



Mania Associated With Herbal Medicines, Other Than Cannabis: A Systematic Review and Quality Assessment of Case Reports

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Background: DSM-5 introduced the diagnostic category of substance/medication-induced bipolar and related disorder. This systematic review examines published reports linking mania with the consumption of herbal medicines (HM), excluding cannabis. Putative pathophysiological mechanisms that may account for the reported HM being associated with mania are discussed.

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Bostock E, Kirkby K, Garry M, Taylor B and Hawrelak JA (2018) Mania Associated With Herbal Medicines, Other Than Cannabis: A Systematic Review and Quality Assessment of Case Reports. Front. Psychiatry 9:280. doi: 10.3389/fpsyt.2018.00280 **Methods:** A systematic search of EMBASE, CINAHL, Health Source, PsychINFO, and PubMed. The quality of case reports meeting inclusion criteria was assessed using the modified Quality Assessment Scale by Agbabiaka.

Results: Nineteen single and seven multiple-case reports met inclusion criteria. These yielded a study sample of 35 case reports, 28 of herbal medicine associated mania, 5 of hypomania, and two mixed states, in 17 females [age in years M(SD) = 43.1(13.2)] and 18 males [40.7(18.1)]. A total of 11 herbal medicines were implicated. Case reports by herbal medicine (number of reports) comprised: St John's wort (*Hypericum perforatum*) (14); Ginseng (*Panax ginseng*) (5); brindleberry (*Garcinia cambogia*) (4); ma-huang (*Ephedra sinica*) (3); "herbal slimming pills" (2); Herbalife products (2); Hydroxycut (1); horny goat weed (*Epimedium grandiflorum*) (1); "herbal body tonic" (1); celery root (*Apium graveolans*) (1), and a "herbal medicines. Only one case reports were associated with use rather than withdrawal of herbal medicines. Only one article describing two cases and indicating admixture of a likely causal pharmaceutical in the herbal preparation.

Conclusions: Causal attributions are problematic given the limited number of reports, antidepressant co-prescribing in 7 cases, insufficient data regarding pattern and type of herbal medicine use, and lack of a reference frequency for spontaneous mania. The quality assessment scores across the 26 papers (35 case reports) were as follows: low quality (0), lower-medium quality (9), upper-medium quality (10) and high quality (7). Putative pathophysiological mechanisms were postulated for nine of the 11 herbal medicines and centered on HPA-axis activation and increased monoamine activity.

1

Systematic study of the association between herbal medicines and the course of bipolar disorder may contribute to defining targets for pathophysiological research.

Keywords: herbal medicine, case report, bipolar disorder, mania, phytotherapy

INTRODUCTION

DSM-5 introduced the diagnostic category of "substance/medication-induced bipolar and related disorder." This diagnosis requires a temporal association between occurrence of mania and the use or withdrawal of substances or medications. The precipitating agents may include intoxicating drugs such as cannabis or amphetamines, prescribed medications for mood disorders such as antidepressants, prescribed medications for other illnesses such as steroids, and herbal medicines (HM). DSM-5 sets a less restrictive standard for the diagnosis of substance/medication-induced bipolar and related disorder than for mania. Criterion A for mania, as required for a diagnosis of bipolar disorder, is "A distinct period of abnormally and persistently elevated, expansive, or irritable mood and abnormally and persistently increased activity or energy, lasting at least 1 week and present most of the day, nearly every day (or any duration if hospitalization is necessary)" (1). This compares with criterion A for substance/medicationinduced bipolar and related disorder "a prominent and persistant disturbance in mood that predominates in the clinical picture and is characterized by elevated, expansive or irritable mood."

The concept of substance/medication-induced mania antedates the DSM-5 classification, for example it was denoted as bipolar disorder-III in Akiskal's classification of bipolar spectrum disorders (2). Mania associated with the antidepressant medication imipramine was reported by Ball and Kiloh (3) and mania has also been associated with lithium withdrawal (4). The first reported association of mania with a HM was in 1984 by Price et al. who explored the relation of yohimbine, an α -2 adrenergic receptor antagonist, to mania under experimental conditions (5). A number of substances have beneficial effects in bipolar disorder and are prescribed medications in routine treatment of mania for example lithium, sodium valproate and atypical antipsychotics, and in bipolar depression for example lithium, lamotrigine, atypical antipsychotics and selective serotonin reuptake inhibitors (6). Their precise mechanism of action is not fully understood, reflecting a lack of understanding of the pathophysiology of mania and depression. The study of substance/medication-induced bipolar and related disorder, notwithstanding limitations of causal attributions, may further our understanding of brain mechanisms relevant to the occurrence and course of bipolar disorder. This is particularly so for mania which has a strikingly unique set of clinical features, is often of abrupt onset and has a relatively short duration with a median of 13 weeks (7).

Many conventional drugs originate from plant sources (8). HM or phytotherapy refers to the use of plant-based medicinal preparations, a subset of complementary and alternative medicines (CAM). In the United States, HM are regulated as food products and therefore are not subject to the phases of clinical testing that pharmaceuticals must undergo prior to market release. Manufacturing standards are in keeping with those applicable to other foods (9), the strength and composition of HM may therefore vary widely.

According to survey data, the use of CAM is prevalent and increasing throughout many Western countries (10-12). CAM usage is common in persons with psychiatric illness. In a survey of CAM usage among psychiatric inpatients (n = 82) it was found that 63% used at least one CAM modality within the previous 12 months, including 44% who used HM (13). This may be attributed in part to factors such as side effects of conventional medicines, ready access without prescription, a belief that HM cause no harm, and in the case of bipolar illness, traits such as novelty seeking in mania or hypomania (14, 15). In a survey of 826 new patients presenting at a CAM clinic, 578 (70%) had a mental disorder and reported lower quality of life and greater levels of stress than those without a mental disorder. Among patients with a mental disorder, the major reasons for choosing complementary therapies were personal preference, interest, or beliefs in complementary therapies (44.3%) including as a treatment of last resort (30.7%) (16).

In a cross-sectional survey of 100 older (>55 years) inpatients and outpatients with bipolar disorder (n = 50) or major depression (n = 50), the use of herbal and nutritional compounds (HNC) was examined to determine several factors including, knowledge of products, perceived efficacy and safety, patterns of use and discussion of use with health care providers. Approximately 30% of respondents reported using oral HNC, 40% thought that they were Food and Drug Administration regulated and 14–20% preferred to take HNC to psychotropic medications (17).

A review of CAM therapies in the treatment of bipolar disorder, noted that few rigorous clinical studies have been conducted in this patient population (14). The herbal preparation Free and Easy Wanderer Plus has been examined as an adjunct to carbamazepine (CBZ) in a double-blinded, randomized placebo-controlled trial in patients with bipolar disorder in manic and depressive phases (18). When compared to CBZ monotherapy, at week 4 and 8 of the trial, the HM combined with CBZ resulted in significant improvement in depression but not mania.

Although cannabis has largely been seen as an illicit drug, it is now entering into conventional medicine under the rubric of "medicinal cannabis." Cannabis has been extensively researched in relation to its acute and chronic effects in psychosis. Discussion of the role of cannabis in bipolar disorder is beyond the scope of this article but is summarized in a systematic review and meta-analysis by Gibbs et al. (19). This reported that, on balance, in pre-existing bipolar disorder, cannabis may worsen the occurrence of manic symptoms and may also act as a causal risk factor in the incidence of manic symptoms. This paper presents a systematic review of single and multiplecase reports of mania associated with herbal medicines other than cannabis. A more comprehensive understanding of what precipitates mania in vulnerable individuals may potentially lead to new understandings of the illness and the substrates that are implicated in bipolar disorders.

METHOD

This review of reports of herbal medicine-associated mania was conducted in accordance with the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines (20).

