

## Leserbrief zur Medienmitteilung der Universität Basel „Substanz aus der chinesischen Medizin kann Herzrhythmusstörungen verursachen“

### Unnötige Panikverbreitung

Der Artikel über die kürzlich erschienene Studie zur chinesischen Heilpflanze *Evodia rutaecarpa* lässt deren Verwendung in der chinesischen Phytotherapie als fahrlässig und gefährlich erscheinen. Die experimentellen Tierversuche sind einwandfrei gestaltet, die Ergebnisse lassen sich jedoch nur schwer auf die Therapie am Menschen übertragen. Wichtigster Punkt ist die spezielle Zubereitung und Abkochung vor Verabreichung, die die in der chinesischen Medizin bekannte, leichte Toxizität dieser Arzneipflanze vermindert. In der rohen Form, wie im Versuch verwendet, wird sie lediglich äusserlich verwendet. Im Experiment wurden hingegen isolierte Reinsubstanzen angewendet. *Evodia rutaecarpa* wird in der chinesischen Medizin seit mindestens 1800 Jahren verwendet. In einer chinesischen Studie aus dem Jahre 2016 (Wang et al.) wurden systematisch alle wissenschaftlichen Veröffentlichungen der letzten 30 Jahre über Nebenwirkungen der chinesischen Arzneimittelgruppe, der *Evodia rutaecarpa* angehört, durchsucht. Zu *Evodia rutaecarpa* fanden sich gerade 2 Berichte über Nebenwirkungen und in beiden Fällen lag eine Dosisüberschreitung vor. Selbst hier kam es nur zu moderaten Nebenwirkungen, jedoch keinen Herzrhythmusstörungen. Wir sehen bei vorschriftsmässiger Anwendung keinen Grund zur Besorgnis. Weitere Versuche im Therapie-nahen Rahmen (Dosierung und Substanzgabe) sind auch von uns sehr erwünscht.

Quelle:

Wang Y. [Chinese materia medica for warming the interior: Safety analysis and pharmacovigilance considerations]. *Zhonghua Zhong Yiyao Zazhi* 2016;31:2688-93

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