





# Beyond Conventional Treatment: Herbal Medicine and Nutraceuticals as Complementary Therapies for COPD and Asthma



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Published: May 14, 2026

Cite as: Al Obaidi G, Saleeby Y, Varon J, Durzynski N, Tuszyński J, Halma M. Beyond Conventional Treatment: Herbal Medicine and Nutraceuticals as Complementary Therapies for COPD and Asthma. *Open Respir Med J*, 2026; 20: e18743064454037. <http://dx.doi.org/10.2174/0118743064454037260510201039>



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**Table S1. An overview of the therapeutic agents included in articles on herbal treatment for COPD and asthma.**

General Review	Therapeutics
(Cao <i>et al.</i> 2023)	Artesunate, Cimigenoside, Astragaloside, Andrographolide, Crocin, Celastrol, Betulin, Eucalyptus oil, Baicalin, Naringin, Icariin, Total flavonoids, Quercetogetin, Quercetin, Houltuynin, Curcumin, Resveratrol, Chrysophanol, Acetylshikonin, Magnolia fargesii, Sodium tanshinone IIA sulfonate, Salidroside, Ophiocordyceps sinensis, Stemonine, Matrine
(Isago <i>et al.</i> 2021)	Astragali radix, Atractyloclis lancea rhizoma, Ginseng radix, Angelicae radix, Bupleuri radix, Zizyphi fructus, Aurantii nobilis pericarpium, Glycyrrhizae radix, Cimicifugae rhizoma, Zingiberis rhizome. These components are part of the Japanese herbal Kampo medicine known as Hochuekkito (TJ-41)
(Sahin and Sahin 2013)	Mallow tea, Nigella, Honey, Mint tea, Sage tea, Rosehip, Thyme tea, Lemon balm tea, Green tea
(Lin <i>et al.</i> 2019)	Fritillaria thunbergii, Prunus armeniaca, Platycodon grandiflorus, Scutellaria baicalensis, Ophiopogon japonicus, Houltuynia cordata, Salvia miltiorrhiza, Glycyrrhiza uralensis, Tussilago farfara, Magnolia officinalis
(Lyu <i>et al.</i> 2022)	Ginseng, Glycyrrhiza, Schisandra, Sophora, Astragalus, Angelica, Polygonatum, Lycium
(Rahminiwati <i>et al.</i> 2022)	Adenostemma lavenia, Apium graveolens (Celery), Centella asiatica, Cosmos caudatus, Muntingia calabura, Zingiber officinale (Red Ginger)
(Poursaleh <i>et al.</i> 2022)	Ginger, Cinnamon, Saffron, Cardamom, Galangal. The above are ingredients of Compound Honey Syrup.
(Baniamerian <i>et al.</i> 2023)	Zataria multiflora, Thymus vulgaris, Glycyrrhiza glabra, Crocus sativus, Nepeta bracteata, Hyssopus officinalis
(Panda <i>et al.</i> 2023)	Curcuma longa (Turmeric), Zingiber officinale (Ginger), Panax ginseng, Astragalus membranaceus, Cordyceps sinensis, Glycyrrhiza glabra (Licorice), Ephedra sinica, Radix platycodonis, Morus alba, Scutellaria baicalensis, Coptis chinensis