Inclusion Criteria: (a) published between 1980–2017 (b) in a peer-reviewed journal (c) included adult participants (> 18 years) (d) published in the English language. *Exclusion criteria:* (a) psychosis in the absence of manic features (b) secondary manias due to infection, neoplasm, epilepsy, and metabolic disturbances (c) systematic reviews (d) relating to cannabis.

Identification of Studies

In the first week of September 2017, a search of the electronic databases EMBASE, CINAHL, Health Source, PsychINFO and PubMed was conducted to find published associations between HM and mania. The search was commenced by identifying in each database the controlled vocabulary terms/ subject terms related to herbal medicines (group 1) and bipolar disorder (group 2). All subject terms were exploded. Subject terms in the respective databases for group 1 were herbal medicine (PubMed); herbal medicine and medicinal herbs and plants (EMBASE and PsychInfo); medicine and herbal medicine (CINAHL and Health Source). Additionally, 182 free text terms that related to herbal medicines, including botanical names, (see Appendix 1) were combined with "OR." Subject terms for group 2 were bipolar disorder, cyclothymic disorder (PubMed); bipolar disorder, cyclothymia (EMBASE and PsychInfo); and bipolar disorder (CINAHL and Health Source). The free text terms bipolar disorder, mania, cyclothymia, manic-depressive psychosis, manic state, bipolar depression and manic disorder were searched for and combined with "OR." Finally, group 1 and group 2 were combined with "AND."

A purpose-built coding sheet was used to assess articles against the inclusion criteria. To assess accuracy of initial screening KK and EB separately rated 20 titles and abstracts, randomly selected from the records screened using the RANDBETWEEN function in Microsoft Excel version 15.23.2. Inter-rater agreement on exclusion/inclusion was 100%.

Quality Assessment of Case Reports

Authors EB and KK individually assessed all included case reports for quality, according to the following nine criteria: classification on Quality Assessment Scale by Agbabiaka; use of a validated instrument to assess for causality (Naranjo or WHO-UMC score); botanical name of herbal medicine stated; herbal material assessed for authentication; herbal material assessed for adulteration; characteristics of herbal medicine detailed (e.g., plant part, extract type); product brand name and manufacturer detailed; batch numbers; herbal dosage specified. The case report Quality Assessment Scale by Agbabiaka (21) as modified by Hung, Hillier and Ernst (22) has 21 questions rated as "yes," "unclear," and "no," each item scored between 0 and 2 points for a total score out of 42 points. Each case report was classified as: low quality (0-14 points), lower medium quality (15–21 points), upper medium quality (22–28 points) or high quality (29–42 points) as recommended by Agbabiaka (21).

After each paper had been assessed EB and KK discussed the results and came to a consensus score. Inter-rater reliability on the Quality Assessment Scale by Agbabiaka was calculated using several indices: raw agreement (number of agreements for individual items divided by number of possible agreements), kappa coefficient and intraclass correlation coefficient (ICC). Raw agreement ranged from 52.4 to 95.2% for individual articles with mean raw agreement 75.6% (95% CI [71.2%, 80.1%]). Separate kappa coefficients were calculated between the two raters for all items on each of the 26 articles. To obtain mean kappa, the 26 kappa coefficients were first transformed using Fisher's transformation to achieve linearity. The mean and 95% CIs were calculated, then back-transformed to original kappa units. Individual kappa coefficients ranged from 0.16 to 0.92. Mean kappa was 0.60 (95% CI [0.50, 0.68]). Applying the criteria of Landis and Koch this represents a moderate-to-substantial level of agreement (23). The ICC between the two raters was calculated from the total score for each article using two-way ANOVA (24). Each item on the scale was rated as 0, 1, or 2. With 21 items the maximum possible score for an article was 42. Rater and article were treated as separate, random effects in the model. For total scores the means were 24.5 (SD = 6.2) for EB and 24.7 (SD = 5.6) for KK. The inter-article correlation between raters was 0.70 (95% CI [0.42, 0.85]). The ICC was 0.82 (95% CI [0.60, 0.92]) indicating a good-to-excellent level of agreement (25).

RESULTS

The results of the search strategy are summarized in the PRISMA diagram (**Figure 1**). There were no randomized clinical trials of HM in mania. The study sample comprised 35 case reports, from 19 single and 7 multiple-case reports, of an association between mania and use of HM. Details of each case report are summarized in Table S1, including clinical and demographic details, the composition of the HM, other medications, and treatment outcomes.

In summary, the reports included 17 females [age in years M(SD) = 43.1(13.2)] and 18 males [40.7(18.1)]. Case reports, grouped by HM (number of reports) comprised: St John's wort (*Hypericum perforatum*) (14); Ginseng (*Panax ginseng*) (5); brindleberry (*Garcinia cambogia*) (4); ma-huang (*Ephedra sinica*) (3); "herbal slimming pills" (2); Herbalife products (2); Hydroxycut (1); horny goat weed (*Epimedium grandiflorum*) (1); "herbal body tonic" (1); celery root (*Apium graveolans*) (1), and "herbal mixture" (1). Fourteen cases were taking concurrent prescription medications, comprising antidepressant (SSRI 3; SNRI 2; tricyclic 1; NDRI 1); lithium (1); antipsychotic (2); statin (2);



beta-blocker (1); NSAID (2); sildenafil (1) and a synthetic glucocorticoid (1). A psychiatric history was noted in 24 of the 35 cases of HM-associated mania, diagnoses included depression (n = 11) bipolar disorder type I (BDI) (n = 5), bipolar disorder type II (BDII) (n = 2), post-traumatic symptoms (n = 1), eating disorder (n = 2), past suicide attempt (n = 1) and substance/medication-induced bipolar and related disorder (n = 1). For the whole sample the time to onset of manic symptoms from commencing the HM was between 2 days and 2 years with a median of 4 weeks.

St John's Wort (Hypericum perforatum)

Fourteen case reports described mania, hypomania and two mixed states associated with St John's wort, in seven females [age in years M(SD)=49.4(12.4)] and seven males [39.4 (17.8)]. Stated reasons for taking St John's wort were depression (12) (26–34), to improve energy (1) (29) and to relieve symptoms of post-traumatic stress (1) (29). The time of onset of manic symptoms from commencing HM ranged from 3 days to 2 months. The mental status on examination was consistent with mania and two mixed state in the 14 cases. Three cases had a past psychiatric history of bipolar disorder, and eight of unipolar depression of

whom four were concurrently taking antidepressants. In eight cases, the dose of the St John's wort preparation was not specified.

Ginseng (Panax ginseng)

There were five case reports of *Ginseng*-associated mania in our study sample, two females [46(10) years] and three males [42.7(25.7)]. Stated reasons for taking *Ginseng* were to boost energy (2) (35, 36), fatigue (1) (37), erectile dysfunction (1) (34) and one unknown (1) (38). The time to onset of symptoms between taking *Ginseng* and mania ranged between 10 days and 2 months prior. Of these five cases, two had a prior history of depression, one of substance-induced hypomania, two had no past psychiatric history. The reported range of daily doses of *Ginseng* in the case reports were 500–750 mg of root or 300mg–20 g of extract, compared to a recommended short-term dose range of 0.5–2 g of dry *Ginseng* root, equivalent to 200– 600 mg of extract, and long-term dose of 1 g of dry root (39). In two cases, the recommended long-term dose was far exceeded.

Brindleberry (Garcinia cambogia)

There were two case reports of mania and one each of manic psychosis and hypomania, involving *Garcinia cambogia*,

2 females [42.5(8.5) years] and 2 males [37.5(12.5)]. The stated reason for taking the HM was weight loss (40, 41) and three patients had a past history of bipolar disorder. In each case, the dose of *Garcinia cambogia* was not specified. The time to onset of manic symptoms from commencing the HM ranged from 2–6 weeks. Two cases were concurrently taking antidepressants and mood stabilizers.

