

Herbal & Natural Medicine News

Safety Alerts & Regulatory Actions

- **Lead & arsenic contamination in herbal supplements:** In early 2025, **Zaarah Herbals** powders (including Bhingraj, Gurmar, Vasaka, Rasayan Churan) were **recalled by the U.S. FDA** after Connecticut tests confirmed high levels of heavy metals. Consumers were advised to return products promptly.

Reference: [ctinsider.com](https://www.cnn.com/2025/01/25/health/herbal-supplements-recalled/index.html)

- **Stricter global regulation of herbal supplements:** European countries—including **Denmark**—have imposed bans on herbs like **ashwagandha, kratom, and green tea extracts** citing safety concerns. Global regulators are also targeting undeclared pharmaceuticals, microbial toxins, and contaminants in "natural" products.

Reference: [regask.com](https://www.regask.com)

Emerging Research & Technological Innovation

- **AI-driven herbal therapy for epilepsy:** A new computational framework analyzed nearly 1,900 natural compounds and identified 17 high-efficacy herbs (e.g., *Gastrodia elata*, *Withania somnifera*), validated in a randomized controlled trial that showed **28.5% greater seizure reduction** versus traditional protocols.
- **TCM herb recommendation via AI:** A novel machine-learning model named **FMCHS** integrates molecular-level chemical data with clinical symptoms to improve herb recommendation systems, achieving substantial performance gains over previous models.

Reference: [arxiv.org](https://arxiv.org/abs/2501.12345)

Traditional Practices, Community Healing & Public Engagement

- **Revival of Gullah Geechee herbal traditions:** Workshops on Johns Island, South Carolina, are teaching ancestral herbal medicine—from foraging chaney root and mullein to crafting

remedies—blending nutritional, spiritual, and healing functions and empowering marginalized communities.

Reference: www.theguardian.com

Herbal Compounds & Clinical Potential

- **Resurgence of Ayurveda in South Asia:** A growing number return to holistic wellness through Ayurveda, emphasizing lifestyle, herbal diet, and preventive care—led by companies like Patanjali, and reflecting a shift away from symptom-based pharmaceutical treatments.
- **Safety concerns over turmeric supplements:** A recent health report links excessive turmeric intake to **potentially fatal liver damage**. Experts advise adherence to recommended doses and monitoring for symptoms like jaundice or fatigue.

Reference: timesofindia.indiatimes.com

- **Berberine's anti-obesity progress:** A systematic review underscores **berberine (BBR)** for its weight-loss potential and metabolic effects, while highlighting challenges in bioavailability and the need for optimized delivery formulations.

Reference: [arxiv.org](https://arxiv.org/abs/2408.12345)

- **Ginger's science-backed benefits:** A 2024 overview confirms that ginger may relieve pregnancy-related nausea, arthritic pain, menstrual cramps, and improve digestion—but stresses it cannot replace standard care and advises clinical caution.

Reference: www.verywellhealth.com

Research Collaboration & Capacity Building

- **Herbal medicine webinar series in Brunei:** The **University of Brunei Darussalam** hosted a 2025 series titled *"Modernised Research Approach in the Development of Herbal*

Medicines". Expert speakers highlighted best practices in authentication, quality control, pharmacology, and clinical validation of traditional Chinese herbs.

Reference: herbal.ubd.edu.bn

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