

New Drug Approvals

Airsupra (albuterol and budesonide) Inhalation Aerosol

Company: AstraZeneca

Date of Approval: January 10, 2023

Treatment for: Asthma

Airsupra (albuterol and budesonide) is a beta 2-adrenergic agonist and corticosteroid fixed-dose combination rescue inhaler for as-needed use to reduce the risk of asthma exacerbations.

Leqembi (lecanemab-irmb) Injection

Company: Biogen Inc. and Eisai Co., Ltd.

Date of Approval: January 6, 2023

Treatment for: Alzheimer's Disease

Leqembi (lecanemab) is an amyloid beta-directed antibody indicated for the treatment of Alzheimer's disease.

Briumvi (ublituximab-xiyy) Injection

Company: TG Therapeutics, Inc.

Date of Approval: December 28, 2022

Treatment for: Multiple Sclerosis

Briumvi (ublituximab-xiyy) is a CD20-directed cytolytic antibody indicated for the treatment of relapsing forms of multiple sclerosis (MS), to include clinically isolated syndrome, relapsing remitting disease, and active secondary progressive disease, in adults.

NexoBrid (anacaulase-bcdb) Topical Gel

Company: MediWound Ltd.

Date of Approval: December 28, 2022

Treatment for: Burns, External

NexoBrid (anacaulase-bcdb) is a concentrate of proteolytic enzymes indicated for removal of eschar in adults with deep partial- and full-thickness thermal burns.

Information collected and compiled by

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Xenoview (xenon Xe 129 hyperpolarized) for Oral Inhalation

Company: Polarean Imaging plc

Date of Approval: December 23, 2022

Treatment for: Diagnosis and Investigation

Xenoview (xenon Xe 129 hyperpolarized) is a hyperpolarized contrast agent indicated for use with magnetic resonance imaging (MRI) for evaluation of lung ventilation in adults and pediatric patients aged 12 years and older.

Sunlenca (lenacapavir) Injection and Tablets

Company: Gilead Sciences, Inc.

Date of Approval: December 22, 2022

Treatment for: HIV Infection

Sunlenca (lenacapavir) is a long-acting HIV-1 capsid inhibitor for use in combination with other antiretroviral(s) for the treatment of HIV-1 infection in heavily treatment-experienced (HTE) people with multi-drug resistant (MDR) HIV-1 infection.

Lunsumio (mosunetuzumab-axgb) Injection

Company: Genentech, Inc.

Date of Approval: December 22, 2022

Treatment for: Follicular Lymphoma

Lunsumio (mosunetuzumab-axgb) is a bispecific CD20-directed CD3 T-cell engager for the treatment of relapsed or refractory follicular lymphoma.

Olpruva (sodium phenylbutyrate) for Oral Suspension - formerly ACER-001

Company: Acer Therapeutics Inc.

Date of Approval: December 22, 2022

Treatment for: Urea Cycle Disorders

Olpruva (sodium phenylbutyrate) is a nitrogen-binding agent for the treatment of patients with urea cycle disorders (UCDs).

References: www.drugs.com/news

New Indications & Dosage Forms for Existing Drugs

Drugs that have gained FDA approval for the treatment of additional diseases/conditions or new dosage forms/regimens.

Wegovy (semaglutide) Injection

Patient Population Altered: December 23, 2022

Date of Original Approval: June 4, 2021

Wegovy (semaglutide) is a glucagon-like peptide-1 (GLP-1) receptor agonist indicated as an adjunct to diet and exercise for chronic weight management in adult patients who are overweight (BMI ≥ 27 kg/m²) or obese (BMI ≥ 30 kg/m²).

Actemra (tocilizumab) Injection

New Indication Approved: December 21, 2022

Date of Original Approval: January 8, 2010

Actemra (tocilizumab) is a humanized interleukin-6 (IL-6) receptor-inhibiting monoclonal antibody for the treatment of rheumatoid arthritis, giant cell arteritis, systemic sclerosis-associated interstitial lung disease, polyarticular juvenile idiopathic arthritis, systemic juvenile idiopathic arthritis, cytokine release syndrome, and COVID-19.

