

Contents

Contributors	xi
Acknowledgments	xv
Opening Comments From the Department of Health and Human Services <i>Devra Lee Davis, Ph.D., M.P.H.</i>	1
PART I:	
WHAT ARE BOTANICALS, AND HOW ARE THEY CURRENTLY USED?	5
Overview	7
An Introduction to the Medicinal Use of Botanicals <i>Varro E. Tyler, Ph.D., Sc.D.</i>	13
Twenty-Seven Major Botanicals and Their Uses in the United States <i>Mark Blumenthal</i>	17
Types of Botanical Products Used in the United States <i>Robert S. McCaleb</i>	27
Herbal Use by Health Care Providers <i>J. Jamison Starbuck, J.D., N.D.</i>	33
PART II:	
HOW CAN WE KNOW THAT BOTANICALS WORK?	37
Overview	39
Botanical Efficacy in the Clinical Setting <i>Andrew T. Weil, M.D.</i>	43
Evaluating an Ancient Kampo Prescription by Modern Methods <i>Peter Goldman, M.D.</i>	45
A Methodologic Case Study: Effect of a Proprietary Herbal Medicine on the Relief of Joint Pain in Arthritis <i>Simon Y. Mills, M.A., F.N.I.M.H.</i>	49
Databases Containing Information Pertaining to Botanical Medicine <i>Norman R. Farnsworth, Ph.D.</i>	55
Evaluation of Herbal Efficacy: Alternatives to the Randomized Controlled Trial <i>Richard L. Kravitz, M.D., M.S.P.H.</i>	59
Synthesis of Evidence: Examples From the Agency for Health Care Policy and Research <i>Vic Hasselblad, Ph.D.</i>	65

Establishing Consensus <i>John H. Ferguson, M.D.</i>	75
Controlled Clinical Trials for Botanicals: Available, Possible, Necessary? <i>Dr. Joerg Gruenwald</i>	77
Summary and Conclusions <i>Ka Kit Hui, M.D., F.A.C.P.</i>	79
PART III:	
<i>HOW CAN WE KNOW THAT THESE PRODUCTS ARE SAFE?</i>	81
Overview	83
The Safety of Botanicals: A Historical Perspective <i>Ryan J. Huxtable, Ph.D.</i>	87
The Information Base for Safety Assessment of Botanicals <i>Dennis V.C. Awang, Ph.D., F.C.I.C.</i>	103
Safety Monitoring of Botanicals by Government Agencies <i>Lori A. Love, M.D., Ph.D.</i>	107
Safety Monitoring of Medicinal Plants in Europe (With Special Reference to Germany) <i>Barbara Steinhoff, Ph.D.</i>	109
Safety of Herbal Remedies: Surveillance in the United Kingdom <i>Virginia S.G. Murray, M.Sc., M.F.O.M., Debbie Shaw, and Christine Leon</i>	111
PART IV:	
<i>HOW CAN WE ENSURE THAT BOTANICAL PREPARATIONS WILL BE OF GOOD QUALITY?</i>	115
Overview	117
Good Botanical Practices <i>Michael J. Balick, Ph.D.</i>	121
Quality of Botanical Preparations: Environmental Issues and Methodology for Detecting Environmental Contaminants <i>James D. McChesney, Ph.D.</i>	127
Domestication and Production Considerations in Quality Control of Botanicals <i>James E. Simon, Ph.D.</i>	133
Shipping, Handling, Receipt, and Short-Term Storage of Raw Plant Materials <i>Trish Flaster</i>	139
The Processing of Botanicals <i>Werner Busse, Ph.D.</i>	143
Worldwide Harmonization of Botanical Standards: A Pharmacopeial View <i>Lee T. Grady, Ph.D.</i>	147
PART V:	
<i>HOW DO REGULATIONS AFFECT THE MARKETPLACE AND IMPACT THE COST OF HEALTH CARE?</i>	169
Overview	171

CONTENTS

The Economics of Botanicals: The European Experience <i>Melville K. Eaves</i>	175
The Economics of Botanicals: The U.S. Experience <i>Peggy Brevoort</i>	183
The Botanical Agenda, Science, and Incentives for Research <i>Ted J. Kaptchuk, O.M.D., C.A.</i>	193
Industry Views on Plant Monographs <i>Hubertus Cranz, M.D.</i>	195
Dietary Supplement Legislation <i>Stephen H. McNamara, Esq.</i>	199
Regulatory Models for Approval of Botanicals as Traditional Medicines <i>Mark Blumenthal</i>	205
Summary of Principal Findings and Policy Initiatives	213
Summary of the Conference <i>Loren D. Israelsen</i>	215
Index	217