The Combination of *Lonicera japonica Thunb.* and Other Herbs to Cure Common Diseases in Vietnam

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**ABSTRACT**

Medicines from natural herbs are simple to use, easy to find, both with curative value while minimizing unwanted side effects. It’s natural active ingredients help increase immunity, support treatment, and prevent diseases quite well. Knowing about these herbs will help us to take better care of ourselves and our loved ones. In current curative methods, traditional medicine methods are being trusted and used by many people because traditional medicine brings many health benefits, helps patients treat their diseases well and improve their health. The remedies from oriental medicine are derived from natural herbs, so they are very good for us. Surely everyone will know some types of plants in the family, in the garden, or just around the house such as ginger, lemongrass, etc. has an excellent healing effect. Therefore, the herbs available in nature can be turned into a cure without spending as much money as when using a Western medication. Currently, many patients are using natural herbal remedies for the highest effectiveness. In particular, many patients are suffering from dangerous and difficult to cure diseases who have sought to cure with traditional medicine and herbal medicine; they have seen better progress with these treatments. This paper mentions *Lonicera japonica Thunb* as an excellent herb because of its effects, and by combining with other herbs successfully, these therapies can cure many diseases.

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**INTRODUCTION**

*Lonicera japonica Thunb* is considered a tree that brings luck and money to growers due to its beautiful green leaves and flowers year-round. Because the blooming season is long, the flowers are beautiful, and the scent is pleasant, so *Lonicera japonica Thunb* is very popular when grown as an ornamental (Figure 1). Currently, in the Red River Delta region in Vietnam, *Lonicera japonica Thunb* has been successfully tested and planted and found that it also thrives in this area ([Hoi, 2020](https://www.pharmascope.org/ijrps)). The tree has a simple beauty, not fussy but still exudes charm, gentleness, etc. *Lonicera japonica Thunb* is genuinely a flower grown for ornamental purposes in many Vietnamese families. The flowers of *Lonicera japonica Thunb* have pure white colour; after a few days, it turns golden, so it has two attractive flower colours. Not only with colourful, fragrant flowers, *Lonicera japonica Thunb* is also a valuable medicine in Oriental medicine ([Wahlberg, 2014](https://www.pharmascope.org/ijrps)).

*Lonicera japonica Thunb* is a type of vine. Young leaf branches are light green and have fine hairs. Old branches turn reddish-brown and have no surrounding hair. Flowers usually grow concentrated in the young part of the plant. Initially, the flower was white after gradually turning yellow, so it was named *Lonicera japonica Thunb* ([Shang et al., 2011](https://www.pharmascope.org/ijrps)).
In Vietnam, the name of this flower also means gold, silver and a symbol of longevity and nobility.

Although Lonicera japonica Thunb is a pleasant plant during cultivation, the collection of Lonicera japonica Thunb is not accessible. It is planted starting in April and the development stage of Lonicera japonica Thunb takes about 3 to 4 years to begin harvesting. This period is also too arduous, that is, flowers must be picked before the sun rises, meaning that the flowers are about to bloom. Transportation must be extremely careful, not too many flowers stacked together to avoid affecting the quality of the flowers (Liu et al., 2009).

Some General Knowledge About Lonicera Japonica Thunb

Description and classification

The leaves of Lonicera japonica Thunb are symmetrical, ovoid and green all year round. The flowers grow between leaves; the colour is white, and then turns into yellow. Its fruit is spherical, black. Tubular buds are slightly curled, 1 cm to 5 cm long, large heads, about 0.2 cm to 0.5 cm in diameter—exterior yellow to brown, covered with short hairs. Flowers have a mild fragrance, a slightly bitter taste. Flowers bloom from 2 cm to 5 cm long, divided into two lips reversed (Figure 2). The pistil is often protruding. In addition to Lonicera japonica Thunb, people also use L.bournei Hemsl, L.cambodiana Pierre ex Danguy, L.hypoglauca Miq, L.macrantha (D.Don) Spreng because of the relatively similar scientific ingredients of this herb to cure some diseases (Jia et al., 2013).