Tymlos (abaloparatide) Injection

New Indication Approved: December 19, 2022

Date of Original Approval: April 28, 2017

Tymlos (abaloparatide) is a synthetic peptide analog of hPTHrP (human parathyroid hormone-related protein) for the treatment of osteoporosis.

Vraylar (cariprazine) Capsules

New Indication Approved: December 16, 2022

Date of Original Approval: September 17, 2015

Vraylar (cariprazine) is an atypical antipsychotic for the treatment of schizophrenia, bipolar I disorder, and major depressive disorder.

Pemfexy (pemetrexed) Injection

New Indication Approved: December 14, 2022

Date of Original Approval: February 8, 2020

Pemfexy (pemetrexed for injection) is a branded alternative to Alimta for the treatment of nonsquamous non-small cell lung cancer and malignant pleural mesothelioma.

Asceniv (immune globulin intravenous, human – slra) Injection

Labeling Revision Approved: December 13, 2022

Date of Original Approval: April 1, 2019

Asceniv (immune globulin intravenous, human – slra) is a 10% immune globulin liquid for intravenous injection, indicated for the treatment of primary humoral immunodeficiency (PI).

Tecentriq (atezolizumab) Injection

New Indication Approved: December 9, 2022

Date of Original Approval: May 18, 2016

Tecentriq (atezolizumab) is a programmed death-ligand 1 (PD-L1) blocking antibody indicated for use in the treatment of non-small cell lung cancer (NSCLC), small cell lung cancer (SCLC), hepatocellular carcinoma, melanoma, and alveolar soft part sarcoma.

Brexafemme (ibrexafungerp) Tablets

New Indication Approved: November 30, 2022

Date of Original Approval: June 1, 2021

Brexafemme (ibrexafungerp) is a first-in-class, triterpenoid antifungal agent used to treat vulvovaginal candidiasis (VVC), and to reduce the incidence of recurrent VVC in adults and adolescent females who have started their menstruation.

Rylaze (asparaginase erwinia chrysanthemi (recombinant)-rywn) Injection

New Dosage Regimen: November 18, 2022

Date of Original Approval: June 30, 2021

Rylaze (asparaginase erwinia chrysanthemi (recombinant)-rywn) is an asparagine specific enzyme indicated as a component of a multi-agent chemotherapeutic regimen for the treatment of acute lymphoblastic leukemia (ALL) and lymphoblastic lymphoma (LBL).

Adcetris (brentuximab vedotin) Injection

Patient Population Altered: November 10, 2022

Date of Original Approval: August 19, 2011

Adcetris (brentuximab vedotin) is a CD30-directed antibody-drug conjugate (ADC) used for the

treatment of Hodgkin lymphoma, anaplastic large cell lymphoma, and mycosis fungoides.

Imfinzi (durvalumab) Injection

New Indication Approved: November 10, 2022

Date of Original Approval: May 1, 2017

Imfinzi (durvalumab) is a programmed death-ligand 1 (PD-L1) blocking antibody used for the treatment of non-small cell lung cancer, small cell lung cancer, and biliary tract cancer.

Liletta (levonorgestrel) Intrauterine Device

New Dosage Regimen: November 10, 2022

Date of Original Approval: February 26, 2015

Liletta (levonorgestrel) is a hormonal intrauterine device (IUD) for use by women to prevent pregnancy for up to eight years.

Libtayo (cemiplimab-rwlc) Injection

New Indication Approved: November 8, 2022

Date of Original Approval: September 28, 2018

Libtayo (cemiplimab-rwlc) is a programmed death receptor-1 (PD-1) blocking antibody for the treatment of cutaneous squamous cell carcinoma (CSCC), basal cell carcinoma (BCC), and non-small cell lung cancer (NSCLC).