Ma-Huang (Ephedra sinica)

In three cases, ma-huang (in one case along with chromium picolinate and caffeine) was associated with manic-like symptoms in individuals without a history of bipolar illness, two females [30.5(9.5) years] and one male [45 years]. Stated reasons for taking the HM were weight loss (42, 43) and heightened alertness and to prevent drowsiness (44). Past psychiatric history included hospitalization for alcohol poisoning, and bulimia without purging with a description of manic-like symptoms. The family psychiatric history included possible bipolar disorder and schizophrenia. The time to onset of manic symptoms ranged between 5 days and 2 months. In each case the dose of the HM was unknown, concurrent medication in one case comprised thyroid hormone and recently discontinued antidepressant.

Herbalife Products

Two cases reported mania associated with the use of a Herbalife product for the stated reason of weight loss (45, 46). Both were male [32.5 (6.5)] and neither had a personal or family history of bipolar disorder or were taking prescribed medication. In one case, the patient became manic after taking "large amounts" of the products both as tablets and tea. The time to onset of manic symptoms ranged between 2 and 20 days. In a subsequent published letter regarding the above case reports, by authors affiliated with the Herbalife brand, (47), it was noted that the case reports did not specify the precise product (as opposed to the brand) and/or ingredients taken in these two cases.

Herbal Slimming Pills

In a multiple-case report by Chong, two cases of manic-like psychosis were associated with the use of "Herbal slimming pills" (48). An assay of the HM identified that it contained the antidepressant pharmaceutical sibutramine. The authors attributed the occurrence of mania to this adulterant.

There were five single case reports that related an HM (ingredients see Table S1) to mania, involving Hydroxycut (49), Horny goat weed (*Epimedium grandiflorum*) (50), "herbal body tonic," prescribed for anger (51), celery root (*Apium graveolans*) for menopausal symptoms (52) and a "herbal mixture" prescribed for fatigue (53).

QUALITY ASSESSMENT OF CASE REPORTS

In addition to the systematic review of HM associated mania, we also assessed the quality of the individual case reports. The results are shown in Table S2.

Applying Hung, Hillier and Ernst's (22) modified version of the Agbabiaka tool (54), the distribution of the quality assessment

scores across the 26 papers, covering 35 case reports, was as follows: low quality (0), lower-medium quality (9), uppermedium quality (10) and high quality (7). Only one single case report used a validated instrument to assess causality, the Naranjo scale. The botanical name was listed in 19 cases in 18 papers. Only 1 paper presenting 2 case reports used a laboratory assay to confirm the composition of the HM. The composition of the HM, for example plant part used and extract type, was detailed in only 1 case reports. The brand name and manufacturer were stated in 3 case reports. The dosage of the HM was specified in only 18 of the case reports. Of the study sample, 2 case reports of 1 HM were assessed for adulteration. The batch number was provided in none of the case reports. Herbal dosage was detailed fully in 6 and partially in 3 cases.

DISCUSSION

This review examined case report evidence regarding HM-associated mania. Those included were: St John's wort (*Hypericum perforatum*); Ginseng (*Panax Ginseng*); Brindleberry (*Garcinia cambogia*); ma-huang (*Ephedra sinica*); "herbal slimming pills"; Herbalife products; Hydroxycut; horny goat weed (*Epimedium grandiflorum*); "herbal body tonic"; celery root (*Apium graveolans*), and "herbal mixture." Where possible the candidate pathophysiological mechanisms are discussed in turn, as are other factors which may have contributed to the onset of mania in the individuals included in the study. There is an inherent difficulty in making attributions regarding the causality of HM on mania as the course of bipolar disorder is unpredictable.

Of the 35 case reports included in this review, 5 were isolated reports of one HM and two cases (both "herbal slimming pills") were attributed to a contaminant. The remaining 28 cases were accounted for by five HM, all of which were the subject of two or more case reports of mania. Over a publication period of 38 years (1980–2017) this is a small yield of reported concurrence of HM usage and mania. The small numbers and unreliability of discerning and reporting a link between mania and HM preclude any definitive statement as to whether any association is causal or coincidental.

With respect to St John's wort, there is a high specificity of the stated reason for taking the HM to be for treatment of depression (11 of 14 St John's wort cases compared to 0 of 21 other HM). There was also greater morbidity in the psychiatric history of the St John's wort cases (13 of 14 cases compared to 11 of 21 for other HM), in the family history of mood disorder (6 of 14 compared to 2 of 21) and concurrent antidepressant prescribing was more common (4 of 14 compared to 4 of 21). Competing explanations for these patterns include an increased diathesis toward bipolar disorder, fluctuations of established affective illness, antidepressant-associated mania and HM-associated mania. These factors are not mutually exclusive, for instance according to Craddock and Sklar, a family history of bipolar disorder is an important clinical predictor of a likely bipolar course in a patient who presents with one or more episodes of depression even before their first personal episode of mood elevation (55).

The mechanism by which St John's wort may alter susceptibility to mania is not well understood. As with antidepressants, it is difficult to distinguish spontaneous episodes of mania from St John's wort-associated switching (56). Angst et al. analyzed the time course and risk factors for a diagnostic change from major depression to bipolar disorders over an average of 20 years from onset. Diagnostic change from depression to bipolar type I occurred in approximately 1% and bipolar type II 0.5% of patients per year (57). In patients with major depressive disorder treated with antidepressants, it has been found that antidepressant-associated mania or hypomania occurs at an average frequency of 3.42% of cases per year, but it is unclear to what extent switching represents undiagnosed bipolar disorder or a direct pharmacological effect of antidepressants (58).

Depression is one of the most commonly cited reasons for using CAM (59). The prevalence of depression in the United States has been reported to have increased between 2005 and 2015 (60). For many patients with depression, HM which are in many countries, predominantly available overthe-counter, may be an attractive alternative to conventional medicines. There is a substantial evidence base from randomized controlled trials supporting the use of St John's wort in mild-tomoderate depression. In a systematic review and meta-analysis comprising 23 randomized trials of St John's wort in outpatients with mild-to-moderate depression (N = 1757), it was found that *Hypericum perforatum* extracts were significantly more effective than placebo (61).

St John's wort has a variety of actions that may contribute to its therapeutic effects. *In vitro*, it acts on neurotransmitter regulation, including beta adrenergic and glutamate receptors, and ion channel conductance. Hypericin (an active constituent of St John's wort) inhibits serotonin reuptake, and 5-HT_{1A} and 5-HT_{1B} receptor changes are associated with prolonged use (62). According to Fahmi et al, in animals, hypericum is effective in three major biochemical systems relevant for antidepressant activity including inhibition of synaptic reuptake of serotonin, noradrenaline and dopamine (26). In the human case reported by Barbenel of concurrent prescribing of St John's wort and sertraline in a patient following surgery for cryptoorchidism, alteration of testosterone and gonadotrophin levels and interactions of antidepressant and St John's wort were further considerations.

With five case reports of *Ginseng* associated mania it was the second most commonly reported HM after St John's wort. Based on the belief that it is a panacea and promotes longevity, *Ginseng* root has been used for over 2000 years (63). There are a number of plants that share the common name *Ginseng* however only three of these are from the genus Panax (*Panax ginseng*, *P. notoginseng* and *P. quinquefolius*). Other "ginsengs" include Siberian (*Eleutherococcus senticosus*), Indian (*Withania somnifera*), and Brazilian (*Pfaffia paniculata*) (64, 65). The most important constituents of Panax ginseng are the ginsenosides, of which 15 different types have been identified (35). In a systematic review of RCTs examining the efficacy of *Panax ginseng* root extracts for a number of indications, it was concluded that there is contradictory evidence that *Ginseng* improves physical performance and immunological measures. It may have beneficial effects on psychomotor performance and cognitive behavior. No trial has confirmed the alleged age-delaying properties of *Ginseng*. Results suggesting a reduction of blood glucose levels in type-II diabetic patients require further investigation (64, 65). With *Panax ginseng*, two mechanisms of action in depression have been advocated, firstly, an activating effect of ginsenosides on the HPA-axis resulting in elevated corticotropin and corticosteroid levels (33). Secondly, monoamine signaling could also be affected by ginsenosides (66, 67).

