

Abstract

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Title of diploma thesis: Modern phytotherapy – revision of usage of medicinal plants according to clinical trials

Key words: phytotherapy, medicinal plants, liver diseases, painful joints, nervousness and insomnia, clinical trials

The aim of diploma thesis was to review the said effects of the herbs, to make a list of herbs used in popular traditional medicine of selected diseases and to verify their use by giving documented evidence. This thesis addresses in detail three ranges of problems in which the use of herbal therapy could be considered.

Following three ranges of problems were selected: liver diseases, painful joints, nervousness and insomnia. Clinical studies were explored to substantiate the effects of individual herbs or their substances. Preclinical studies were used in case of deficiency in clinical studies.

The outcome of this thesis was to approve or – on the contrary – to disapprove the effects quoted by the use of folk medicine herbs.

From the result of this thesis it emerges, that not all popular quoted herbal indications are verified by sufficient evidence. However, for a considerable part of the quoted herbs their effects were verified by clinical or preclinical studies and the popular use of these herbs can be considered legitimate and beneficial.