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| <b>Venue:</b>                         | Doody's Book Review Service  |
| <b>Title:</b>                         | Book Review: Principles and practice of botanicals as an integrative therapy, Anne Hume, et al.  |
| <b>Date:</b>                          | 2019   |
| <b>Type:</b>                          | Book Review  |
| <b>Author(s)/<br/>Presenter(s):</b>   | Amrit Devgun   |
| <b>Abstract (or Book<br/>Review):</b> | <p><b>Description</b></p> <p>This book reviews clinical trial data on the usage and safety of botanicals for common health conditions. It uses an organ-system approach and provides a brief chapter summary on clinical application for each system. It also discusses a patient-care approach and the reliability of online resources on botanicals.</p> <p><b>Purpose</b></p> <p>In the era of patient-centered and evidence-based care, clinicians need to be knowledgeable in integrative therapies, especially in primary care, where clinicians work with diverse populations. This book is a resource for some commonly used botanicals, with mention of pharmacognosy and safety. It also reviews strategies for identifying high quality resources for scientific and medical purposes. It provides a framework that can guide communication between the healthcare provider and the patient, to encourage open dialogue and transparency about the use of CAM therapies.</p> <p><b>Audience</b></p> <p>This is a quick resource for healthcare providers in general, especially for those in primary care. Pharmacists also would find this a valuable resource in enhancing care of patients. Since botanicals and other nutraceuticals are increasingly being used for health maintenance, treatment of underlying conditions, or managing side effects from conventional therapies, it is essential to understand their possible interactions with pharmaceuticals as well as their consideration as adjunctive therapies.</p> |

**Features**

This book covers three main areas that every medical professional should consider in patient care. Not only does it provide background, dosing, pharmacognosy, safety, and clinical effectiveness of some commonly used botanicals, it also provides useful strategies to help sift through the plethora of information on the internet today for reliable sources. Although plentiful, much of the information on the internet is unregulated. First, the authors provide systematic approaches to analyze primary, secondary, and tertiary information. Second, the book briefly addresses some key issues in the safety of botanicals in various stages of disease within specific populations (e.g. cancer, geriatrics, liver and kidney disease) with significant comorbidities. Third, open communication between healthcare providers and patients is vital to help direct assessment of risks or benefits in using botanical supplementation. To facilitate that, the use of a mnemonic, SCHOLAR-MAC, is discussed as a framework for a detailed patient workup that might open up such a platform. Although the botanicals covered are limited in number, there are a couple of useful tables that summarize adverse interactions between botanicals and pharmaceuticals. The authors also include a chapter on the potential of cannabis, discussing global perspectives as well as issues faced by producers, providers, patients, and researchers.

**Assessment**

Not only does this book emphasize pharmacognosy of botanicals, it sheds light on some of the opportunities and challenges healthcare providers and patients face with the growing interest in integrative medicine. I appreciate the strategies it provides for finding and evaluating the quality of online resources and medical apps. Considering the ubiquitous use of botanicals, busy clinicians need high quality resources to better counsel their patients on any associated benefits, risks, and adverse interactions.