Rotarix (rotavirus vaccine, live attenuated) Oral Suspension

New Formulation Approved: November 4, 2022

Date of Original Approval: April 3, 2008

Rotarix (rotavirus vaccine live) is an oral, two-dose, live attenuated vaccine for the prevention of rotavirus gastroenteritis in children.

Rinvoq (upadacitinib) Extended-Release Tablets

New Indication Approved: October 21, 2022

Date of Original Approval: August 16, 2019

Rinvoq (upadacitinib) is a Janus kinase (JAK) inhibitor for the treatment of rheumatoid arthritis, psoriatic arthritis, atopic dermatitis, ulcerative colitis, ankylosing spondylitis, and non-radiographic axial spondyloarthritis.

Vemlidy (tenofovir alafenamide) Tablets

Patient Population Altered: October 17, 2022

Date of Original Approval: November 10, 2016

Vemlidy (tenofovir alafenamide) is a hepatitis B virus (HBV) nucleoside analog reverse transcriptase inhibitor indicated for the treatment of chronic hepatitis B virus infection in adults and pediatric patients 12 years of age and older with compensated liver disease.

Menveo (meningococcal conjugate vaccine)

New Formulation Approved: October 14, 2022

Date of Original Approval: February 19, 2010

Menveo (Meningococcal (Groups A, C, Y and W-135) Oligosaccharide Diphtheria CRM197 Conjugate Vaccine) is a vaccine indicated for active immunization to prevent invasive meningococcal disease caused by *Neisseria meningitidis* serogroups A, C, Y and W-135.

Lyumjev (insulin lispro-aabc) Injection

Patient Population Altered: October 14, 2022

Date of Original Approval: June 15, 2020

Lyumjev (insulin lispro-aabc) is a rapid-acting human insulin analog indicated to improve glycemic control in adult and pediatric patients with diabetes mellitus.

Boostrix (tetanus, diphtheria, acellular pertussis vaccine (Tdap)) Injection

New Dosage Regimen: October 7, 2022

Date of Original Approval: May 3, 2005

Boostrix (Tetanus Toxoid, Reduced Diphtheria Toxoid and Acellular Pertussis Vaccine, Adsorbed; Tdap) is a combination vaccine that provides immunization against pertussis (whooping cough) in combination with tetanus and diphtheria.

Oxlumo (lumasiran) Injection

New Indication Approved: October 6, 2022

Date of Original Approval: November 23, 2020

Oxlumo (lumasiran) is a HAO1-directed small interfering ribonucleic acid (siRNA) indicated for the treatment of primary hyperoxaluria type 1 (PH1) to lower urinary and plasma oxalate levels in pediatric and adult patients.

Trogarzo (ibalizumab-uiyk) Injection

New Dosage Regimen: October 3, 2022

Date of Original Approval: March 6, 2018

Trogarzo (ibalizumab-uiyk) is a CD4-directed post-attachment HIV-1 inhibitor for the treatment of multidrug resistant human immunodeficiency virus-1 (HIV-1) infection.

Firdapse (amifampridine phosphate) Tablets
Patient Population Altered: September 29, 2022
Date of Original Approval: November 28, 2018
Firdapse (amifampridine phosphate) is a nonspecific, voltage-dependent, potassium (K⁺) channel blocker for the treatment of Lambert Eaton myasthenic syndrome (LEMS) in adults and pediatric patients six years of age and older.

Dupixent (dupilumab) Injection
New Indication Approved: September 28, 2022
Date of Original Approval: March 28, 2017
Dupixent (dupilumab) is an interleukin-4 receptor alpha antagonist used for the treatment of atopic dermatitis, asthma, chronic rhinosinusitis with nasal polyposis, eosinophilic esophagitis, and prurigo nodularis.