Distribution

Lonicera japonica Thunb grows wild or is widely grown in the provinces of Cao Bang, Lang Son, Quang Ninh, Lao Cai, Ninh Binh, Ha Tay, etc. of Vietnam. The best time to propagate Lonicera japonica Thunb is in the spring or autumn. We can either plant it with seeds or use a branching method. Due to its floral properties, the leaves are green all year round. Currently, in the Red River Delta area, Lonicera japonica Thunb has been successfully tested and planted and found that it also thrives in this area (Hoi, 2020). Lonicera japonica Thunb is a plant with quite strong vitality, so it is easy to grow and care for. Lonicera japonica Thunb can be planted all year round. However, it is usually grown in September to October or March. One year after planting, the tree starts to flower and can be harvested. The older the tree, the more flowers grow, and the higher the quality of the flower. Flowers will be picked at new bloom, when the flowers are still white and bring them to dry or dry, and they can be used immediately or preserved for later usage (Figure 3).

Harvest

Lonicera japonica Thunb is picked at the very beginning, the colour has not turned yellow yet. We should pick Lonicera japonica Thunb around 9-10
am (now the dew is dry), remove impurities, dry in the shade or dry lightly.

**Chemical composition**

Lonicera japonica Thunb contains flavonoids, essential oils and some other ingredients like the Flavonoid group (Luteolin, luteolin-7-glucoside). Lonicera japonica Thunb contains essential oils such as α-pinene, hex-1-en, hex-3-en-1-ol, cis and trans-2-methyl-2-vinyl-5-(α-hydroxy isopropyl) -tetrahydrofuran, geraniol, α-terpineol, β-phenyl ethyl alcohol, carvacrol, eugenol, linalol, 2,6,6-trimethyl-2-vinyl-hydroxy tetra hydrydropyran (Hsu et al., 2016).

**Effects of Lonicera Japonica Thunb**

**Antibacterial effect**

Many pharmacological studies have confirmed antibacterial effects on a variety of mechanisms. This effect is considered to have a broader spectrum of antimicrobial activity and is more potent than that of other herbs (Krishnasamy et al., 2017). Pharmacological research on Lonicera japonica Thunb has demonstrated that this herb has antibacterial properties against E. coli and S. aureus (common intestinal and respiratory bacteria).

Besides, medicine also noted the antifungal effect of Lonicera japonica Thunb. Some fungi are inhibited by Lonicera japonica Thunb such as Penicillium citrinum, Aspergillus niger, Cryptococcus neoformans, Fusarium moniliforme, Candida albicans.

Studies show that Lonicera japonica Thunb not only inhibits common pathogens. On the other hand, these pharmacological activities are also significantly effective against some drug-resistant bacteria. These results provide scientists with valuable data in the treatment of anti-drug-resistant pathogens (Xiong et al., 2013).

The following are statistics on the types of bacteria, and the minimum concentration of the solution that the drug solution is capable of inhibiting their growth include Shiga dysentery: 1/640, Schmith: 1/2560, Micro Flexner dysentery: 1/1280, Sonnei: 1/320, Typhoid: 1/300, Cholera: 1/160, Bacillus E coli: 1/160.

**Antiviral effect**

Ingredients extracted from Lonicera japonica Thunb have chlorogenic acid, flavonoids, caffeoylquinic acid, an iridoid glycoside. These active ingredients can inhibit Herpes simplex in keratitis, virus in pneumonia and flu (Shang et al., 2011).

**Anti-inflammatory effect**

Lonicera japonica Thunb can inhibit histamine production and significantly reduce prostaglandin E2 (the active substance released during inflammation). The anti-inflammatory activity decreased significantly with the flowering time of the herb (Yuan et al., 2012).

**Antioxidant effect**

Lonicera japonica Thunb has antioxidant effects against canola oil, peanut oil, linoleic acid and lard. The secret of this action is by inhibiting the free radical chain reaction in the oil (Jia et al., 2013).

**Boosting the immune system**

This herb can assemble a large number of macrophages and lymphocytes. Therefore, Lonicera japonica Thunb increases the activity of both cellular and humoral immunity (Hsu et al., 2016).

**Other effects**

Many studies have noted that some active ingredients in Lonicera japonica Thunb can reduce fever and provide different levels of liver protection. Lonicera japonica Thunb extract also reduces the concentration of triglycerides in the blood (Tzeng et al., 2015).