Thirteen of 35 case reports in our study sample involved adverse psychiatric effects of weight loss products including brindleberry (*Garcinia cambogia*), ma-huang (*Ephedra sinica*), "herbal slimming pills," Herbalife products and Hydroxycut. The social stigma of obesity, a desire to lose weight without making drastic lifestyle changes, and frustration at previous failed attempts are commonly reported reasons for using dietary supplements which are readily available and advertised as being "natural" and safe (68).

In one 12-week randomized placebo-controlled trial, *Garcinia cambogia* failed to produce significant weight loss and fat loss beyond that observed with a placebo (69). In contrast, another double-blind placebo RCT found that *Garcinia cambogia* reduced abdominal fat accumulation in participants (70). Other human research has confirmed the potential of *Garcinia cambogia*/HCA in stimulating fat oxidation, increasing serotonin release in brain cortex and normalizing lipid profiles (71). The main active ingredient of *Garcinia cambogia* is hydrocitric acid which has serotonergic effects and has been implicated in serotonin syndrome (38). Hydrocitric acid is the putative mediator of this HM weight loss effect; it is thought to promote the release and synaptic availability of serotonin thus influencing appetite (41). The effects of Hydroxycut were attributed to the inclusion of *Garcinia cambogia* in the preparation (49).

Partin and Pushkin, who reported a case of hypomania associated with horny goat weed (*Epimedium grandiflorum*) proposed that this may have been due to the addition of other unidentified herbs and pharmaceuticals (50). However, these were not explicitly tested for.

Ma-huang (*Ephedra sinica*) is native to China and Mongolia and contains sympathomimetic compounds known as *Ephedra* alkaloids. Traditionally used to treat asthma and hay fever symptoms, more recently it has been combined with caffeine or botanical sources of caffeine (for example *Guarana*) for weight loss purposes (68). In a 6-month RCT of herbal *Ephedra*/ caffeine for weight loss, it was found that 90/192 mg/day of herbal *ephedra*/caffeine promoted weight and body fat reduction (72). In another randomized double-blind trial of a herbal supplement containing ma-huang-guarana for weight loss, it was found that the active treatment produced significant effects (73). Ma-huang contains variable amounts of ephedrine congeners which enhance norepinephrine release in central noradrenergic neurons. Ephedrine also has direct agonist activity at alpha and beta-adrenergic receptors (44).

Sibutramine is an appetite-suppressing agent that is a norepinephrine and serotonin reuptake inhibitor, initially developed as an antidepressant (48) its use has been associated with mania (74, 75) and hypomania (76). In a recent analytical study of 447 weight loss products, 119 were found to be adulterated with one or more weight loss compounds including sibutramine, its metabolites benzyl sibutramine and desmethyl sibutramine; phenolphthalein; bisacodyl; furosemide; liothyronine (T3); and thyroxine (T4) (77). This demonstrates the importance of having regulatory bodies oversee CAM manufacturing practices and to regularly assess certain classes of CAM products for adulterants (such as weight loss products). These incidences of mania associated with HM weight-loss products highlight the fact that they may be considered safe and harmless by consumers when they have the propensity to trigger adverse events in vulnerable individuals (78).

Khalid et al. reported a case of mania associated with celery root (*Apium graveolans*), St John's wort (*Hypericum Perforatum*) and venlafaxine. Mania ensued shortly after the ingestion of celery root, which belongs to a group of plants classified as the umbelliferous family, which contain phytoestrogens that are structurally similar to estrogen. In this case the patient developed elevated serum venlafaxine levels after taking celery root for menopausal symptoms, suggesting pharmacokinetic potentiation of the venlafaxine level by the celery root as a likely mechanism of induction of mania (52).

Thirteen of the patients were concurrently taking conventional medicines (as shown in Table S1) as well as HM which may have led to herb-drug interactions resulting in mania. This might result from alterations of absorption, distribution, metabolism or elimination of a conventional drug by a herbal product, that is pharmacokinetic effects (79). Alternatively, there may be synergistic effects of a HM and a conventional medicine reflecting common mechanisms of action such as neurotransmitter regulation. Drug dosage is one important factor in such herb-drug interactions as well as in interactions with underlying biological diatheses (80). In approximately one third of the cases reviewed the dosage of the HM was unknown. This limits the ability to make causal inferences regarding the dose of the HM associated with a manic switch in vulnerable individuals.

For the whole sample the time to onset of manic symptoms from commencing the HM (treatment-emergence interval) ranged between 2 days and 2 years with a median of 4 weeks. None of the HM reported associated with mania diverged notably from this median time to onset of manic symptoms. A treatmentemergence interval of 8–12 weeks is deemed to implicate causality; however, a much shorter interval may be necessary to definitively link cause and effect (81). The manic episodes reported in the cases were mostly treated with conventional antimanic agents, only two reports indicate the outcome of cessation of the HM alone on the course of mania, one indicating remission in 2 days, the other no improvement following a switch into depression. Thus, no general statement can be made with respect to mania resolution on ceasing the implicated HM.

In addition to the systematic review of HM-associated mania, we also assessed the quality of reporting (Table S2) on the modified Quality Assessment Scale by Agbabiaka, in each of the 26 published case report papers. The case report quality assessment score ratings were low quality (0), lower-medium quality (9), upper-medium quality (10) and high quality (7). There are two algorithm-based rating instruments to assign the probability that an adverse event (in this case mania or hypomania) is related to a given exogenous substance, the Naranjo and the WHO-UMC. Of the cases reviewed only one used the Naranjo scale, none used the WHO-UMC. One study compared the two rating scales and found that the WHO-UMC method was more simple and less time consuming compared to the Naranjo probability scale (82). On the 7 additional quality criteria, the quality of reporting was satisfactory only for the inclusion of botanical name of HM (26 of 35 cases) and to a lesser extent HM dosage (18 of 35 cases). On the remaining 5 criteria less than 10% of papers were compliant. It is noted that many of the reports were published before the advent of defined quality criteria ratings, for example 19 of the 26 papers preceded the publication of the modified Quality Assessment Scale by Agbabiaka in 2008. Future published case reports of adverse events should adhere to such criteria in order to improve their overall quality and inferences which may be made from these articles.

The current review of case reports is subject to a number of limitations. Substance/medication-induced bipolar and related disorder may reflect a switch in a previously unexpressed bipolar diathesis. It is possible that the reports in the scientific literature are subject to a confirmation bias in that clinicians are looking for links between mania and recent use of HM. There is also a possible effect of researcher/ publication bias, which has led to the publication of the included studies. Ethically, it is difficult to replicate studies which suggest a potentially harmful effect of various HM.

The compilation of case histories presents a different sample to that commonly seen in a randomized controlled trial setting where fixed inclusion and exclusion criteria apply. This sample of putative HM induced mania includes a number of patients (n = 7) with a stated past history of a diagnosis of BD and a further 7 patients without a BD diagnosis taking antidepressants. This increases the likelihood that the observed manic episode was attributable to extant bipolar disorder or antidepressant induced switching rather than the HM *per se*, although interactions of these variables cannot be excluded.

Despite these limitations, however, there are a number of strengths associated with the inclusion of case reports including that the patients, episodes of mania, time course of symptoms and aetiological factors are described in detail, as reflected in Table S1. The authors are generally circumspect in their judgements regarding causality, documenting an observed association, summarizing knowledge regarding possible mechanisms of action, and allowing for the multiplicity of explanations that attend a disorder of unclear etiology and pathogenesis and with a typically fluctuating course.