Retevmo (selpercatinib) Capsules
New Indication Approved: September 21, 2022
Date of Original Approval: May 8, 2020
Retevmo (selpercatinib) is a kinase inhibitor used for the treatment of certain cancers caused by abnormal RET genes.

Imfinzi (durvalumab) Injection
New Indication Approved: September 2, 2022
Date of Original Approval: May 1, 2017
Imfinzi (durvalumab) is a programmed death-ligand 1 (PD-L1) blocking antibody used for the treatment of non-small cell lung cancer, small cell lung cancer, and biliary tract cancer.

Orkambi (ivacaftor and lumacaftor) Tablets and Oral Granules
Patient Population Altered: September 2, 2022
Date of Original Approval: July 2, 2015
Orkambi (ivacaftor and lumacaftor) is a cystic fibrosis transmembrane conductance regulator (CFTR) potentiator and CFTR corrector combination for the treatment of cystic fibrosis in patients 1 year

of age and older who have two copies of the F508del mutation (F508del/F508del) in their CFTR gene.

Pemazyre (pemigatinib) Tablets
New Indication Approved: August 25, 2022
Date of Original Approval: April 17, 2020
Pemazyre (pemigatinib) is a selective fibroblast growth factor receptor (FGFR) inhibitor for the treatment of adults with cholangiocarcinoma with FGFR2 rearrangement, and myeloid/lymphoid neoplasms with FGFR1 rearrangement.

Imbruvica (ibrutinib) Capsules, Tablets and Oral Suspension
Patient Population Altered: August 24, 2022
Date of Original Approval: November 13, 2013
Imbruvica (ibrutinib) is an oral Bruton's tyrosine kinase (BTK) inhibitor for the treatment of mantle cell lymphoma (MCL), chronic lymphocytic leukemia (CLL)/small lymphocytic lymphoma (SLL), Waldenström's macroglobulinemia (WM), marginal zone lymphoma (MZL), and chronic graft versus host disease (cGVHD).

Hadlima (adalimumab-bwwd) Injection
New Formulation Approved: August 15, 2022
Date of Original Approval: July 23, 2019
Hadlima (adalimumab-bwwd) is a tumor necrosis factor (TNF) blocker biosimilar to Humira indicated for the treatment of rheumatoid arthritis (RA), juvenile idiopathic arthritis (JIA), psoriatic arthritis (PsA), ankylosing spondylitis (AS), Crohn's disease (CD), ulcerative colitis (UC), and plaque psoriasis (Ps).

Mirena (levonorgestrel) Intrauterine System
New Dosage Regimen: August 12, 2022
Date of Original Approval: December 6, 2000
Mirena (levonorgestrel) is a progestin-containing intrauterine system indicated for intrauterine contraception for up to 8 years, and for the treatment of heavy menstrual bleeding for women who choose to use intrauterine contraception as their method of contraception for up to 5 years.

Xofluza (baloxavir marboxil) Tablets and Granules for Oral Suspension

Patient Population Altered: August 11, 2022
 Date of Original Approval: October 24, 2018
 Xofluza (baloxavir marboxil) is a polymerase acidic (PA) endonuclease inhibitor for the treatment and post-exposure prophylaxis of influenza in people 5 years of age and older.

Enhertu (fam-trastuzumab deruxtecan-nxki) Injection

New Indication Approved: August 11, 2022
 Date of Original Approval: December 20, 2019
 Enhertu (fam-trastuzumab deruxtecan-nxki) is a HER2-directed antibody and topoisomerase inhibitor conjugate used for the treatment of HER2-positive breast cancer, HER2-low breast cancer, HER2-mutant non-small cell lung cancer, and HER2-positive gastric or gastroesophageal junction adenocarcinoma.

