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Assessment Component 1
Supporting Paper (Herbal Remedies)

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Complementary Therapy

BMHP 5003_LON

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Table of Contents

Cover Page.....	1
Table of Contents.....	2
Introduction.....	3
What are the classification of Complimentary Therapy.....	31.
Purposes	4
History	4.1
Uses and effectiveness	4.2
Contraindication and Side effects	5
Differences of complementary therapy to orthodox medicines.....	6
Two types of Register in UK.....	6.1
Recommendations.....	6.2
General Overview.....	6.3
Conclusion.....	7
References.....	8

Introduction

This paper is about the complementary and alternative herbal remedies (ginger and aloe vera) that are demanding to be used than the orthodox medicines(mainstreams) that are regulated by the health care sectors.

Alternative and complementary therapies usually give a comprehensive perspective to the body and emotional wellness. This implies and they consider all elements of your physical and mental health. Rather than addressing individual symptoms, it is preferable to treat the whole person. Complementary herbal remedies focus on the mental, physical soul that brings booster and relieves to the body.

According to Mind, (2018) many of these treatments have roots in ancient Eastern health ideology or the types of traditional healing procedure that were commonly employed before the formation of the NHS's current treatment programmes. In contrast, NHS (National Health Services) treatment methods are based on clinical evidence and academic research (also known as contemporary or conventional medicines). The ginger and aloe vera herbal remedies in specifically as subject for this research in which can give relieves alongside the traditional orthodox medicines. (Mind,2020).

The Classifications of Herbal Therapies

The Herbal therapies are classified as plant-based therapies. They are part of biological treatments which mean that are based on products that can be found in nature, such as plants and flowers. Herbal remedies can be used as a booster to the health and distinguish as a supplement for wellbeing and help to relax when drinking tea before bedtime and other natural products like St. John wort to alleviate anxiety instead of prescribes anti stress to cure and to treat a mental health problem. (NHS,2021)

Purposes

The purposes base on the studies of Academy of Dermatology and Venerology that typical different of topical herbal remedies are widely used especially women than men with confirmation of safety use. Mixture and blended aloe vera ginger and lime and give nutrients such vitamins C which good for skin problems. (Wilhem online Library 2021). Herbal remedies are used to alleviate symptoms, improve immune system, healing process and recovery from illness.

History

The ginger since the time of 500 BC in China and India where the use as traditional medicines. The Roman empire use it as featured as an ingredient in every recipe which imported from India. In the researched study of (Drewnicki A.2020) the ginger identified as good health beneficial to the digestive system which limitation the inflammation of nausea in the Traditional Chinese Medicines,Ayurvedic Medicines, Western Science'(Drewnicki,et al., 2020).

Uses and effectiveness

The herbal are extracts from plants and which uses as a way of treating and stimulate to prevent any kind of health problems of the skin disease as in form of capsule, teas, cream, shampoo from Aloe vera, lotion, oil, and other skin reliever cosmetics. The Department of Obstetrics and Gynaecology (AUH) studied the effectiveness of ginger gives results in case in spew before and after the Cesarian Section while go through the Spinal Anaesthesia (Tongta ,et al.,2006) It is also praised and declared good with cardiovascular disorder, arthritis, cold and flu symptoms, and tremendous help in menstrual pain. In winter, it can be uses as a ginger root beer tea to substitute of drinking coffee, or summer as ginger lemon tea for refreshing day booster (.Sans living, 2021) See picture attached below.



Contraindications and complications

The contraindications and complications of herbal medicines are not indicated for specific groups of vulnerable people, such as:

- Kidney or liver disease
- Pregnant women or giving breast milk
- Serious ill- health long term conditions

Childrens have also can get worst of side effects. (NHS,2021)

Side Effects

The ginger major side effects abdominal, discomfort dermatitis,diarrhea,increase internal damages stomach gas pain, mouth, or throat pain, and cardiac arrest if just in case of overdosed. Ginger might also interact with orthodox medicines. For medicinal advice always should be monitored and if used alongside as medicines intake. Limited used if the ginger has allergic reaction on the person especially in case of hypersensitivity or gallbladder disease. (Cunha, et al.,2021)

