

gemini-conversation

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User

rank herbs found in attached file by efficacy in treating smoking related problems.

Gemini

Based on the pharmacological and experimental evidence provided in the attached file, the following herbs and plant-derived compounds are ranked by their efficacy in treating smoking-related problems (primarily chronic bronchitis and emphysema). The rankings are based on the clinical or experimental outcomes reported in the text.

1. Platycodon grandiflorum (PG)

This herb is highlighted as highly promising for treating **cigarette smoke-induced chronic bronchitis**.



Efficacy: Experimental validation showed it significantly alleviates pathological lung tissue damage, oxidative stress, and inflammation.



Mechanism: It contains eight bioactive compounds (such as Platycodin D and Polygalacin D) that inhibit the TLR4/MyD88/NF-κB signaling pathway.

**2. Senecio cannabifolius Less. (Feining Keli)**

Feining Keli is an herbal preparation primarily made from this plant and is used for **chronic bronchitis**.



Efficacy: Studies found "excellent therapeutic effects," including improved lung index and reduced pathological damage in models combined with smoking.



Mechanism: It reduces inflammatory response and oxidative stress through the PI3K/AKT and NF-κB/MyD88 pathways, with **quercetin-3-galactoside** identified as a key active component.

**3. Lilium lancifolium Thunb. (Root Extract)**

Research indicates this extract is a therapeutic candidate for **emphysema caused by cigarette smoke (CS)**.



Efficacy: In CS-exposed mouse models, it significantly inhibited the infiltration of inflammatory cells (macrophages and neutrophils) and reduced airspace enlargement (alveoli size).



Mechanism: It downregulates relative inflammatory factors like TNF- α and IL-6.



4. *Scutellaria baicalensis* Georgi

Efficacy: Identified in a systematic review as a herb that affects multiple factors to improve **lung emphysema**, which is often caused by long-term smoking.



Note: It is classified alongside other high-performing phytochemicals like gallic acid and quercetin.



5. *Forsythia suspensa* (Vahl) (FF)

Efficacy: Research showed it can alleviate **CS-induced pulmonary inflammation**.



Mechanism: It works through multiple mechanisms, including regulating intestinal flora and using caffeoyl quinic acids to reduce lung inflammation.



6. *Monascus adlay*

Efficacy: Listed as an effective natural product for improving **pulmonary emphysema** due to its antioxidant and anti-inflammatory properties.



7. *Caryocar coriaceum* (Pequi Tree)

Efficacy: The oil from this tree is used in popular medicine as an anti-inflammatory agent for **bronchitis** and bronchopulmonary infections.



8. Suxiao Jiuxin Pill (SXD)

Efficacy: This Traditional Chinese Medicine formulation was studied for **acute bronchitis**.



Mechanism: It regulates the PI3K/Akt/NF- κ B signaling pathway to reduce oxidative stress and inhibit cell death.



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