Herbal Medication have always played an important role in oriental therapies, including those related to spiritual healing and even hallucination. In contrast to the scientific and experimental approach of modern healing, herbal remedies are more often based on practice and experience, or even on stories and legends.

With the worldwide study of pharmacology, some herbal medication have been translated into modern therapies and some modern treatments extract elements from herbs for therapeutic use. However, although many different types of herbal treatments have been used in the treatment of mental illness since ancient times, there is still insufficient evidence from clinical trials to prove the effectiveness of herbal remedies.

Herbal remedies today take all kinds of forms. You might recognise some in the form of herbal teas or medicines sold in shops such as Holland and Barrett.

Object on the right is a Ginkgo Berry and object on the left is a Gingko Leaf. Macroscopic Solutions. Digital Images

Ginkgo grows slowly and is extremely long-lived, it takes more than twenty years from planting to fruiting under natural conditions. Some claims that ginkgo is also used in Chinese medicine to treat memory loss. Ginkgo leaves has also been used in preparations for memory disorders such as dementia and Alzheimer's disease. Proponents believe that the flavonoids in ginkgo may improve blood flow to the brain and prevent problems associated with ageing, such as dementia, among other benefits.

Scutellaria is a herb that has been used extensively in Western and Eastern psychiatry.

The pharmacology of scutellaria is poorly understood, but it is presumed to exert its sedating effects by interacting with the benzodiazepine receptors in the brain (Medina, 1997).

Scutellaria baicalensis is not licensed for use in the UK (UK Medicines and Healthcare Products Regulatory Agency (MHRA).

Scutellaria baicalensis. Dr Henry Oakeley.
Digital Image, Photographed in the Medicinal Garden of the Royal College of Physicians, London.