigations on the title genus have led to characterization many secondary metabolites. Secoiridoidal and iridoid glycosides such as gentiopicroside, xanthones, monoterpene alkaloid; polyphenol and flavones are the constituents that have been shown the pharmacological activities in different gentian species. This article studies the Gentiana according to the Iranian traditional and modern medicine.





# GLYCYRRHIZA GLABRA





# GLYCYRRHIZA GLABRA

Format: Abstract -

Send to -

*J Ethnopharmacol.* 2009 Sep 7;125(2):218-23. doi: 10.1016/j.jep.2009.07.009. Epub 2009 Jul 14.

## **Aqueous extracts and polysaccharides from liquorice roots (*Glycyrrhiza glabra* L.) inhibit adhesion of *Helicobacter pylori* to human gastric mucosa.**

Wittschier N<sup>1</sup>, Faller G, Hensel A.

[Author information](#)

### **Abstract**

**AIMS:** Aqueous extracts from the roots of *Glycyrrhiza glabra* L. (Fabaceae) are widely used for treatment of stomach ulcer. The clinical proven effects are related to the presence of anti-inflammatory 12-keto-triterpensaponins in the extracts. Apart from that the influence of *Glycyrrhiza glabra* extract on the bacterial adhesion of *Helicobacter pylori* to stomach tissue was to be investigated. Additionally the influence of *Glycyrrhiza glabra* secondary compounds on the bacterial adhesion of *Porphyromonas gingivalis*, a major pathogen for induction of periodontal inflammations was to be investigated.

**METHODOLOGY:** In vitro cytotoxicity against *Helicobacter pylori* was investigated by agar diffusion assay; antiadhesive properties of aqueous extract, raw polysaccharides and purified polysaccharide fractions was investigated by means of an in situ adhesion assay with FITC-labelled bacteria on tissue slides of human stomach resectates.

**RESULTS:** Aqueous extract (1 mg/mL) of *Glycyrrhiza glabra* significantly inhibited the adhesion of *Helicobacter pylori* to human stomach tissue. This effect was related to the polysaccharides isolated from the extract, with one purified acidic fraction (0.25 SPB) as main active polymer. Purified polysaccharides did not exhibit direct cytotoxic effects against *Helicobacter pylori* and did not influence hemagglutination. Additionally raw polysaccharides from *Glycyrrhiza glabra* were shown to have strong antiadhesive effects against *Porphyromonas gingivalis*.

**CONCLUSION:** Aqueous extracts and polysaccharides from the roots of *Glycyrrhiza glabra* are strong antiadhesive systems, which may be used as potent tools for a further development of cytoprotective preparations with anti-infectious potential.

# GLYCYRRHIZA GLABRA

*Iran J Pharm Res*, 2015 Fall;14(4):1163-70.

## **Antiulcer properties of Glycyrrhiza glabra L. extract on experimental models of gastric ulcer in mice.**

Jalilzadeh-Amin G<sup>1</sup>, Najamezhad V<sup>1</sup>, Anassori E<sup>1</sup>, Mostafavi M<sup>2</sup>, Keshipour H<sup>3</sup>.

### ⊕ Author information

#### **Abstract**

Glycyrrhiza glabra L. is used in folk medicine for treatment of stomach disorders including peptic ulcers. The hydroalcoholic extract of Glycyrrhiza glabra L. (HEGG) was evaluated for antiulcerogenic activity and acute toxicity profile in mice. Various doses of HEGG (50-200 mg/kg) were administered orally to animals of different groups. Omeprazole and cimetidine at doses of 30 and 100 mg/kg were used as positive controls, respectively. Stomach was opened along the greater curvature then ulceration index was determined examining the inner lining of stomach. Oral administration of the extract at 1600 mg/kg did not produce toxic symptoms and mortality in mice. 2950 mg/kg was determined as the oral LD50. The HEGG (50-200 mg/kg) showed a significant reduction in ulcer index in HCl/Ethanol-induced ulcer. G. glabra extract (50-150 mg/kg) showed antiulcer activity against indomethacin-induced gastric lesions dose dependently. The extract effectively inhibited formation of gastric lesions induced by ethanol. The extract (200 mg/kg) was more potent than omeprazole (30 mg/kg). HEGG reduced the ulcer index in hypothermic stress induced gastric ulcers in mice and the antiulcer effect was comparable to that of cimetidine. The results indicated that G. glabra hydroalcoholic extract exerted an antiulcerogenic effect that could be associated with increase in gastric mucosal defensive factors.

# ALTHEA





# ALTHEA

*Pharm Biol.* 2011 Mar;49(3):327-33. doi: 10.3109/13880209.2010.516754. Epub 2011 Feb 1.

