

My Gastrin

Bibliographie

1. Dane statystyczne: źródła: Narodowy Instytut Zdrowia Publicznego, Główny Urząd Statystyczny oraz <https://medlineplus.gov/healthstatistics.html>
2. Vijayasteltar, L., Jismy, I. J., Joseph, A., Maliakel, B., Kuttan, R., & Krishnakumar, I. M. (2017). Beyond the flavor: a green formulation of Ferula asafoetida oleo-gum-resin with fenugreek dietary fibre and its gut health potential. *Toxicology Reports*, 4, 382-390.
3. Amalraj, A., & Gopi, S. (2017). Biological activities and medicinal properties of Asafoetida: A review. *Journal of traditional and complementary medicine*, 7(3), 347-359.
4. Iranshahy, M., & Iranshahi, M. (2011). Traditional uses, phytochemistry and pharmacology of asafoetida (Ferula assa-foetida oleo-gum-resin)—A review. *Journal of ethnopharmacology*, 134(1), 1-10.
5. Mala, K. N., Thomas, J., Syam, D. S., Maliakel, B., & Krishnakumar, I. M. (2018). Safety and efficacy of Ferula asafoetida in functional dyspepsia: a randomized, double-blinded, placebo-controlled study. *Evidence-Based Complementary and Alternative Medicine*, 2018.
6. Kaczmarczyk-Sedlak I., Ciołkowski A. (2017) Zioła w medycynie. Choroby układu pokarmowego. PZWL Wydawnictwo Lekarskie.
7. Tamayo, C., & Diamond, S. (2007). Review of clinical trials evaluating safety and efficacy of milk thistle (*Silybum marianum* [L.] Gaertn.). *Integrative cancer therapies*, 6(2), 146-157.
8. Nurzyńska-Wierdak, R., Dyduch, J., Sawicka, A., Łabuda, H., & Buczkowska, H. (2018). Ostrostępy plamisty (*Silybum marianum* [L.] Gaertn.)—fitochemia i efekty terapeutyczne. *Annales Horticulturae*, 28(4), 15-32.
9. Flora, K., Hahn, M., Rosen, H., & Benner, K. (1998). Milk thistle (*Silybum marianum*) for the therapy of liver disease. *The American journal of gastroenterology*, 93(2), 139-143.
10. Tamayo, C., & Diamond, S. (2007). Review of clinical trials evaluating safety and efficacy of milk thistle (*Silybum marianum* [L.] Gaertn.). *Integrative cancer therapies*, 6(2), 146-157.
11. Boerth, J., & Strong, K. M. (2002). The clinical utility of milk thistle (*Silybum marianum*) in cirrhosis of the liver. *Journal of Herbal Pharmacotherapy*, 2(2), 11-17.
12. Tadić, V. M., Jeremic, I., Dobric, S., Isakovic, A., Markovic, I., Trajkovic, V., ... & Arsic, I. (2012). Anti-inflammatory, gastroprotective, and cytotoxic effects of Sideritis scardica extracts. *Planta medica*, 78(05), 415-427.
13. Najda, A. (2017). Skład chemiczny i działanie przeciutleniające ekstraktów z *Mentha x piperita* L. *Postępy Fitoterapii*, 18(4), 251-258.
14. Shah, P. P., & Mello, P. M. D. (2004). A review of medicinal uses and pharmacological effects of *Mentha piperita*.
15. Grzeszczuk M., Jadczak D., 2009, Estimation of biological value of some species of mint (*Mentha* L.), Herba Polonica, vol. 55 (3), pp. 193–199.
16. Castro-Torres, I. G., Naranjo-Rodríguez, E. B., Domínguez-Ortíz, M. Á., Gallegos-Estudillo, J., & Saavedra-Vélez, M. V. (2012). Antilithiasic and hypolipidaemic effects of *Raphanus sativus* L. var. niger on mice fed with a lithogenic diet. *Journal of Biomedicine and Biotechnology*, 2012.
17. Castro Torres, I. G., De la O Arciniega, M., Gallegos Estudillo, J., Naranjo Rodríguez, E. B., & Domínguez Ortíz, M. Á. (2014). *Raphanus sativus* L. var niger as a source of phytochemicals for the prevention of cholesterol gallstones. *Phytotherapy Research*, 28(2), 167-171.
18. Lugasi, A., Dworschák, E., Blazovics, A., & Kery, A. (1998). Antioxidant and free radical scavenging properties of squeezed juice from black radish (*Raphanus sativus* L. var niger) root. *Phytotherapy Research: An International Journal Devoted to Pharmacological and Toxicological Evaluation of Natural Product Derivatives*, 12(7), 502-506.
19. Kowalska, K., & Olejnik, A. (2010). Rosemary—a herb of therapeutic potential. *Postępy Fitoterapii*.
20. Klančník, A., Guzej, B., Kolar, M. H., Abramovič, H., & MOŽINA, S. S. (2009). In vitro antimicrobial and antioxidant activity of commercial rosemary extract formulations. *Journal of Food Protection*, 72(8), 1744-1752.
21. Amin, A., & Hamza, A. A. (2005). Hepatoprotective effects of *Hibiscus*, *Rosmarinus* and *Salvia* on azathioprine-induced toxicity in rats. *Life sciences*, 77(3), 266-278.
22. Ng, Q. X., Soh, A. Y. S., Loke, W., Venkatanarayanan, N., Lim, D. Y., & Yeo, W. S. (2018). A meta-analysis of the clinical use of curcumin for irritable bowel syndrome (IBS). *Journal of clinical medicine*, 7(10), 298.
23. Jakubczyk, K., Drużga, A., Katarzyna, J., & Skonieczna-Żydecka, K. (2020). Antioxidant potential of curcumin—a Meta-analysis of randomized clinical trials. *Antioxidants*, 9(11), 1092.

24. Qin, S., Huang, L., Gong, J., Shen, S., Huang, J., Ren, H., & Hu, H. (2017). Efficacy and safety of turmeric and curcumin in lowering blood lipid levels in patients with cardiovascular risk factors: a meta-analysis of randomized controlled trials. *Nutrition journal*, 16(1), 1-10.
25. Maheshwari, R. K., Singh, A. K., Gaddipati, J., & Srimal, R. C. (2006). Multiple biological activities of curcumin: a short review. *Life sciences*, 78(18), 2081-2087.