Differences between complimentary therapy to the orthodox medicines

Differences between CTs and alternative therapies are “natural” and orthodox medicine being (mainstream, conventional) uses drugs, surgery, and radiotherapy. Complementary therapies in the UK are not regulated. The Medical Act 1958 that should be registered in CNHC (Complementary & Natural Healthcare Council) includes the CPD opportunities. These includes the personal training, and other conferences training. Example of organization are British complementary therapies, National Council Hypnotherapy. The registration will be voluntary but persuades of advantages and disadvantages.

This can have many impacts and implications on the services to the services user health and Safety, it is also the self-regulation system will does not imposed specific requirements that enhanced, according to the Vulnerable Groups Act 2006, qualifications, mandatory training, induction. (CNHC,2019)

For example, the NHS has specific requirements that apply to complementary therapist when working with matured group of women, that are in pregnancy because there in extremely critical period so using Herbal medicines sometimes is not always be helpful and safety (NHS,2020)

Evidence recently for CPD, to meet the requirements of each therapy practiced and should into fulfil annual registration, self-regulation system has health and safety and legal implication. All therapies that do not have insurance might not be able to compensate the services user in case of sickness. Healthy and Safety are at risk and the regulation of protecting the vulnerable and be aware for safeguarding. Credentials for the equipment, supplements, and substance use are not well patented. (Mind,2021)

Written information for patients (includes info to be provided the complementary therapies are self-registration.

The self-regulation system does not protect the therapist when they are not registered to the regulation system. Currently there is no regulations for herbal therapies in UK, which significantly the quality of services will be variable on the experienced of the services provider.

The two types of register

Accredited register-the integration of these is optional, a practitioner regulated for diverse variety of complimentary of complimentary remedies. The registered health therapies displayed their certificate of qualification in their workplace, mostly of the service providers have a quality mark services.

-Statutory register –UK ordinances and principle of governing action the health practitioner professionals such as, doctors, nurses and pharmacists must be regulated for their profession to be able to practices.

Registrants follow necessarily the code of conduct, with these two types of registered must meet the national standard of practices such as health and safety, confidentiality complaints and training accurately. (Mcmillan,2020)

Recommendations

Make complementary available through the NHS. This ensures the services user can access to CT, especially with long ill term conditions.

The government should provide specific regulations, such mandatory registrations with qualification, standards. This would ensure the health and safety of services user. In EU countries and UK, the European Commission, EU law licensing authority in analogously with Human Medicines Regulations 2012 (S.I.2012/1916) (the Regulations) there should be appropriate authorization before the pharmaceutical be in the public. The UK is prohibited to sell and promote without the legal permission.

Pharmaceuticals are defined in Article 1of Directive 2001/83/EC enforced by the Regulations. The definition is “a *substance or combination of substances presented as a having property for the prevention or treatment of human illness. (Limb 1)*

. “Any substance or combination of substances that can be used in or administered to humans for the purpose of restoring, correcting, or modifying physiological functions by or for diagnosis by exerting a pharmacological, immunological or metabolic effect “(Limb 2)”. (Human Regulation,2012).

General Overview

Medicines and Healthcare Products Regulatory Agency (MHRA) –is the same organization that licensed other types of drugs including psychiatric drugs most herbal products, herbal medicines that fall under the traditional herbal medicines registration scheme or not base on prescription

drugs which herbal product should have shown this registration mark.



Conclusion

According to Harvard Medical School, there are variety of natural medicines that can be substitute as a supplementary remedy but no show of guarantee the evidence to prove the effectiveness. Herbal remedies are not approved by the FDA (Food Drugs Association) reasons are not gone through the Provision of the Safety and accuracy of the DOH (Department of Health) and meet the quality of packaging and manufacturing of licensed contrasting to orthodox medicines. Therapies should have the Ethical considerations guidance responsible, values, principles, and moral quality underpinned by Equality and Rights Commission (EHRC) and Health and Safety Executive (HSE) Everyone should be aware of any medicines intake it does not matter if it is complementary herbal medicines or orthodox drugs, overused is always abused for the body and wellbeing (Public Health England, 2021) If in case of overused of the children or emergency there is a medical helpline or contact a [Poison Control Center](#) if necessary.