Myfembree (relugolix, estradiol and norethindrone acetate) Tablets

New Indication Approved: August 5, 2022
 Date of Original Approval: May 26, 2021
 Myfembree (relugolix, estradiol and norethindrone acetate) is an oral gonadotropin-releasing hormone (GnRH) receptor antagonist, estrogen, and progestin combination indicated in premenopausal women for the management of heavy menstrual bleeding associated with uterine fibroids, and moderate to severe pain associated with endometriosis.

Enhertu (fam-trastuzumab deruxtecan-nxki) Injection

New Indication Approved: August 5, 2022
 Date of Original Approval: December 20, 2019
 Enhertu (fam-trastuzumab deruxtecan-nxki) is a HER2-directed antibody and topoisomerase inhibitor conjugate used for the treatment of HER2-positive breast cancer, HER2-low breast cancer, HER2-mutant non-small cell lung cancer, and HER2-positive gastric or gastroesophageal junction adenocarcinoma.

Nubeqa (darolutamide) Tablets

New Indication Approved: August 5, 2022
 Date of Original Approval: July 30, 2019
 Nubeqa (darolutamide) is an androgen receptor inhibitor (ARi) used in the treatment of prostate cancer.

Juvederm (dermal filler) Injectable Gel

New Formulation Approved: August 3, 2022
 Date of Original Approval: June 2, 2006
 Juvéderm hyaluronic acid dermal filler products are used for facial rejuvenation.

Calquence (acalabrutinib) Capsules and Tablets

New Dosage Form Approved: August 3, 2022
 Date of Original Approval: October 31, 2017
 Calquence (acalabrutinib) is a highly selective, potent, Bruton tyrosine kinase (BTK) inhibitor for the treatment of mantle cell lymphoma (MCL), and chronic lymphocytic leukemia (CLL) or small lymphocytic lymphoma.

Rebinyn (coagulation factor IX (recombinant), glycopegylated) Injection

New Indication Approved: July 29, 2022
 Date of Original Approval: May 31, 2017
 Rebinyn (coagulation factor IX (recombinant), glycoPEGylated) is an extended-half-life, recombinant DNA-derived coagulation factor IX concentrate used in the management of bleeding episodes in patients with hemophilia B.

Stelara (ustekinumab) Injection

Patient Population Altered: July 27, 2022
 Date of Original Approval: September 25, 2009
 Stelara (ustekinumab) is a human interleukin-12 and -23 antagonist indicated for the treatment of moderate to severe plaque psoriasis (Ps), active psoriatic arthritis (PsA), moderately to severely active Crohn's disease (CD), and moderately to severely active ulcerative colitis.

Benlysta (belimumab) Injection

Patient Population Altered: July 26, 2022
 Date of Original Approval: March 10, 2011
 Benlysta (belimumab) is B-lymphocyte stimulator (BLyS)-specific inhibitor for the treatment of active

systemic lupus erythematosus (SLE) and active lupus nephritis.

Opzelura (ruxolitinib) Cream

New Indication Approved: July 18, 2022

Date of Original Approval: September 21, 2021

Opzelura (ruxolitinib) cream is a topical Janus kinase (JAK) inhibitor used for the treatment of atopic dermatitis and nonsegmental vitiligo.

Xalkori (crizotinib) Capsules

New Indication Approved: July 14, 2022

Date of Original Approval: August 26, 2011

Xalkori (crizotinib) is an oral anaplastic lymphoma kinase (ALK) inhibitor for the treatment of ALK or ROS1-positive non-small cell lung cancer, ALK-positive anaplastic large cell lymphoma, and ALK-positive inflammatory myofibroblastic tumors.

Comirnaty (COVID-19 Vaccine, mRNA) Injection

Patient Population Altered: July 8, 2022

Date of Original Approval: August 23, 2021

Comirnaty is an mRNA vaccine indicated for active immunization to prevent coronavirus disease 2019 (COVID-19) caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2).

Krystexxa (pegloticase) Injection

Labeling Revision Approved: July 7, 2022

Date of Original Approval: September 14, 2010

Krystexxa (pegloticase) is a PEGylated uric acid specific enzyme indicated for the treatment of chronic gout in adult patients refractory to conventional therapy.