## Pharmacological evaluation of aqueous extract of *Althaea officinalis* flower grown in Lebanon.

Hage-Sleiman R<sup>1</sup>, Mroueh M, Daher CE.

[+ Author information](#)

### Abstract

**CONTEXT:** *Althaea officinalis* Linn. (Malvaceae) flower is commonly used in folk medicine in Lebanon and neighboring countries. Although most of the studies have been conducted on the mucilage-rich roots, little is known about the flower.

**OBJECTIVE:** This study investigates the potential role of aqueous extract of *Althaea officinalis* flower in lipemia, gastric ulcer, inflammation, and platelet aggregation using the rat model.

**MATERIAL AND METHODS:** Blood lipid profile and liver function were assessed after 1 month of extract intake via drinking water. Anti-inflammatory activity was tested against acute and chronic inflammation induced by carrageenan and formalin, respectively. Antiulcer activity was evaluated using ethanol-induced gastric ulcer. Antiplatelet activity was investigated in vitro using the adenosine 5'-diphosphate (ADP)-induced platelet aggregation bioassay.

**RESULTS:** The 50 mg/kg body weight dose resulted in significant increase in serum HDL cholesterol level with no effects on stool cholesterol and triacylglycerol. Increasing the dose to 500 mg/kg body weight caused a significant decrease in stool water content. No adverse effect on liver enzymes was observed. Significant anti-inflammatory (acute and chronic inflammation) and antiulcerogenic activities were observed at all used doses (50, 100, and 250 mg/kg body). Time-dependent inhibition of platelet aggregation was demonstrated at 500 µg/ml concentration.

**DISCUSSION AND CONCLUSION:** The aqueous extract of *Althaea officinalis* flower demonstrated potential benefits in lipemia, inflammation, gastric ulcer, and platelet aggregation with no visible adverse effect.

PMID: 21281251 DOI: [10.3109/13880209.2010.516754](https://doi.org/10.3109/13880209.2010.516754)



# HERICIUM

- HERICIUM
- ALTEA
- LIQUIRIZIA

# HERICICIUM

*Int J Med Mushrooms*, 2016;18(3):227-34. doi: 10.1615/IntJMedMushrooms.v18.i3.50.

## Anti-Inflammatory Effects of Ethanol Extract of Lion's Mane Medicinal Mushroom, *Herichium erinaceus* (Agaricomycetes), in Mice with Ulcerative Colitis.

Qin M<sup>1</sup>, Geng Y<sup>1</sup>, Lu Z<sup>1</sup>, Xu H<sup>1</sup>, Shi JS<sup>1</sup>, Xu X<sup>2</sup>, Xu ZH<sup>3</sup>.

 Author information

### Abstract

This study investigated the anti-inflammatory activity of ethanol extracts of *Herichium erinaceus* in the inflammatory bowel disease (IBD) model. Twenty C57BL/6 mice were exposed to 2% (w/v) dextran sulfate sodium (DSS) in their drinking water for 7 d to induce acute intestinal inflammation. Orally administrated ethanol extract of *H. erinaceus* (HEEE) (250 mg/kg/d and 500 mg/kg/d body weight) could significantly ( $P < 0.05$ ) improve body weight and colon length and decreased the intestinal bleeding of DSS-treated mice compared with DSS-treated mice not given HEEE. HEEE markedly reduced DSS-induced myeloperoxidase accumulation in colon tissues, attenuated histological change in the neutrophils and lymphocyte infiltration, and protected the mucosal epithelium. Mechanistically, HEEE ameliorated colitis not only by suppressing the production of inflammatory mediators including tumor necrosis factor- $\alpha$ , interleukin (IL)-1 $\beta$ , and IL-6 in colon tissues but also by adjusting the production of nitric oxide, malondialdehyde, and superoxide dismutase in serum to suppress the oxidative stress. These results suggest that HEEE can be applied as a protective agent in the treatment of IBDs.

PMID: 27481156 DOI: [10.1615/IntJMedMushrooms.v18.i3.50](https://doi.org/10.1615/IntJMedMushrooms.v18.i3.50)

# HERICICIUM

*Food Funct.* 2017 Mar 22;8(3):1020-1027. doi: 10.1039/c7fo00071e.

## **Immunomodulatory effects of *Hericium erinaceus* derived polysaccharides are mediated by intestinal immunology.**

Sheng X<sup>1</sup>, Yan J<sup>1</sup>, Meng Y<sup>1</sup>, Kang Y<sup>1</sup>, Han Z<sup>1</sup>, Tai G<sup>1</sup>, Zhou Y<sup>1</sup>, Cheng H<sup>1</sup>.