General Review	Therapeutics
(Ram et al. 2011)	Acacia farnesiana, Acacia leucophloea, Acacia nilotica, Acacia torta, Acalypha indica, Adhatoda vasica, Ailanthus excelsa, Ailanthus malabarica, Althaea officinalis, Allium cepa, Amorphophallus campanulatus, Apium graveolens, Atropa acuminata, Brassica nigra, Boswellia serrata, Calotropis gigantea, Castanea folium, Cassia sophera, Chelidonium majus, Cimicifuga racemosa, Clitoria ternatea, Coleus amboinicus, Convolvulus pluricaulis, Datura stramonium, Dorema ammoniacum, Echinacea purpurea, Elittaria cardamomum, Emblica officinalis, Ephedra sinica, Eugenia caryophyllata, Euphorbia hirta, Foeniculum vulgare, Glycyrrhiza glabra, Gonoderma lucidum, Hedera helix, Inula helenium, Iris germanica, Lactuca virosa, Laretia acaulis, Malva sylvestris, Matricaria recutita, Melilotus indica, Mentha heptocalyx, Ocimum sanctum, Parthenium integrifolium, Prunus armenica, Pimpinella anisum, Piper cubeba, Piper longum, Plantago ovata, Polygala sibirica, Serenoa repens, Seutellaria baicalensis, Sida cordifolia, Solanum trilobatum, Solanum xanthocarpum, Symphytum officinale, Taxus baccata, Trachyspermum ammi, Trifolium pretense, Turnera aphrodisiaca, Tussilago farfara, Ulmus fulva, Verbena officinalis, Viola tricolor, Withania somnifera, Yucca gloriosa, Zanthoxylum budrunge, Zingiber officinale, Zanthoxylum oxyphyllum
(Santana et al. 2016)	Eriodictyol, Luteolin, Quercetin, Kaempferol, Mitraphylline, Asperuloside, Eugenol, Sakuranetin, Kuwanon G, Naringin, Apigenin, Extracts from Astragalus membranaceus, Boerhavia procumbens, Ocimum gratissimum, Punica granatum, Siegesbeckia glabrescens, Callicarpa japonica, and others, Several polyphenols from green tea (epicatechin, epigallocatechin, epicatechin gallate, epigallocatechin gallate), Resveratrol
(Zhen, Jing, and Fengsen 2018)	Xiaqinglong decoction (XQLD): Ephedrae Herba (Ma Huang), Asari Radix et Rhizoma (Xi Xin), Glycyrrhizae Radix et Rhizoma (Gan Cao), Zingiberis Rhizoma (Gan Jiang), Pinelliae Rhizoma (Ban Xia), Schisandrae Chinensis Fructus (Wu Wei Zi), Paeoniae Radix Alba (Bai Shao), Ramulus Cinnamomi (Gui Zhi)
(Willcox et al. 2023)	Shufeng Jiedu (SFJD): Reynoutria japonica (Japanese Knotweed), Forsythia suspensa (Weeping Forsythia), Isatis tinctoria (Indigo Woad), Bupleurum chinense (Chinese Thoroughwax), Patrinia scabiosifolia (Yellow Flowered Valerian), Verbena officinalis (Vervain), Phragmites australis (Common Reed), Glycyrrhiza uralensis (Chinese Licorice)
(Zhang et al. 2019)	Yihuo Huatan Formula (YHF): Quercetin, Kaempferol, Luteolin, Stigmasterol, Baicalein, 7-O-methylisomucronulatol, Ellagic acid
(X. Chen et al. 2014)	Astragalus membranaceus, Panax ginseng, Cordyceps sinensis
(An et al. 2012)	Huangqi, Baizhu, Dangshen, Fuling, Wuweizi, Astragalus membranaceus, Atractylodes macrocephala, Codonopsis pilosula, Poria cocos, Schisandra chinensis
(Li, Xie, et al. 2021)	20-S-ginsenoside Rh1, astragaloside IV, icariin, nobiletin, paeonol
(Li, Zhao, et al. 2021)	20-S-ginsenoside Rh1, astragaloside IV, icariin, nobiletin, paeonol
