

DEPARTMENT OF PRECLINICAL AND CLINICAL
PHARMACOLOGY AND TOXICOLOGY
MEDICAL FACULTY, SKOPJE
REPUBLIC OF MACEDONIA

EXPERT'S REPORT FOR TRADITIONAL HERBAL MEDICINE

VARUMIN[®] - 1

The request of preparing the ADDITION TO THE EXPERT'S REPORT for traditional herbal remedy **VARUMIN[®] - 1** was submitted by **Inter-evrogeneks, Novo Selo, Republic Macedonia**.

On the base of decision of the Expert collegiums of the Department of Preclinical and clinical Pharmacology and toxicology at Medical Faculty in Skopje, I was chosen to make an **EXPERT'S REPORT** for traditional herbal remedy **VARUMIN[®] - 1**, product of **Inter-evrogeneks, Novo Selo, Republic Macedonia**.

After the study of the submitted documentation to me and other relevant information I suggest to the Expert collegiums of the department to accept this text as **EXPERT'S REPORT** for traditional herbal remedy **VARUMIN[®] - 1**.

1.0 FORM AND COMPOSITION

Form: solution for oral administration

2.0 GENERAL INFORMATION FOR THE PRODUCT

Varumin[®] 1 is traditional herbal medicine (solution for oral administration), which in his composition contains water extract from herbal drugs and aloes dry extract, which are the main active components of the herbal remedy.

VARUMIN[®]1 is assigned for improving the general state of the organism when exhausted, for increasing the power of resistance, like adjoin therapy to the standard therapy in various acute and chronic illnesses, malignant diseases, anemia and in other states which are characterized with lessen immunity and bad general condition.

7.0. EFFECTS OF THE PRODUCT USE

Varumin 1 is traditional herbal remedy for improving of the general state of the body if exhausted, for increasing of the resistance, like adjuvant in standard therapy of acute and chronicle diseases, malignant diseases, anemia and other states that are characterized with lessen immunity and bad general state.

8.0. DOSING AND POSOLOGY

VARUMIN[®] 1 is assigned for oral combine use with product VARUMIN[®]2 as on the scheme:

VARUMIN[®]1: at the beginning of the therapy, drink the whole amount (50 ml) of VARUMIN[®]1. After 6 hours begin to take VARUMIN[®] 2.

VARUMIN[®]2: take 4 times a day, one tablespoon during 5 days.

9.0. PRECAUTION OF THE PRODUCT USE

(Joanne Barnes 2002; PDR for Herbal Medicines 2002; WHO 1999).

VARUMIN[®] 1 must not be used at:

- Persons extremely sensitive to some of the components of the preparation;
- Children under than 10 years;
- Persons with intestinal obstruction;
- Persons with inflammatory intestinal illnesses (Khron disease, ulcer colit);
- Inflammatory of the appendix (appendicitis) and stomach-ache with enigmatic etiology;
- During pregnancy,

9.2. Interactions

Long term use of aloe preparations together with cardiac glycosides and anti-arrhythmic drugs can take to excessive loss of potassium and to assignee the effect of cardiac glycosides and antiarrhythmic drugs.

Parallel use of the aloe preparations with thiazide diuretics and corticosteroids increases the possibility of potassium deficient.

Drugs that contain *Viscum album* can stress the effect of the cardiac glycosides, anti-hypertensive, anti-depressives and anti-coagulants.

9.3. The measures of precaution and warning

Prolonged use of preparations that contain aloe can provoke:

- hypersensitive reactions which manifest themselves with papular dermatitis and eczematous formations;
- losing of electrolytes (especially potassium), which can result in hyperaldosteronism, inhibition of the intestinal motility and stressing the activity of the cardio active medicaments;
- gastrointestinal difficulties, heart arrhythmia and nephropathies (in rare circumstances);
- albuminuria and hematuria

9.4. Adverse effects

Stomach-ache and spasms can appear in application even if one dose of preparations that contain aloe. Chronic use of laxatives (like the extract of aloe) can provoke electrolytic imbalance (hypo potassium and hypocalcaemia), metabolite acidosis, and malabsorption; loss in weight, albuminuria and hematuria. Weakness and orthostatic hypotension can be expected in aged patients, after long-term of use of extracts of aloe.

Steatorrhea and gastroenteropathy with hypoalbuminemia are registered at some patients on aloe therapy. Melanotic pigmentation on the colon mucosa (pseudomelanosis coli) is registered at patients who take anthraquinone laxatives for long period of time. This pigmentation is from reversible character and is withdrawn after 4-12 months after the interruption of the therapy.

10.0 RATIONALITY OF THE COMBINATION

Varumin® 1 is traditional herbal medicine (solution for oral administration), which in his composition contains water extract from herbal drugs; aloe dry extract and propolis, which are the main active components of the herbal remedy.

In the sufficient literature there is lots of information which lead to the wide applications of these compounds in traditional and homeopathic, also in scientific medicine. In the elaborated literature there are no data about the possible interactions or incompatibilities between the composing components of the product.

11.0 PACKAGING

- Glass bottle with 50 ml solution.

12.0 CONCLUSION

Varumin[®] 1 is preparation (solution for oral administration), which in his composition contains water extract from herbal drugs; aloes dry extract and propolis, which are the main active components of the herbal remedy.

Varumin[®] 1 is herbal remedy for improving of the general state of the body if exhausted, for increasing of the resistance, like adjuvant in standard therapy of acute and chronicle diseases, malignant diseases, anemia and other states that are characterized with lessen immunity and bad general state.

In the sufficient literature for the active compounds of the traditional herbal remedy there are many data which lead to the wide applications of these compounds in traditional and homeopathic, also in scientific medicine. The extract of aloe and viscum album, among other, posses and laxative, anti-inflammatory, antimicrobial, immune-stimulative, detoxificative and cytotoxic action. These pharmacodynamic properties of different components of Varumin[®] 1 justify the suggested area of usage of the preparation.

On the base of the above mentioned in this Expert report, I consider that Varumin[®] 1 - product of the company Inter-evrogeneks, Novo Selo, R. Macedonia, fulfilled the conditions on his composition and characteristics, directed for the traditional herbal medicines of that kind and can be registered in R. Macedonia as traditional herbal medicine.

The Expert report is made by

Prof. d-r Stojmir Petrov

The Expert collegiums of the Department of Preclinical and clinical Pharmacology and toxicology, on his meeting on the 18.12.2009, make an overview on the text of the EXPERT'S REPORT for traditional herbal medicine VARUMIN[®] - 1, a product of the company Inter-evrogeneks, Novo Selo, Republic Macedonia and it has been adopted.

Director

Prof. d-r Petar Milosevski

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