[⊕ Author information](#)

### **Abstract**

This study was aimed at investigating the immunomodulating activity of *Hericium erinaceus* polysaccharide (HEP) in mice, by assessing splenic lymphocyte proliferation (cell-mediated immunity), serum hemolysin levels (humoral immunity), phagocytic capacity of peritoneal cavity phagocytes (macrophage phagocytosis), and NK cell activity. ELISA of immunoglobulin A (SigA) in the lamina propria, and western blotting of small intestinal proteins were also performed to gain insight into the mechanism by which HEP affects the intestinal immune system. Here, we report that HEP improves immune function by functionally enhancing cell-mediated and humoral immunity, macrophage phagocytosis, and NK cell activity. In addition, HEP was found to upregulate the secretion of SigA and activate the MAPK and AKT cellular signaling pathways in the intestine. In conclusion, all these results allow us to postulate that the immunomodulatory effects of HEP are most likely attributed to the effective regulation of intestinal mucosal immune activity.

PMID: 28266682 DOI: 10.1039/c7fo00071e

# HERICIUM

## STORIA

L'*Hericium erinaceus* si trova in tutto l'emisfero nord, in Europa, Oriente asiatico e Nordamerica. Lo strano aspetto ultraterreno del fungo ha ispirato molti dei suoi estimatori a conferirgli nomi insoliti: Criniera di Leone, Fungo della Scimmia, Testa di Scimmia, Testa d'Orso, Testa di Maiale, Barba Bianca, Barba di Vecchio, Barba del Porcospino, Ponpon Blanc (perché l'*Hericium erinaceus* è di colore bianco o avorio). In Giappone il fungo è noto principalmente con il nome *Yamabushitake*. In Cina si chiama *Shishigashira*, che significa "testa di leone", e *Houtou*, che vuole dire "scimmietta". In alcuni saggi l'*Hericium erinaceus* viene erroneamente chiamato *Hericium erinaceum*.

È un fungo tanto culinario quanto medicinale. Ad alcuni fa pensare al sapore dei frutti di mare, del granchio o dell'aragosta. Ha una consistenza gommosa simile a quella dei calamari. La coltivazione a scopo commerciale di *Hericium erinaceus* è iniziata molto di recente. Fino a due decenni fa era considerato un raro tesoro della foresta, ma ormai si trova nei menù dei ristoranti più esclusivi.





# HERICIUM

## SOSTANZE BIOATTIVE

L'*Hericium erinaceus* contiene:

- Polisaccaridi
- Acidi grassi (Y-A-2)
- Fenoli (ericenoni A e B)
- Ericenoni C, D, E, F, G e H
- Il micelio contiene un gruppo di diterpeni chiamati erinacine
- Vitamine del gruppo B (B1, B2, B3)
- Provitamine del gruppo D (vitamina D2 e vitamina D3)
- Minerali quali: zinco, ferro, calcio, selenio, germanio

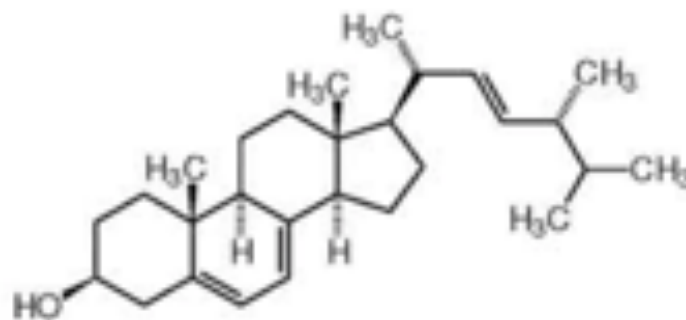


Fig: Ergosterolo - Provitamina D

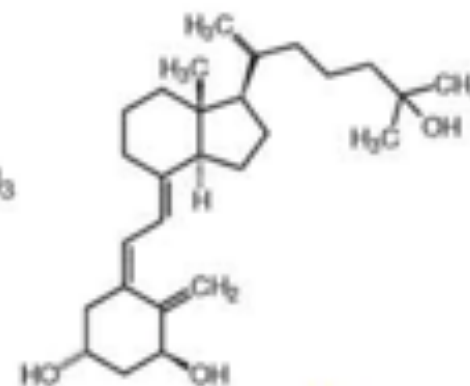


Fig: Calcitriolo - Vitamina D3

# HERICIUM



# SALUTOGENESI

- MEDICINA INTEGRATA
- COLLABORAZIONE FARMACIA MEDICO PROFESSIONISTA
- FARE RETE
- GESTIRE CASI CHE DESIDERANO UN APPROCCIO OLISTICO ALLA LORO PATOLOGIA
- PAZIENTI INTERESSATI ALL'APPROCCIO FITOTERAPICO
- PROTOCOLLO TERAPEUTICO GESTITO DALLA FARMACIA
- IMPIEGO INTEGRATORI CONDIVISO

# PROPOSTA

- THINK THANK?