

# Review of: "Harmful “Herbalism” maliciously spreading from Mexico determines cases of iatrogenic Cushing's syndrome"

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Potential competing interests: No potential competing interests to declare.

I acknowledge the author for this letter, in my mind is an excellent research effort to inform the medical community of a health problem in Mexico and the USA, it is remarkable that we have agencies to regulate herbal products such as COFEPRIS and FDA, respectively. However, some products do not report its contain or do not have a control record from these entities and they are being marketed in our countries through e-commerce and could potentially extent to the European market.

However, some companies that produce these herbal products do not register the contain and they are deceptively promoting and marketing as herbal products. The author should cite the results of Garza-Ocañas (2013)<sup>[1]</sup> about the composition of one of these products, as conclusive evidence of the presence of drugs in an herbal product.

In the same way, the author must include information that demonstrates the presence of steroids not reported on the label of the herbal products which would have caused metabolic disorders such as Cushing's and Diabetes.

The table must contain data such as the treatment duration and the chemical composition of herbal products used. Because the supplements indicated in the table only contain diclofenac.

I want to clarify that I am not in favor of these fraudulent products, because they are seriously damaging the health.

Nevertheless, the most worrying aspect of this situation is that for few fraudulent and 100% non-herbal products, the reputation of the MEXICAN HERBOLARIA is in doubt and damaged, which is millennial and Pre-Hispanic. COFEPRIS has integrated as a legacy cultural and curative of our indigenous roots, the 100% of natural herbal products. I add the link (HERBOLARIA magazine edited by COFEPRIS):

<https://www.gob.mx/cms/uploads/attachment/file/777503/RCC7-Herbolarios.PDF>

There is an atlas of the plants of Traditional Mexican Medicine, the total number of species reported in the literature from the codices to the 90s of the last century is reported, in this review a total of 3103 botanical species that are used in Mexican herbal medicine, distributed in 1000 species, 482 genera and 154 families (Monographs), and 2103 species, 1000 genera and 183 families. Similarly, medicinal use is reported for the following devices and systems: Digestive/parasites 1024; Skin 589; Respiratory 429; Urinary kidney 209; Gynecology and obstetrics 373; Syndromes of cultural affiliation 148; Nutritional metabolic 21; Sense organs 61.

Herbal medicines require a health registry and the establishment in which it is produced, a health license and a health

officer; In addition, and taking into account the legal hierarchical order, we must mention the Health Supplies Regulation, which establishes other more specific provisions, such as the requirements to obtain an import permit, the establishments dedicated to its manufacture, excipients and additives that can be added to its formulation and, in case you were wondering... in the formulation of a herbal medicine, narcotic or psychotropic substances of synthetic origin may not be included, nor mixtures with allopathic medicines, procaine, ephedrine, yohimbine, chaparral, germanium, animal or human hormones or other substances that contain hormonal or antihormonal activity or any other that represents a risk to health.

Herbal Remedy is considered as a preparation of medicinal plants, individual or combined, and presented in pharmaceutical form, which by popular or traditional knowledge, the relief of some symptoms is attributed, and will not contain in their formulation narcotic or psychotropic substances or any other type of allopathic drug or other substances that generate hormonal or antihormonal activity or any other substance in concentrations that represent a risk to health.

Furthermore, for these products, there are official regulations: NOM-072-SSA1-2012 Labeling of medicines and herbal remedies. Requirements that must be contained in the labeling of medicines and herbal remedies that are marketed or supplied in the national territory, their instructions, and the labeling of their medical samples. NOM-073-SSA1-2015. Stability of drugs and medicines, as well as herbal remedies.

Therefore, I concluded my review recommendations: the author must be very clear and specify the product or products that are damaging the human health, not because of its herbal nature but if focusing on the fraudulent situation of some companies that produce these supplements. It is recommendable to include in his letter the positive aspect of our ancestral and curative Mexican herbal medicine.

## References

1. <sup>^</sup> Garza-Ocañas Lourdes, Badillo-Castañeda Christian Tadeo, Montoya-Eguía Sandra Lucía, Saenz-Chávez Pedro Lennon, Garza-Ulloa Humberto. *Confirmación de dexametasona y diclofenaco por LC-MS-MS como adulterantes en un producto herbolario. Salud pública Méx [revista en la Internet]. 2013 Oct [citado 2022 Ago 21] ; 55( 5 ): 498-504*