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Appendix

Power Point Micro-teach-Group Presentation-06/12/2021



Assessment Component 1 Micro-teach Session Herbal Remedies

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Module Code: **BMHP5001**
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Introduction (Myrna)

Aim of the presentation are:

- To explore the explicit research of the Complementary Therapies
- With the alternative natural medicines .
- To cultivate the History of Herbal remedies
- To implement the purposes and efficacies of the natural remedies ,to become useful who have needed most
- How to justify the contradiction and risk of natural herbs to assure the effectiveness in every wellbeing.

(NHS,2021)



Complementary therapies(Myrna)

With these micro-teach group we gather information about to understand the different terms:

- Complementary therapies
- Conventional medical treatments
- The integrated or alongside mainstream medicines
- Alternative medicines
- All the types of complementary herbal therapies .

(macmillan.org.uk,2021)



What are herbal remedies?(Mariya)

- Herbal remedies are defined by the NHS (2021) as 'those with active ingredients made from plant parts, such as leaves, roots or flowers'
- They are available on many forms, including the tablet ,capsules ,liquids, and many more,.



History of herbal remedies (Mariya)

- The first written record or documents to the use of Chinese herbs was made in 2800 BC. In China. Since then, the use of herbs has gained or lost popularity. 2800 B.C.– The first written record of herbal medicine use showed up. (Titled the Pen Ts'ao by Shen Nung)
- 400 B.C.– The Greeks participated in the reproduction of natural medicines. Hippocrates emphasized the notion that diet, exercise, and public health are prerequisites for well-being.

What are the
benefits of Herbal
Remedies? (Massan
gbe)

Herbal Remedies are completely Natural

They cost less

They may have fewer side effects

There is a choice on how to use them

They are good for more than one condition

(Home remedy for life, 2018)

What are the purposes and uses of Herbal Remedies? (Massangbe)



Produce persisting improvement in our Well-being



Treat the 'underlying cause' of disease



Correct patterns of dysfunction rather than targeting the presenting symptoms

Side effects/risks (Andreea)

- According to the NHS herbal remedies can be taken wrong because they are "natural" based products.
- They may give negative effects which can be from mild to severe including:
 - allergic reaction and rashes
 - asthma
 - headaches
 - nausea
 - vomiting
 - diarrhea

(herbal remedies NHS,2021)

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Contraindication(Andreaea)
Who should avoid having herbal remedies :

The people how take other medicine based on(drugs)

On the pregnancy

People with serious health condition

Old people.

(herbal remedies NHS)

Give Feedback to Microsoft Notes

Font Paragraph Drawing Editing Dict

Comparison to traditional treatments(Andreaea)

Morning sickness is generally harmless it can be bad for dehydration . One of comparison of herbal remedies is the ginger is morning sickness for pregnancy women with the orthodox medicine Xonvea .

Ginger advantages: could ease nausea and vomiting in some pregnant women.

Ginger disadvantages :raise the risk of bleeding, upset stomach ,hearth burn, mouth irritation.

(Kids Health severe morning sickness, 2020)




Give Feedback to Microsoft Notes

Conclusion(Myrna)

- According to AHMS (American Harvard Medical School) researcher students ,there are variety of natural herbal medicines that can be substitute as a supplementary remedies ,but no show of guarantee the evidence to prove the effectiveness .
- Herbal remedies are not approved by the FDA ,reasons of not gone through Provision of the Safety and accuracy of the DOH ,and not meet the quality of packaging and manufacturing of licensed contrasting to orthodox medicines.(Public Health England,2021) recently give the advised that can used the herbal therapies by the NHS, to the patients .
- We gathered all these information to be useful as herbal remedies alongside the orthodox medicines as methods to helps the relieves physical and emotional improvement to our well-being.
- Overused of herbal even they said is natural is always abusive for individual health (AHMS,2020)

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