Concepts of exogenous and endogenous causation of psychoses have been debated over the past century. In 1910,

Bonhoeffer proposed that the brain only manifested a few stereotyped mental reactions, whether from exogenous or endogenous origins. He recognized delirium in particular as a presentation that could follow diverse exogenous causes. The typical features in delerium of clouding of consciousness and disorientation form the rationale for categorizing it separately to the psychoses (83). Similarly, in the concept of unitary psychosis, as elaborated by Conrad in 1959, there is no fixed relationship between symptom picture and exogenous factors, the latter potentially triggering a range of symptom pictures (84). Relating these propositions to the current study on case reports of mania associated with herbal medicines, the results are inconclusive because it is restricted to one diagnostic category, mania, and one class of aetiological factors, herbal medicines. Comparisons of reports of herbal medicines associated with the onset of a variety of mental disorders would yield information as to whether the relationship indicates specific aetiologies of a disease (e.g., mania) or a broader relationship whereby a diversity of diagnostic categories (e.g., mania, psychotic depression and schizophrenia) are attributable to a common aetiological factor, the unitarian view.

In summary, the reported co-occurrence of HM usage and mania, whilst inconclusive, provides a plausible signal as to brain mechanisms relevant to the pathogenesis of mania. With the increasing storage of health information in electronic health records and evolving techniques of data mining there are prospects for the widespread application

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of case report level information to the elucidation of associations and causal links between usage of HM and the occurrence and varied course of mental disorders including BD.

AUTHOR CONTRIBUTIONS

EB developed the concept of the article from which she received supervision and expert advice in the area of psychiatry from KK, statistics from MG, neurology from BT and complementary medicines from JH.

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SUPPLEMENTARY MATERIAL

The Supplementary Material for this article can be found online at: https://www.frontiersin.org/articles/10.3389/fpsyt. 2018.00280/full#supplementary-material

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Conflict of Interest Statement: The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