References: www.drugs.com/news

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Medical and Health News

Seniors, Make This Winter an Active & Healthy One

By Cara Murez HealthDay Reporter

SATURDAY, Jan. 14, 2023 -- Winter may feel like a time for hibernation, but it's important for seniors to safely keep up their hobbies and physical activity in the cold weather.

Frequent Use of Antibiotics Linked With Higher Odds for Crohn's, Colitis

By Steven Reinberg HealthDay Reporter

FRIDAY, Jan. 13, 2023 -- Overuse of antibiotics may trigger inflammatory bowel disease (IBD), new research suggests.

Among folks who were 40 or older, a new study found that antibiotics may increase the risk for bowel diseases, such as Crohn's and ulcerative colitis, for one to two years after use.

Social Isolation Can Raise Odds for Dementia

By Cara Murez HealthDay Reporter

FRIDAY, Jan. 13, 2023 -- Social isolation is a substantial risk factor for dementia in older adults, according to a pair of studies that add evidence to past research on this threat.

But these new studies offer a potential solution: using technology to encourage older adults to text and email to stay in touch.

Artificial Pancreas Device May Help Folks With Type 2 Diabetes

By Denise Mann HealthDay Reporter

FRIDAY, Jan. 13, 2023 -- An artificial pancreas has long been considered the holy grail for people with type 1 diabetes, and new research suggests a more convenient version of this technology may help the millions of people living with type 2 diabetes.

Type 2 is the more common form of diabetes, and is closely linked to obesity.

DNA Fragments in Blood Promise Cheap, Easy Test for Cancer

By Amy Norton HealthDay Reporter

THURSDAY, Jan. 12, 2023 -- Researchers are reporting progress on a blood test that can detect multiple cancers in a relatively simpler, and potentially less pricey, way than other tests under development.

Long COVID After Mild Infection? It Fades Within a Year

By Denise Mann HealthDay Reporter

THURSDAY, Jan. 12, 2023 -- A large, new study offers reassuring news for folks dealing with long COVID symptoms such as trouble breathing, mental fog and loss of taste or smell: Most of these issues resolve within a year for those who had a mild COVID infection.

Fast Food May Be Toxic to Your Liver

By Cara Murez HealthDay Reporter

THURSDAY, Jan. 12, 2023 -- Do your liver a favor and steer clear of fast food, new research urges.

People with obesity or diabetes who consumed 20% or more of their daily calories from fast food had severely elevated levels of fat in their liver compared to those who ate less fast food or none.

Uric Acid Linked to Later Risk For Irregular Heart Rhythm

By American Heart Association News

THURSDAY, Jan. 12, 2023 (American Heart Association News) -- High levels of uric acid in midlife may significantly raise the risk for a serious type of irregular heartbeat in the decades that follow, even in people without traditional risk factors, new research shows.

FDA Approves New 2-Drug Combo Medicine, Airsupra, for Asthma

By Cara Murez HealthDay Reporter

THURSDAY, Jan. 12, 2023 -- Adults with asthma now have a new rescue medication to turn to after the U.S. Food and Drug Administration approved Airsupra on Wednesday.

The drug is the first approved to combine albuterol (a beta-2 adrenergic agonist) and budesonide (a corticosteroid).

It's meant for the as-needed treatment or prevention of bronchoconstriction (narrowed airways) and to reduce the risk of asthma attacks in patients with asthma aged 18 and older.

Happy, Loved Teens Become Heart-Healthier as Adults

By Amy Norton HealthDay Reporter

WEDNESDAY, Jan. 11, 2023 -- When teenagers feel good about themselves and their lives, it may also do their hearts good in the long run, a new study suggests.

Researchers found that teenagers who generally felt happy, optimistic and loved went on to show better cardiovascular health in their 20s and 30s, versus kids who lacked that level of mental well-being.

