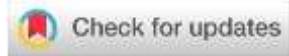


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Expert Opinion

## *Aralia armata* (Wall.) Seem, a potential herb in treatment and complication recover therapy for stroke disease: A mini opinion and call for further research

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### Abstract

Based on our knowledge, experience and field survey in the treatment of stroke by complementary/alternative medicine and especially the herb therapy, we briefly commented on properties of curing ischemic stroke of *Aralia armata* (Wall.) Seem and suggest that the future research to insightfully educate this science opinion is necessary.

**Keywords:** *Aralia armata* (Wall.), stroke disease, ischemic stroke

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## Introduction

In Vietnam, the rate of stroke disease tends to increase in recent years and ischemic stroke is one of the leading causes of death and causing handicapped. Using herb therapy in the treatment and recovering complication of stroke disease has attracted substantial attention because it has beneficial efficacy more than western medicine.

*Aralia armata* has been used as traditional folk remedies with many benefits. Moreover, its young buds are consumed as a specialty vegetable. Root bark has effects of clearing heat toxin, wind dispelling, strong antibiotic. The stem core has a tonic effect. In Traditional Vietnamese Medicine, this herb is used for the treatment of arthritis, chronic cough, sore throat, tonsillitis and edema. The former chemical composition studies reported that root bark of *Aralia armata* has triterpenoid glucuronide saponin<sup>1</sup>, aramatosides A and B<sup>2</sup>. It is interesting for stroke patients. The consumption of *Aralia armata* (Wall.) Seem combined with some other herbs is claimed to be highly effective, which was recorded via interview on status of using herbs in the disease treatment at high-density ethnic minorities areas.

## Science opinion and discussion

According to the theory of traditional medicine, herbal prescription strategy for the treatment of stroke was based on the theory of exogenous wind and guaranteeing the functions of dispelling wind and cold, dilating blood vessels, inhibiting thrombosis, dissolving blood clots. Disclosed prescriptions include *Saposhnikovia divaricata* (Turcz. ex Ledeb.) Schischk,

*Zingiber officinale* Roscoe, *Aralia armata* (Wall.) Seem, *Pheretima praepinguis*, *Dioscorea tokoro* Mahino, *Blumea balsamifera* (L.) DC., *Prunus amygdalus* Batsch, *Camphorina cinnamomum* (L.) Farw, *Glycyrrhiza glabra* L, *Millettia reticulata* L, in which *Aralia armata* (Wall.) Seem is main herbal with rate of over 20 percent of weight. The used part is stem core. Based on our knowledge and experience, *Aralia armata* (Wall.) Seem is used in this prescription with function of both Tonify Qi and increase Yang and dispelling wind. Moreover, in comparison of the data with the literature of herb compositions used to in the reported stroke treatment therapy, the main herbs were similar to composition of Xiaoxuming prescription<sup>3</sup>. Interestingly, after taking solution of herb extract about 30 days, stroke patients's health quickly recovers and they are able to start walking.

## Conclusion

*Aralia armata* (Wall.) Seem has attracted substantial attention because it was thought to have outstanding benefits for treatment of ischemic stroke and complication recover. Additionally, when it was used together with herbs, strong synergistic effect was stated by stroke patients. We hope that more comprehensive pharmacological mechanisms related to effect of stroke treatment of *Aralia armata* (Wall.) Seem need to be elucidated. Authors call for further research to determine the definitive mechanism and clinical trials should be carried out more to firm evidence.

## Conflicts of interest

The authors declare no conflicts of interest

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