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APPENDIX

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9Arkno'9Indem seaserof10Areno76Areno11Balon76Areno12Balon77Karpo Muckiw13Balons-house-tang77Karpo Muckiw14Balons78Karpo Muckiw15Balons-house-tang78Karpo Muckiw16Balons-house-tang79Karpo Muckiw17Balons-house-tang81Karpo Muckiw18Balons-house-tang81Kars-Kar19Balons-house-tang81Kars-Kar19Balons-house-tang81Kars-Kar10Balons-house-tang81Kars-Kar11Balons-house-tang81Kars-Kar12Carnols-house-tang81Kars-Kar13Balons-house-tang81Kars-Kar14Carnols-house-tang81Kars-Kar15Carnols-house-tang81Kars-Kar16Carnols-house-tang81Kars-Kar17Carnols-house-tang81Kars-Kar18Carnols-house-tang81Kars-Kar19Carnols-house-tang81Kars-Kar19Carnols-house-tang81Kars-Kar19Carnols-house-tang81Kars-Kar19Carnols-house-tang81Kars-Kar19Carnols-house-tang81Kars-Kar19Carnols-house-tang81Kars-Kar19Carnols-house-tang81Kars-Ka		-		
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16Barage10Kata17Barago31Kata18Batakaka22Kata18Batakaka23Kata19Carmelia33Kata20Carmelia34Kata21Carmelia35Lackus22Carmelia36Lackus23Carmenia37Lackus24Carmenia38Lavendar25Carmenia39Lavendar26Carmenia39Lavendar27Caras101028Carmenia39Lavendar29Colonocella31Lavendar20Colonocella32Lavendar21Conocella32Lavendar22Colonocella33Lavendar23Conocella34Lobela24Conocella34Lobela25Conolocella39Lavendar36Correla10Maradum37Correla10Maradum38Correla10Maradum39Correla10Maradum39Correla10Maradum39Correla10Maradum39Correla10Maradum39Correla10Maradum39Correla10Maradum39Correla10Maradum39Correla10Maradum39 </td <td></td> <td>-</td> <td></td> <td></td>		-		
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18Botanicals29Hotan and Hotan poopy83Hotan and Hotan preserg19Carnolia poopy84Korean gineerg20Carnolia poopy84Korean gineerg21Carnolia poopy86Lackuda22Carnolia poopy86Lackuda23Carnolia poopy87Lavandar24Carnolia poopy87Lavandar25Carnolia poopy89Laron bain26Chinese molicine90Laron bain27Carnolia poopy81Laron bain28Colonopsis81Laron bain29Carnolia poopy81Licorie20Carnolia poopy81Licorie21Carnolia poopy81Licorie22Carnolia poopy83Licorie23Carnolia poopy83Licorie34Carnolia poopy83Licorie35Carnolia poopy83Licorie36Carnolia poopy83Licorie37Carnolia poopy93Licorie38Carnolia poopy10Marcolia39Carcolia poopy10Marcolia39Carcolia poopy10Marcolia39Carcolia poopy10Marcolia39Carcolia poopy10Marcolia39Carcolia poopy11Marcolia39Carcolia poopy11Marcolia39Carcolia poopy11C		-		
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20CarneliaGamelia64Kaso-San21Carnina85Lackaca22Carnina87Lackaca23Carnina87Lavandula24Carnina87Lavandula25Carno Italia87Lavandula26Carnina89Lavandula27Charse medicine89Lavandula28Charse medicine91Lavandula29Carno Italia91Lavandula29Carno Colonopsic92Lavandula29Carno Gamelia92Lavandula30Carnina officinalis93Lavandula31Carno officinalis94Labela32Carnina officinalis93Martha33Carcesitiva I.101Marcha34Carcesitiva I.102Marcha35Carcesitiva I.103Marcha36Carcesitiva I.104Marcha37Carcesitiva I.104Marcha38Carcesitiva I.104Marcha39Carcesitiva I.104Marcha39Carcesitiva I.104Marcha30Carcesitiva I.104Marcha31Carcesitiva I.104Marcha32Carcesitiva I.104Marcha33Carcesitiva I.104Marcha34Carcesitiva I.104Marcha35Carcesitiva I.104Marcha <t< td=""><td></td><td></td><td></td><td></td></t<>				
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22Catmint86Lady's Lawankla23Cariolla86Lawankla24Cariolla87Lawankla25Ohanomile89Lenon baim26Ohanomile99Lenon baim27Citrus91Lenon baim28Coroness molionio91Licorice29Coroness93Linden30Codonessi93Linden31Convallaria95Lotus32Convallaria97Lotus33Corrus officinalis97Merthang34Corrus officinalis98Merthang35Corvilp99Magnolis36Corvilp100Marchaum37Cocalin101Marchaum38Corrus officinalis99Merthang39Corvilp101Marchaum39Cocalin101Marchaum39Cocalin102Mertha40Cocalin103Mertha41Cocalin104Mertha42Oppedium L103Mertha43Dacores setturs L103Mertha44Datar104Mertha45Dacores setturs L104Mertha46Dacores setturs L104Mertha47Dacores setturs L104Mertha48Dacores setturs L104Mertha49Dacores Setturs L104Mertha <td></td> <td></td> <td></td> <td></td>				
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24CarriellaSaLanonder25Chranomile88Lanon baim26Chinase madicine90Lennon baim27Chinase madicine91Leonce28Chinase madicine91Leonce29Codenopsis93Linken30Codenopsi96Lobela31Convalinita95Lobela32Convalinita97Lobis33Corrus officinalis97Magnolia34Corrus officinalis90Magnolia35Covelin101Matricaria36Covelin102Magnolia37Coros adivas L101Matricaria38Covelin102Matrika40Covos adivas L104Matrika41Covos adivas L108Matrika42Copipedium106Matrika43Dascona110Matrika44Dascona110Matrika45Bautra110Natrika46Dascona112Natvorita47Dascona113Ordin48Ehedra anica114Ordin49Bautrabaccus115Optima41Goldernod116Panae42Goldernod117Papaer43Goldernod118Papaer44Goldernod118Papaer45Bautrabaccus116Papaer46				
25Chamomie26Chamomie26Chanos amedicine30Larano balm27Chus30Larono balm28Chus32Ly29Cohongais32Ludonic30Cola94Lobelia31Convillatira56Ly32Convillatira56Ly34Convillatira96Ly35Convillatira97Magnolia34Convalidiria98Mar-huang35Convalidiria101Matricaria36Convalidiria101Matricaria37Coccis103Marthan38Coccus sitiva L.103Matricaria39Coccus sitiva L.104Matricaria39Coccus sitiva L.106Matricaria41Oyclothymia106Matricaria42Davina107Matricaria43Darina107Matricaria44Datura108Nelumbo45Dalog qual instratore110Nateria46Daloscorea110Nateria47Daloscorea111Nateria48Echina moreur112Natoria49Echina moreur113Oriur oppy41Coloderina114Ocinum42Daloscorea114Ocinum43Echina moreur114Ocinum44Coloderina114Ocinum <t< td=""><td></td><td></td><td></td><td></td></t<>				
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27Clusis20Localiza28Clove32Liv29Codonopsis32Liv30Coda94Lobelia31Convalleria96Lycis Fuctus32Convi fuctus96Lycis Fuctus33Convasofficinais86Ma-Huang34Convasofficinais96Marbiarum35Convision96Marbiarum36Convasofficinais96Marbiarum37Convasofficinais96Marbiarum36Convasofficinais96Marbiarum37Concastin101Matricaria38Crocin102Matricaria39Crocin103Marbiarum40Crocus sativa La103Marbiarum41Cycisbrynia106Matricaria42Dariona107Matricaria43Darinana107Matricaria44Datur108Nalumbo45Dacorana110Narina46Discorana110Narina47Datoranoenum112Narina48Echlum anoenum113Oriun popy49Echlum anoenum116Oriun popy41Gorderina116Oriun popy41Gorderina116Oriun popy42Schscholzi116Panak43Gorderina112Narina44Gorderina114Oriun popy				
28Clove37Clove29Codonopsis33Linden29Cola33Linden31Conaliaria55Lotus32Cornis officialis97Lycif Tractus33Cornus officialis99Mar-Huang34Cornus officialis99Mar-Huang35Cornus officialis100Marticaria36Cornus officialis102Matricaria37Corosis102Matricaria38Crocein102Matricaria39Crocein102Matricaria40Crocus104Matricaria41Crocus106Matricaria42Corolis108Matricaria43Darniana107Matricaria44Darniana107Matricaria45Dasocorea111Nutmeg46Dong cuial112Nutmeg47Darniana112Nutmeg48Echum amoarum113Ocirum49Eluthar accus114Ocirum51Enderian herba118Pasaliora52Gandomani119Pasaliora53Gandomani119Pasaliora54Galdenrid121Paparer54Galdenrid122Phytomedicine55Galdenrid123Paparer54Galdenrid124Paparer55Galdenrid124Paparer <td></td> <td></td> <td></td> <td></td>				
29Codonopsis26Uniter30Codonopsis94Lobela31Convaliria95Lobela32Comi interius96Lycii Truetus33Conva officinalis97Lycium barbarum34Convaliria98Marthuang35Consolficinalis98Marthuang36Consolficinalis98Marthuang37Corosin101Matricania38Crocin101Matricania39Crocin103Mentha40Crocus stitus L103Mentha41Oyobitymia106Mitchella42Dyripedium106Mitchella43Datura100Nervino44Datura108Neurubo45Dadivinghtshafe100Nervino46Discorea110Nervino47Dong quai111Nutreg48Eutheroceccus118Oatima50Ephedras inca118Paras51Ephedras inca118Pasalon incore52Ganodema120Paparen54Gibernin121Paparen55Guidernod120Paparen56Gibernin121Paparen57Gibernin122Phytomedicine58Guidernod120Paparen59Guidernod121Paparen50Ephedras inca121Paparen <td></td> <td></td> <td></td> <td></td>				
Odia Odia Odia Description 31 Convaliaria 95 Lobelia 32 Conti fuctus 96 Lyci Fuctus 33 Corus officinalis 97 Lyci Fuctus 34 Corus officinalis 97 Magnolia 35 Consolp 99 Magnolia 36 Consolp functus 100 Marubum 36 Concelin 101 Matricaria 37 Crocelin 102 Melissa 38 Crocus sativus L. 104 Matricaria 40 Crocus sativus L. 104 Mitteloce 41 Cyclottymia 106 Matricaria 42 Opripodium 106 Matricaria 43 Datura 107 Napsta 44 Datura 110 Nutreg 45 Dady inghtshade 113 Oat 46 Daria 114 Ocinum 51 Ephedra sinica 113				
31ConvelicingSerLotus32Convis officinalis96Lotus33Convus officinalis97Lycis Irbactus34Convus officinalis98Magnolia35Convusiti99Magnolia36Cranp bark100Marriburn37Cracetin101Matricaria38Cracetin102Melissa39Cracetin103Merita39Cracus103Merita40Crocus sativus L104Mitchelia41Crocus sativus L104Mitchelia42Opripedium106Mitchelia43Damiana107Mysica44Datura108Nepeta45Deady nightshade109Nepeta46Discorea111Nutring47Discorea113Oat48Echlum amoerum112Nux ornica50Eleutherocccus113Oat51Eleutheroccus116Opium papy52Eachscholzia116Parax54Ganderma118Parax55Giokerum122Phytoherapy56Giokerum122Phytoherapy57Giokerum122Phytoherapy58Galdernod122Phytoherapy59Giokerum122Phytoherapy50Eleutheroccus124Photnerapy51Giokerum122<				
32 Comi fuctus 96 Lyciki Fuctus 33 Cornus officinalis 97 Lycikim barbarum 34 Corydalis 98 Marubarum 35 Covsilp 99 Magnola 36 Covsilp 90 Magnola 37 Cocetin 101 Matricaria 38 Crocin 102 Melissa 39 Crocus 103 Melissa 40 Crocus sativus L 104 Matricaria 41 Cyclothymia 105 Melissa 42 Cyclothymia 106 Mohravort 43 Danian 107 Neurbo 44 Danian 108 Neurbo 45 Dady rightshade 109 Neurbo 46 Doscorea 111 Nutroeg 47 Daniga concurs 113 Ocimun 48 Eohum arosenum 112 Opim popp) 52 Eshecholiza 114 Opim popp)<				
33 Comus officinalis 37 Lycium barbarum 34 Condisi 98 Ma-Huang 35 Cowslip 99 Maprola 36 Cramp bark 100 Marubium 37 Crocetin 101 Marubium 37 Crocetin 102 Melisa 38 Crocin 102 Melisa 40 Crocus 103 Montha 41 Cyclothymia 105 Michella 42 Opatodum 106 Motherwort 43 Damiana 107 Mystica 44 Datura 108 Nulumbo 45 Deady inglitshade 109 Nulumbo 46 Dolscorea 110 Nutreg 47 Dog quai 111 Nutreg 48 Echium amoeum 112 Orium 51 Ephdrae horba 116 Panax 52 Eschscholza 116 Papaver				
34Carydalis38Ma-Huang35Cowslip98Ma-Huang36Cramp bark100Marubium37Crootin101Matricaria38Crooin102Melissa39Crocus sativus L103Metha40Crocus sativus L104Mistleoe41Crocus sativus L106Mothela42Cychthymia106Mothela43Dariana107Mystica44Datara108Nerva45Dady rightshade109Nepeta46Discorea111Nutrong47Dong quai111Nutrong48Echlum amoenum112Ocimum50Eleutherococus113Ocimum51Eshscholz116Papaver52Eshscholz116Papaver54Gadoerma117Papaver55Galeermin119Passinfora56Galeermin122Phytomedine57Galeernin121Papaver58Goldenrod122Phytomedine59Goldenrod122Phytomedine56Goldenrod124Phytomedine57Galeernin121Paparint58Goldenrod122Phytomedine59Goldenrod122Phytomedine59Goldenrod122Phytomedine59Goldenrod122Phytomedine <td></td> <td></td> <td></td> <td></td>				
