

Are herbal remedies safe and effective

[Health & Medicine](#)



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OUTLINE A. INTRODUCTION Thesis ment Basic reasons/supporting ideas

Transition B. BODY a) Paragraph one

Herbal remedies side effects

Example of Chinese Thunder God Vine

Reasons/explanation

Transition

b) Paragraph two

Regulation by FDA

FDA and dietary supplements

Transition

c) Paragraph three

Soy herbal remedy

Review on Soy effectiveness

Conclusion and transition

d) Paragraph four

Pharmacological compounds and herbal remedies

Example of Ephedra

Analysis, side effects and transition

C. CONCLUSION

Further explanation on herbal remedies

Reasons

Reinstatement of thesis statement

ARE HERBAL REMEDIES SAFE AND EFFECTIVE?

Herbal remedies are safe, but they are less effective in what they purport to alleviate (Bent n. d.). They cause less dependency and side effects. The safety of the remedies is of concern because most of the drugs are self-
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made and prescribed. The remedies have the potential to interact with inherent toxicities and standard pharmaceutical agents. Though the herbal remedies are less effective, most of them are safe when used in the appropriate dosages and settings (Bent n. d).

The herbal remedies can cause various harmful side effects. Such side effects include; unconsciousness, liver disease, cardiac arrest, slowed motor functions, comatose, kidney failure or even death. A herbal remedy that relieves inflammation and pain called Chinese Thunder God Vine weakens the immune system. The remedy is famous in for causing osteoporosis. Most of the herbs are ineffective unless their maintenance is in small quantities such as nutmeg and its cooking properties. When the nutmeg herbal is in large quantities, it cause liver failure and can at times lead to death. Many types of herbal remedies line the shelves of health food stores and pharmacies. Most people consider that any drug having the label “ natural” as effective and safe. Herbal remedies have been in existence for a long time. Some of the remedies, even those carrying the natural label, can have serious and powerful negative drug effects in the body.

The FDA regulates herbal supplements though not in the same manner it does with medicine or food. Herbal remedies form part of the dietary supplements. Regulations that apply to dietary supplements are not strict as those of drugs and food. Manufacturers of herbal drugs, for example, do not need the approval of the FDA before availing them to the markets. When the herbal remedy gets to the market, it is the duty of FDA to ensure its safety. FDA, however, lacks the capacity and funding to check the standards of the many new drugs. When FDA finds an herbal remedy that is not safe, it issues some requirements or orders to the distributor or manufacturer to remove it

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from the market (Harte 2-3).

Soy provides dietary phytoestrogens that possess weak estrogenic activities.

The soy herb treats menopausal symptoms and reduces the levels of cholesterol in the body. A review on the Soy's effectiveness was done on nine clinical trials to examine the impacts of increasing dietary soy. Nine more trials were done to determine the efficiency of Soy extracts. The review gave a conclusion that neither Soy extracts nor increased Soy dietary is not effective for menopausal symptoms (Cohen n. d.).

Many herbal remedies have pharmacologically active compounds. The herbs can cause side effects as a result of poor interaction with biological compounds in the body. Ephedra, for example, contains ephedrine that is the energy enhancing product and contributes to weight loss. Analysis done on the herbal product found it was 40 times more likely to lead to side effects. A review on ephedra associated it with increased risks of vomiting, nausea, and psychiatric symptoms (Bent n. d). Ephedra is, therefore, not effective. Herbal remedies are gaining increasing popularity. Twenty percent or more of the world's population use herbal remedies. They are complex mixtures from raw and processed parts of plants. The herbs are said to be natural and are, therefore, assumed to be safe. Many side effects arise from their use due to contamination and interaction with other drugs that make their effectiveness in question.

Works Cited

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