**Some Ways to Treat Disease By Using Lonicera Japonica Thunb**

Lonicera japonica Thunb has been recognized for practical use in traditional medicine prescriptions for the prevention and treatment of SARS in some countries. Today, Lonicera japonica Thunb is available in a variety of convenient forms such as teabags. We can easily make it as a daily drink to prevent and treat infections (Liu et al., 2011). Flu with fever, sores, sore throat and burning diarrhea are all treatable diseases with Lonicera japonica Thunb. Besides, Lonicera japonica Thunb is also indicated in the state of flatulence, early-stage dysentery. We can also treat heat rash in our folk by cooking Lonicera japonica Thunb to shower.

However, Lonicera japonica Thunb is not suitable for long-term drinking (Xiong et al., 2013). It is only suitable for temporary drinking during hot summer. In particular, we should not drink during menstruation. Patients who drink too much will have an adverse effect.

Since Lonicera japonica Thunb has anti-inflammatory and antipyretic effects, we should not drink it as often as this will weaken the body and cause an imbalance between yin and yang. When drinking a large amount of Lonicera japonica Thunb tea for a long time will cause certain disadvantages to the body, especially sputum and stomach. So whether using Lonicera japonica Thunb tea as a regular drink or using Lonicera japonica Thunb to heal, the patient should not drink for long (Jia et al.,
Combining Lonicera Japonica Thunb With Other Herbs

To treat pimples, we can use Lonicera japonica Thunb (both branches, leaves) 80g, astragalus propinquus 160g, glycyrrhiza uralensis 40g, chopped, use 1 kg of alcohol, cook for 2-3 hours.

If a pregnant woman has a problem with milk glands, or if her breasts are sore, you can combine Lonicera japonica Thunb, Angelica Sinensis, astragalus propinquus, Glycyrrhiza uralensis, all 10g and cook until condense, add $\frac{1}{2}$ cup of alcohol and can drink (Shang et al., 2011).

For itchy sores, we can combine Lonicera japonica Thunb 20g, Glycyrrhiza uralensis 12g and cook until condense. Besides, patients can use fresh Lonicera japonica Thunb mixed with alcohol to cover the pain area.

To treat flu, we can combine Lonicera japonica Thunb 6g, Glycyrrhiza uralensis 3g, 200ml water and cook until it condenses 100ml, then divide 2-3 times to drink a single day.

To treat measles, we can combine Lonicera japonica Thunb 30g, Hypericum japonicum 30g. We use fresh, crushed, mixed with Lonicera japonica Thunb, then add water and drink it like tea.

Being Cautions When Using Lonicera Japonica Thunb

Although there are no side effects, patients should be careful in cases such as pregnant or breastfeeding, taking other drugs, patients allergic to the ingredients of Lonicera japonica Thunb, people are allergic to foods, dyes, preservatives or animals, etc.

Although Lonicera japonica Thunb and the herbs from Lonicera japonica Thunb are non-toxic, safe, do not cause side effects, and do not affect long-term use (Tzeng et al., 2015). However, the patient does not need overuse and overuse. This can cause unwanted side effects. Medicines from Lonicera japonica Thunb can interact with the body condition and some medications the patient is taking, such as aspirin, clopidogrel, etc.

CONCLUSION

Lonicera japonica Thunb has great significance in terms of Fengshui, often grown as indoor ornamental with the desire to bring fortune to the owner. Most people see it as an ornamental plant to generate fortune and luck for the homeowner. Still, few people know that this plant can often be used as a medicine, mostly known as an antibiotic. The plant has a significant anti-inflammatory effect. Lonicera japonica Thunb is a medicinal plant with many unique scientific ingredients, has excellent pharmacological effects, can be used to make many remedies, so this herb is increasingly used more and more like a precious medicinal plant. When using this herb, patients need to pay attention to the dosage, adjust to suit the age and condition to improve their health.

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Limitations of the research

The article has not been studied in-depth on the ingredients of herbal medicine to treat some common diseases effectively, and this will be much more improved soon.

Ethical clearance

The author ensures the quality and integrity of the research to complete this research paper. The author read related documents and journals.

Conflicts of interest

No conflicts of interest are noted in the paper.

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