(Xiong et al. 2021)	Buzhongyiqi granule (renshen, huangqi, baizhu, danggui, chenpi, fangfeng, shenma, fuling, yuzhu, shashen), Naqitongluo decoction (huangqi, shanzhuyu, buguzhi, chenxiang, ganjiang, xixin, wuweizi, jiegeng, tanglizi, taoren, chuanxiong, houpo, chenpi), Yiqijianpi granules (dangshen, baizhu, fuling, huaishanyao, chenpi, shugeng, zhigancao), Sijunzitan and Jinkuishenqiwang decoction (rensheng, fuling, baishu, gancao, guizhi, shudihuang, shanzhuyu, shanyao, danpi, zhexie, zhifupian), Yiqigubiao pill (dang shen, fuxiaomai, baizhu, banxia, chenpi, zisu, fuling, fangfeng, yiyiren, kuandonghua, huangqin, chuanbeimu, pipaye), Suzijiangqitang granule (suzi, banxia, danggui, qianhu, houpo, rougui, suye, zhigancao), Yufening granule (dangshen, huangqi, baishu, fangfeng, huangjing, shanzhuyu, wuweizi, hetaorou, tusizi, bajitian, gualou, fabanxia, zhebeimu, dangshen, taoren), Yupingfeng granules (huangqi, baizhu, fangfeng), Jianpibushenhuatan decoction (dangshen, huanqi, zishuzi, zishiyang, maozhucao, fuling, zhibanxia, chenpi, baizhu, taoren, xinren, shudi, dilong), Effective compound combination (ECC; 20-S-ginsenoside Rh1, astragaloside, icariin, nobiletin, paeonol)
(Possebon et al. 2018)	Arctium lappa, Plantago major, Mikania glomerata Spreng, Equisetum arvense
(H. Y. Chen et al. 2014)	Arctium lappa, Plantago major, Mikania glomerata Spreng, Equisetum arvense
(Kwon et al. 2021)	Poria cocos, Citrus unshiu, Codonopsis pilosulae, Atractylodes macrocephala, Glycyrrhiza uralensis, Cornus officinalis, Rehmannia glutinosa, Astragalus membranaceus, Paeonia lactiflora, Prunus persica, Rheum palmatum, Prunus armeniaca, Pinellia ternata, Carthamus tinctorius, Pheretima aspergillum, Sinapis alba, Raphanus sativus
(Clarke, Lundy, and McGarvey 2015)	Atropa belladonna, Ganoderma lucidum, Sophora flavescens, Glycyrrhiza uralensis, Aleurites moluccana, Nigella sativa, Magnoliae Flos, Echinacea purpurea, Epimedium, Chinese yam, Tanreqing
(Li et al. 2020)	Ephedra (Ephedrae herba), Cassia twig (Cinnamomi ramulus), Dried ginger (Zingiberis rhizoma), Debark peony root (Paeoniae Radix Alba), Processed pinellia tuber (Pinelliae Rhizoma Praeparatum), Chinese magnoliavine fruit (Schisandrae Chinensis Fructus), Manchurian wildginger (Asari Radix Et Rhizoma), Perilla fruit (Perillae fructus), Bitter Apricot Seed (Armeniaca Semen Amarum), Official magnolia bark (Magnoliae Officinalis Cortex), Prepared Radix Glycyrrhizae (Glycyrrhizae Radix Et Rhizoma Praeparata Cum Melle), Snakegourd fruit (Trichosanthis fructus), Alum processed pinellia (Pinelliae Rhizoma Praeparatum Cum Alumine), Thunberg fritillary bulb (Fritillariae Thunbergii Bulbus), Cape jasmine fruit (Gardeniae fructus), White mulberry root-bark (Mori Cortex), Baical skullcap root (Scutellariae Radix), Chinese pulsatilla root (Pulsatillae Radix), Heartleaf houttuynia herb (Houttuyniae Herba), Peony root (Paeoniae Radix Rubra), American ginseng (Panacis Quinquefolii Radix), Dwarf lilyturf tuber (Ophiopogonis Radix), Dried tangerine peel (Citri Reticulatae Pericarpium), Longstamen onion bulb (Allii Macrostemonis Bulbus), Indian bread (Poria), Pepperweed seed (Descurainiae Semenlepidii Semen), Mustard seed (Sinapis Semen), Ginseng (Ginseng Radix Et Rhizoma).
(Guo, Pittler, and Ernst 2006)	Panax ginseng, Salvia miltiorrhiza, Jinshui Liujin decoction, Jiawei Yupingfeng decoction, Echinacea, Hedera helix, Ke Chuan Ping decoction, 13-Herb anti-cough-dyspnoea decoction, Yiqi Mianyi granule, Prospan cough syrup, Prospan herbal drops, Kesuning granule, Bufe Keli granule, Gubenuanquyu decoction

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