

Current Herbal News

1. Traditional Brazilian Plant Shows Potential against Arthritis

Published: 30 December 2025

Researchers found that *Alternanthera littoralis* (Joseph's Coat), a plant used in Brazilian traditional medicine, showed significant anti-inflammatory and anti-arthritis effects in laboratory studies. Extracts reduced swelling, protected joint tissue and appeared safe in animal models. Findings were published in the *Journal of Ethnopharmacology*, though human clinical trials are still needed.

Key point: Opens potential for herbal arthritis therapies pending clinical validation.

Reference: nypost.com

2. WHO Strengthens Global Herbal Medicine Regulation

Published: 29 October 2025

At the 16th Annual WHO International Regulatory Cooperation for Herbal Medicines (IRCH) meeting in Jakarta, global regulatory authorities agreed to enhance collaboration on quality, safety and efficacy of herbal medicines. Discussions covered standardization, quality control and regulatory frameworks to support evidence-based use of traditional herbal products worldwide.

Key point: Signals international momentum toward safer, better-regulated herbal medicines.

Reference: www.who.int

3. Thai Herbal Remedies Show Promise in Blood Sugar Management

Published: Late 2025

Studies in Thailand evaluated several herbs (*Coccinia grandis*, *Gynostemma pentaphyllum*, *Morus alba*, *Zingiber officinale*, etc.) for antihyperglycemic and antioxidant effects. Certain mixtures, especially combinations like *Gynostemma* + *Morus*, showed strong glucose-lowering potential in lab models, sometimes outperforming standard controls like acarbose.

Key point: Offers scientific groundwork for developing herbal diabetes management supplements subject to further clinical testing.

Reference: www.thailandmedical.news

4. Review: Herbal Medicine for Radiation-Induced Oral Mucositis

Published: Oct–Dec 2025

A review in the *Journal of Advanced Pharmaceutical Technology & Research* found that herbal preparations such as *Glycyrrhiza glabra* (licorice), *Plantago major* syrup, green tea mouthwash and Hangeshashinto may help reduce severity of radiation-induced oral mucositis—a common side effect in head-and-neck cancer therapy.

Key point: Herbal adjuncts show promise in mitigating treatment-related side effects in cancer patients.

Reference: journals.lww.com