Kids Living Near Airports Face Lead Poisoning Dangers

By Cara Murez HealthDay Reporter

WEDNESDAY, Jan. 11, 2023 -- While U.S. policymakers have attempted to lower lead exposure among children since the 1970s, new research finds that kids living near airports are still being exposed to dangerous levels of the heavy metal.

'Cellular Atlas' Could Be Step Against Endometriosis

By Cara Murez HealthDay Reporter

WEDNESDAY, Jan. 11, 2023 -- Few good treatment options exist for the millions of women dealing with the intense pain caused by endometriosis, but researchers say a new "cellular atlas" could help.

Blood Test Might Warn of Dangerous Complication of Pregnancy

By Dennis Thompson HealthDay Reporter

TUESDAY, Jan. 10, 2023 -- An experimental blood test could one day provide early warning for a life-threatening complication of pregnancy, a new study reports.

Placenta accreta occurs when the placenta — the food and oxygen source for a fetus — grows too deeply into the wall of a woman's uterus.

Sleep Key to Good Mental Health for Older Women

By Denise Mann HealthDay Reporter

MONDAY, Jan. 9, 2023 -- Older women who don't stick to a set sleep and wake schedule may be more likely to struggle with feelings of depression and anxiety.

Does Your Home Have Dangerous Levels of Cancer-Causing Radon?

By Cara Murez HealthDay Reporter

FRIDAY, Jan. 6, 2023 -- People should test for the naturally occurring radioactive gas radon in their homes to help prevent ill health, the American Lung Association urges.

Good Parental Leave Gives Big Boost to Moms' Mental Health

By Denise Mann HealthDay Reporter

THURSDAY, Jan. 5, 2023 -- Generous parental leave policies at work can do wonders for a new mom's mental health.

This is among the key messages from a new review of 45 studies examining how parental leave policies affect mom and dad's mental health and well-being.

References: www.drugs.com/news

Herbal Medicine News

Detox teas are a blend of different ingredients and spices that have medicinal properties

Updated: January 01, 2023

Topping up your green tea with cinnamon sticks, cloves, freshly grated ginger, and lemongrass among others enhances its medicinal properties manifold. It helps clean the body from the inside, regulates metabolism, and boosts immunity.

Knee Pain: Try These 8 Healing Herbs to Reduce Inflammation in Joints Health

Friday September 16, 2022

Knee Pain: Certain herbs have anti-inflammatory and healing properties that improve the health of our bones and muscles.

Knee pain is one of the most common issues people face with respect to joint pain. It can cause symptoms such as pain, inflammation, stiffness and loss of proper mobility. Natural medicines like herbs and others may be able to ease joint discomfort. Along with traditional therapies, moderate exercise, good nutrition, and medical therapies, knee pain symptoms can be managed.

For those who experience knee discomfort, incorporating anti-inflammatory herbs and spices into your diet is a good idea. However, these nutritional

ingredients won't make a big difference in reducing knee pain symptoms on their own. However, taking specific herbs and spices throughout the day as a part of an anti-inflammatory diet may have a cumulative effect in lowering inflammation and other symptoms.

References: www.ndtv.com/topic/herbal-medicine

The Impact of Stress on Gut Health and Detoxification

November 19, 2022

The gut microbiome is an important component of the body's detoxification process. However, stress can disrupt the balance of bacteria in the gut, which impacts multiple aspects of detoxification. Fiber and probiotics may be beneficial options for supporting gut health, detoxification mechanisms, and the body's stress response.

References: wholisticmatters.com/stress-gut-detox

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Drinking two or more cups of coffee per day may increase the risk of cardiac mortality in patients with hypertension

December 21, 2022

According to research published very recently in the *Journal of the American Heart Association*, peer-reviewed journal of the American Heart Association, drinking two or more cups of coffee a day may double the risk of mortality from cardiovascular disease among people with severe high blood pressure (160/100 mm Hg or higher), but not people with high blood pressure that is not considered severe.