35 Cowslip 99 Magnolia 36 Camp bark 100 Martholium 37 Crocein 101 Mathcaria 38 Crocin 102 Melissa 39 Crocus sativus L 104 Mathcaria 40 Crocus sativus L 104 Mitchela 41 Cyclothyrnia 105 Mitchela 42 Opripedium 106 Motherwort 43 Darina 107 Mystica 44 Datura 108 Neurboo 45 Deadiy nightshade 109 Nervine 46 Dioscorea 110 Nutreg 47 Dog quai 114 Ocinum 48 Echium anoenum 112 Nutreg 49 Echium anoenum 114 Ocinum popy 51 Ephedra sinica 116 Panax 52 Eschschotzia 116 Panax 53 Ganoderma 118 Papaver				
96 Cramp bark 100 Marrublum 37 Crocetin 101 Matrublum 38 Crocin 102 Melissa 39 Crocus sativus L. 104 Melista 40 Crocus sativus L. 104 Matrublum 41 Oyoripedium 106 Motherwort 42 Oyripedium 106 Motherwort 43 Dariana 107 Mysica 44 Datura 108 Neumbo 45 Deadly nightshafe 109 Nepeta 46 Doscorea 110 Nutrueg 47 Dorg quai 111 Nutrueg 48 Echium amoenum 112 Nutrueg 51 Ephedra inicia 116 Panax 51 Ephedra inicia 116 Panax 52 Eshscholzia 116 Panaver 53 Farula 117 Papaver 54 Ganoderma 118 Passifroa				-
37Crocetin101Matricaria38Crocin102Metricaria39Crocus103Metrita40Crocus sativus L.104Mitchella41Qcolothymia105Metrita42Damiana107Mystica43Datua108Metrita44Datua108Nepeta45Dascorea110Nervine46Doscorea110Nervine47Dong quai112Nur vonica48Echium amoenum112Nur vonica49Eutherococcus113Oat50Ephedraa herba116Panax51Ganderma117Papaver52Eshscholzia118Opim poppy53Ferula119Passion flower54Ganderma119Passion flower55Giseng120Pepermint56Golderrod122Phytomedicine57Golderod123Phytomedicine58Golderod122Phytomedicine59Gut kola126Phermint60Gut kola126Pinellia ternate61Marce tara126Pinellia ternate62Guarana127Piper methysticum				
38 Cracin 102 Maissa 39 Crocus 103 Mentha 40 Crocus sativus L. 104 Mistelae 41 Cyclothymia 105 Mitchella 42 Cypripedium 106 Motherwort 43 Damiana 107 Mystica 44 Datura 108 Neurnbo 45 Deadly rightshade 109 Nervine 46 Discorea 111 Nutmeg 47 Dorg quai 111 Nutworica 48 Echium anoenum 112 Nux vornica 49 Echiute anoecus 113 Oat 51 Ephedria shica 116 Parax 52 Eschscholzia 116 Parax 53 Ferula 118 Pasilfora 54 Ganoderma 118 Pasilfora 55 Galverndi 122 Papaver 56 Galvendrod 122 Phytomedicine				
39 Orocus 102 Mantha 40 Crocus sativus L. 104 Mistletoe 41 Orochymia 105 Mitchella 42 Opripedium 106 Mitchella 43 Damiana 107 Mystica 44 Datura 108 Nelumbo 45 Deadly nightshade 109 Nelvine 46 Dioscorea 111 Nutrag 47 Dong quai 111 Nutrag 48 Echum amoerum 112 Nutrag 49 Eleutherococcus 113 Oat 50 Ephedra sinica 114 Ocimum 51 Ephedra sinica 116 Panax 52 Eschscholzia 116 Panax 53 Ferula 117 Papaver 54 Gaoderma 118 Passiflora 55 Gaisenfluom 120 Pullinia 57 Goldenrod 120 Pullinia				
40 Crocus sativus L. 104 Mistietoe 41 Cyclothymia 105 Mistietoe 42 Cyclothymia 106 Mistietoe 43 Damiana 107 Mystica 44 Datura 108 Nelumbo 45 Dadly rightshade 109 Nepeta 46 Doscorea 100 Nervine 47 Dong quai 111 Nutreg 48 Echium amoenum 112 Nux vornica 49 Echium amoenum 114 Ocimum 50 Ephedra inica 114 Ocimum 51 Ephedra herba 115 Opium poppy 52 Escholzia 117 Papaver 53 Ferula 118 Pasifora 54 Gaoderma 118 Pasifora 55 Giseng 120 Papaver 56 Giseng 122 Phytomedicine 57 Gotu koka 123 Phytotnerapy				
41 Oyclothymia 105 Mitchelia 42 Cypripedium 106 Motherwort 43 Damian 107 Mystica 43 Datura 108 Nelumbo 44 Datura 109 Nepta 45 Deadly rightshade 109 Nervine 46 Doscorea 110 Nutrog 47 Dong quai 112 Nux vorica 49 Elautherococcus 113 Oat 50 Ephedra sinica 116 Dranu 51 Ephedra sinica 116 Panax 52 Escholzia 116 Panax 53 Earlia 117 Papaver 54 Ganoderma 118 Passion flower 55 Galsemium 19 Passion flower 56 Galsemium 121 Paparvint 57 Galdernod 120 Papurmint 58 Goldernod 123 Phytomedicine <				
42 Opripedium 106 Motivewort 43 Damiana 107 Mystica 44 Datura 108 Nelumbo 44 Datura 108 Nelumbo 45 Dady nightshade 109 Nepeta 46 Dioscorea 110 Nurneg 47 Dong quai 111 Nut vornica 48 Echium amoenum 112 Nux vornica 49 Eleuterococcus 113 Oat 50 Ephedra sinica 114 Ocimum 51 Ephedrae herba 115 Opium poppy 52 Eschscholzia 116 Panax 53 Ferula 117 Papaver 54 Ganoderma 118 Passiflora 55 Gelsemium 120 Paulinia 56 Goldernod 123 Phytotherapy 57 Goldernod 123 Phytotherapy 60 Golu kola 123 Phytotherapy				
43 Daniana 107 Montified 44 Datura 108 Nelumbo 45 Deadly nightshade 109 Nepeta 46 Doscorea 110 Nutmeg 47 Dong quai 111 Nutwonica 48 Echium amoenum 112 Nux vonica 49 Eleutherococcus 113 Oat 50 Ephedra sinica 115 Onjum poppy 51 Ephedra sinica 116 Panax 52 Eschscholzia 116 Panax 53 Ferula 117 Papaver 54 Ganoderma 118 Pasilora 55 Gelsemium 119 Passilora 56 Ginseng 120 Pullinia 57 Glokenrod 120 Phytomedicine 58 Goldenrod 123 Phytotherapy 60 Gou qi zi 123 Phytotherapy 61 Gou via 124 Pinelilia t				
44 Datura 108 Mysical 45 Deadly nightshade 109 Nepeta 46 Dioscorea 110 Nervine 47 Dong quai 111 Nut vomica 48 Echium amoenum 112 Nut vomica 49 Eleutherococcus 113 Oat 50 Ephedra sinica 114 Ocimum 51 Ephedra berba 115 Opium poppy 52 Eschscholzia 116 Papaver 53 Ferula 119 Passifora 55 Gelsernium 120 Paullinia 56 Gioseng 120 Paullinia 57 Goldenrod 122 Phytomedicine 58 Goldenrod 122 Phytomedicine 59 Goldenrod 123 Phytomedicine 59 Gold kola 123 Phytomedicine 60 Gou qi zi 124 Pinellia ternate 61 Guarana 126 <td></td> <td></td> <td></td> <td></td>				
45 Deadly nightshade 100 Napeta 46 Dioscorea 110 Narvine 47 Dong quai 111 Nutreg 48 Echium amoenum 112 Nux vomica 49 Eleutherococcus 113 Oat 50 Ephedra sinica 114 Ocimum 51 Ephedra sinica 116 Panax 52 Eschscholzia 116 Panax 53 Ferula 117 Papaver 54 Ganoderma 118 Passifora 55 Gelsemium 121 Peppermint 56 Ginseng 120 Paulinia 57 Gidernod 122 Phytomedicine 58 Goldenrod 122 Phytomedicine 59 Goldenrod 123 Phytotherapy 60 Gou qi zi 124 Phellia ternate 61 Green tea 126 Pinellia ternate 62 Guarana 126				
46Dissorea10Neptic47Dong quai110Nutrneg48Echium amoenum112Nux vomica49Eleutherococcus113Oat50Ephedra sinica114Ocimum poppy51Ephedra herba115Opium poppy52Eschscholzia116Panax53Ferula117Papaver54Ganderma118Passinfora55Gelsemium120Paullinia56Ginseng120Paullinia57Glolenrod122Phytomedicine58Goldenrod123Phytotherapy60Gou qi zi124Pinellia ternate61Green tea126Pinellia ternate62Guarana126Piper63Hange-koboku-to127Piper methysticum				
47Dong quai111Nutmeg48Echium amoenum112Nux vomica49Eleutherococcus113Oat50Ephedra sinica114Ocimum51Ephedra senica115Opium poppy52Eschscholzia116Panax53Farula117Papaver54Ganoderma118Passiflora55Gelsemium119Passion flower56Ginseng121Peppermint57Gotu kola122Phytomedicine58Golderrod123Phytomedicine59Gotu kola124Pinellia ernate61Green tea125Pinellia ernate62Guarana126Piper methysticum				
48Echlim amoenum112Nux vomica49Eleutherococcus113Oat50Ephedra sinica114Ocimum51Ephedrae herba115Opium poppy52Eschscholzia116Panax53Ferula117Papaver54Ganoderma118Passiflora55Gelsemium119Passiflora56Ginseng120Paulinia57Glodenrod122Phytomedicine58Goldenrod123Phytotherapy60Gou qi zi124Pinellia ternate61Green tea125Pinellia ternate62Guarana126Piper methysticum				
49Eleutherococcus113Oat50Ephedra sinica114Ocimum51Ephedrae herba115Opium poppy52Eschscholzia116Panax53Ferula117Papaver54Ganoderma119Passiflora55Gelsemium120Paulinia57Glodenrod122Phytomedicine58Goldenrod123Phytomedicine59Gotu kola124Phytomedicine60Gou qi zi124Phytomedicine61Green tea125Phytomedicine62Guarana126Pinellia ernate63Hange-koboku-to127Piper methysticum				-
50Ephedra sinica114Ocium51Ephedra eherba115Opium poppy52Eschscholzia116Panax53Ferula117Papaver54Ganoderma118Passiflora55Gelsemium119Passion flower56Ginseng120Paullinia57Gloycyrrhiza121Peppermint58Goldenrod122Phytomedicine59Gotu kola123Phytotherapy60Gou qi zi124Pinellia ernate61Green tea125Pinellia ernizome62Guarana126Piper63Hange-koboku-to127Piper methysticum				
51Éphedrae herba115Opium popy52Eschscholzia116Panax53Ferula117Papaver54Ganoderma118Passiflora55Gelsemium119Passion flower56Ginseng120Paullinia57Glodenrod122Phytomedicine58Goldenrod122Phytomedicine59Gotu kola123Phytomedicine60Gou qi zi124Pinellia ternate61Green tea125Pinellia ternatore62Guarana126Piper63Hange-koboku-to127Piper methysticum				
52Eschscholzia116Depart53Ferula117Papaver54Ganoderma118Passiflora55Gelsemium119Passion flower56Ginseng120Paullinia57Glodenrod122Phytomedicine58Goldenrod123Phytomedicine59Gotu kola123Phytomedicine60Gou kola124Pinellia ternate61Green tea125Pinellia ernizome62Guarana126Piper63Hange-koboku-to127Piper methysticum				
53Ferula117Papaver54Ganoderma118Passiflora55Gelsemium119Passion flower56Ginseng120Paullinia57Glycyrrhiza121Peppermint58Goldenrod122Phytomedicine59Gotu kola123Phytotherapy60Gou qi zi124Pinellia ternate61Green tea125Pinellia ernizome62Guarana126Piper63Hange-koboku-to127Piper methysticum				
54Ganoderma118Passifora55Gelsemium119Passifora56Ginseng120Paullinia57Glycyrrhiza121Peppermint58Goldenrod122Phytomedicine59Gotu kola123Phytotherapy60Gou qi zi124Pinellia ternate61Green tea125Pinellia ternate62Guarana126Piper methysticum				
55Gelsemium19Passion flower56Ginseng120Paullinia57Glycyrrhiza121Peppernint58Goldenrod122Phytomedicine59Gotu kola123Phytotherapy60Gou qi zi124Pinellia ternate61Green tea125Pinellia erhizome62Guarana126Piper63Hange-koboku-to127Piper methysticum				
56Ginseng120Paullinia57Glycyrhiza120Paullinia58Goldenrod121Phytomedicine59Gotu kola123Phytotherapy60Gou qi zi124Pinellia ternate61Green tea125Pinellia erhizome62Guarana126Piper63Hange-koboku-to127Piper methysticum				
57Glycyrhiza121Peppermint58Goldenrod121Phytomedicine59Gotu kola123Phytotherapy60Gou qi zi124Pinellia ternate61Green tea125Pinellia erhizome62Guarana126Piper63Hange-koboku-to127Piper methysticum				
58Goldenrod122Phytomedicine59Gotu kola123Phytomedicine60Gou qi zi124Pinellia ternate61Green tea125Pinelliae rhizome62Guarana126Piper63Hange-koboku-to127Piper methysticum		-		
59Gotu kola123Phytotherapy60Gou qi zi124Pinellia triazome61Green tea125Pinellia erhizome62Guarana126Piper63Hange-koboku-to127Piper methysticum				
60Gou qi zi124Pinellia ternate61Green tea125Pinellia ternizome62Guarana126Piper63Hange-koboku-to127Piper methysticum				
61Green tea125Pinelliae rhizome62Guarana126Piper63Hange-koboku-to127Piper methysticum				
62Guarana126Piper63Hange-koboku-to127Piper methysticum				
63 Hange-koboku-to 127 Piper methysticum				
		-		
		r iuppirioss barn	128	PISCIAIA

