

Barberry

Barberry has an extended history use and a variety of commonly used names, such as Berberis, European barberry, Holly barberry, Jaundice Berry, Oregon barberry, Oregon grape, Oregon grapeholly, Pepperidge bush, Sour-spine, Sowberry, Trailing mahonia and Woodsour. Additionally, has different scientific names like *Berberis aristate sims*, *Berberis vulgaris L.*, *Mahonia aquifolium (Pursh) Nutt.* Barberry is an evergreen shrub plant with gray, thorny branches that possess yellow, spiny, angled bark, elliptic leaves, yellow flowers, and red, oblong fruits. Its bright yellow bloom in the late spring becomes dark, drooping bunches of its red berries in the fall. It grows in Asia and Europe, and it is a well-known herb in Iran. Barberry fruits have a taste less bitter than cranberries and can be used to make jam, jellies, wine, and syrup. Barberry is available in capsules, fluid extracts, tinctures, and ointments. Dried roots of barberry can also be used in tea. The fruit, bark, and roots of barberry are used to make medicine for the treatment of dyslipidemia, central nervous system, cardiovascular, gastrointestinal, endocrine, and renal problems, as well as an immunomodulator and anti-microbial agent. Recently published articles demonstrated that barberry and berberine, which is its main constituents, have anti-oxidant, anti-inflammatory, anti-diabetic, and anti-mutagenic effects. Besides, barberry has other uses that lack evidence to rate its effectiveness in various conditions. Early research suggests that brushing with barberry extract gel three times a week can reduce dental plaque as well as gingivitis. A small clinical study reported positive effects for the treatment of acne. Other early researches suggest the use of barberry for kidney problems, bladder problems, heartburns, stomach cramps, constipation, diarrhea, liver problems, lung problems, heart and circulation problems, fever, gout, arthritis, and other conditions. Moreover,

special precautions & warnings need to be taken when taking barberry, children, pregnancy and breast-feeding, bleeding disorders, diabetes, low blood pressure, and surgery. Barberry can have a drug interaction with Cyclosporine, Anticholinergic drugs, medications changed by the liver such as Cytochrome P450 3A4, antidiabetics drugs, antihypertensive drugs, anticoagulant/antiplatelet drugs, CNS depressants, as well as various medications used for glaucoma, Alzheimer's disease and Cholinergic drugs.

Atorvastatin reduced the amount of cholesterol and triglycerides. Evidence suggests that long-term consumption of high-dose statins involve some severe side effects such as liver damage, rhabdomyolysis, renal failure, and loss or damage to memory as well as being forbidden during pregnancy. Barberry reduces cholesterol with a mechanism different from statin drugs. That is why the tendency toward using natural supplements like barberry or alternative supplements has recently increased. Consumers are continually looking for more natural alternatives to treat certain diseases. Barberry is a herbal supplement and can be more attractive to consumers that are looking for more natural options; moreover, barberry is a prescription-free supplement, which makes it a lot more accessible for the consumer. Prescription drugs require the approval of a doctor, which makes it a lot more complicated compared to natural supplements that need no-prescription for the consumer to access. In addition, barberry is comparative less expensive than prescription drugs. As health care providers, we need to have a lot of knowledge about natural supplements, especially nowadays, where most people are looking for more natural alternatives. It is becoming more common to have patients who consume natural supplements, and as health care providers, we need to make sure the products are safe to use. On the other hand, a lot of these supplements still need a lot more research to prove their therapeutic use. And as health care providers, we need to advise the patient about the

risk of taking natural supplements that are still unapproved for the treatment of diseases, or that still has a lot more research to do. Most importantly, when it comes to the treatment plan of a patient taking barberry, we need to be aware that taking barberry with antibiotics may reduce the effectiveness of antibiotics. Also, if the patient is taking anticoagulant medication or hypertension medication, and it is also taking barberry, meticulous care will be provided to reduce the chances of excessive bleeding.



Barberry in nature.



Package for consumer use

Reference

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