Reference: Teramoto, M., Yamagishi, K., Muraki, I., Tamakoshi, A. and Iso, H., 2022. Coffee and Green Tea Consumption and Cardiovascular Disease Mortality Among People With and Without Hypertension. *Journal of the American Heart Association*, p.e026477.

Benefits of catechin-rich green tea in inflammation and metabolic syndrome

June 14, 2022

According to recent studies conducted on individuals with a cluster of heart disease risk factors, consuming green tea extract for four weeks can lower blood sugar levels and enhance gut health by reducing inflammation and leaky gut.

Reference: Hodges, J., Zeng, M., Cao, S., Pokala, A., Rezaei, S., Sasaki, G., Vodovotz, Y. and Bruno, R., 2022. Catechin-Rich Green Tea Extract Reduced Intestinal Inflammation and Fasting Glucose in Metabolic Syndrome and Healthy Adults: A Randomized, Controlled, Crossover Trial. *Current Developments in Nutrition*, 6 (Supplement_1), pp.981-981.

Senna increases resistance to infections like Covid-19 and others

Senna provides medicinal and dietary benefits for the human body and is essential for boosting immunity to combat against COVID-19 symptoms. Antioxidants,

phytochemicals, vitamins, and minerals are vital nutritional components of senna that help lower the risk of many diseases and strengthen the immune system.

Reference: Ikram, A., Khalid, W., Saeed, F., Arshad, M.S., Afzaal, M. and Arshad, M.U., 2023. Senna: As immunity boosting herb against Covid-19 and several other diseases. *Journal of Herbal Medicine*, p.100626.

Natural does not mean safe

Many individuals believe that using plants as medication is safer than using pharmaceuticals. Plants have long been used in folk medicine by people. So it is simple to understand the appeal. But "natural" does not equate to safe. Some herbal remedies can combine with other medications or be harmful in excessive dosages if not used as recommended. Some may also have negative effects. A herb kava is used to treat a variety of conditions including anxiety, sleeplessness, menopausal symptoms, and more. According to certain research, it could help with anxiety. Kava, however, can seriously harm the liver. Its usage is discouraged by an FDA warning.

Reference:
<https://medlineplus.gov/ency/patientinstructions/000868.htm>

Dried Goji Berries may provide protection against age-related vision loss

In healthy middle-aged individuals, consuming a small quantity of dried goji berries on a regular basis may help prevent or delay the onset of age-related macular degeneration, or AMD, according to a small, randomized experiment carried out at the University of California, Davis.

Reference: Li, X., Holt, R.R., Keen, C.L., Morse, L.S., Yiu, G. and Hackman, R.M., 2021. Goji berry intake increases macular pigment optical density in

healthy adults: A randomized pilot trial. *Nutrients*, 13(12), p.4409.

***Caragana sinica* root for rheumatoid arthritis treatment**

January 4, 2023

Rheumatoid arthritis (RA) is a chronic systemic inflammatory disease characterized by erosive synovitis that can cause severe joint destruction and disability, as well as the involvement of other tissues throughout the body. Disease-modifying anti-rheumatic drugs (DMARDs), biological DMARDs, and herbal products represent the most important agents to alleviate symptoms and prevent RA progression. Traditional Chinese medicines have

been widely applied to disease treatment, cosmetics, and health care products.

As a traditional herb product, the root of *Caragana sinica* (Buc'hoz) Rehder (Chinese name: Jin Quegen [JQG]) has been widely used in folk medicines for rheumatoid arthritis (RA) treatment.

Reference: Qu, B., Wang, S., Zhu, H., Yin, T., Zhou, R., Hu, W., & Lu, C. (2023). Core Constituents of *Caragana sinica* Root for Rheumatoid Arthritis Treatment and the Potential Mechanism. *ACS Omega*.

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