	Search terms	
29	Plant extract	
30	Plant preparation	
31	Poria	
32	Primula	
33	Prunus	
34	Pulsatilla	
35	Rauvolfia	
36	Rauwolfia	
37	Rehmannia	
38	Reishi	
39	Rhodiola	
40	Rhodiola rosea	
41	Rosemary	
42	Rosmarinus	
43	Rosmarinus	
44	Saffron	
45	Safiron Safranal	
45 46	Safron extract	
47		
	Saint John's wort	
48	Sceletium	
49	Schisandra	
50	Scutellaria	
51	Shan zhu	
52	Sheng ban xia	
53	Siberian ginseng	
54	skullcap	
55	Solidago	
56	Stachys	
57	St John's Wort	
58	Sutherlandia	
59	Syzygium	
60	Thornapple	
61	Thymoleptic	
62	Tilia	
63	Traditional Chinese medicine	
64	Tulsi	
65	Turnera	
66	Valerian	
67	Valeriana	
68	Verbena	
69	Vervain	
70	Viburnum	
71	Viscum	
72	White horehound	
73	Withania	
74	Wild cherry	
75	Wild lettuce	
76	Wild yam	
77	Xiang Su San	
78	Yan hu suo	
79	Yarrow	
79 80		
	Yellow jasmine	
181	Zizyphus Free AND Freu Wandarer Plus	
82	Free AND Easy Wanderer Plus	

Bipolar depression
 Bipolar disorder

Bipolar Disorder
 Mania

5. Manic disorder

6. Manic state