

|   |   |
|---|---|
| BİTKİNİN ADI  | Latince: <i>Aronia melanocarpa</i> (Michx.) Elliott<br>İngilizce: Chokeberry, Black Chokeberry, Wild Gooseberry, Chokepear, Drogberry<br>Türkçe: Aronya<br>Sinonimi (varsa):  |
| FAMİLYASI   | Rosaceae  |
| KULLANILAN KISMI  | Meyveleri <sup>a,b,c,d,e</sup>  |
| GÜVENLİLİKLE İLGİLİ UYARILAR                              | Aktif maddeye ve Rosaceae familyasına karşı duyarlılığı olanlarda kullanılmamalıdır.<br><br>İnsülin-bağımlı diyabet hastalarında ve/veya oral antihiperglisemik ilaç kullanan hastalarda dikkatli kullanılmalıdır (16).<br><br>Eczacı ve bitkisel ürünlerle tedavi konusunda eğitim görmüş hekim danışmanlığında kullanılmalıdır.   |
| İLAÇ ETKİLEŞİMLERİ VE DİĞER ETKİLEŞİMLER                  | Antidiyabetik ilaçlar ve antikoagükanlar ile etkileşebilir/birlikte alınmamalıdır. Trabektedin (Yondelis)'in etkilerini ve yan etkilerini artırabilir. CYP 3A4 enzim aktivitesini etkileyebilir (16).   |
| LİTERATÜR (Bilimsel yazım kurallarına göre güncellenecek) | <ol style="list-style-type: none"> <li>Hawkins J, Hires C, Baker C, Keenan L, Bush M. Daily supplementation with aronia melanocarpa (chokeberry) reduces blood pressure and cholesterol: a meta analysis of controlled clinical trials. <i>J Diet Suppl.</i> 2021;18(5):517-530. doi:10.1080/19390211.2020.1800887</li> <li>Naruszewicz M, Laniewska I, Millo B, Dłuzniowski M. Combination therapy of statin with flavonoids rich extract from chokeberry fruits enhanced reduction in cardiovascular risk markers in patients after myocardial infraction (MI). <i>Atherosclerosis.</i> 2007;194(2):e179-e184. doi:10.1016/j.atherosclerosis.2006.12.032</li> <li><a href="https://clinicaltrials.gov/ct2/show/NCT03434574?term=aronia&amp;draw=2&amp;rank=1">https://clinicaltrials.gov/ct2/show/NCT03434574?term=aronia&amp;draw=2&amp;rank=1</a>, Erişim: 12.10.2022</li> <li><a href="https://clinicaltrials.gov/ct2/show/NCT05268133?term=aronia&amp;draw=2&amp;rank=6">https://clinicaltrials.gov/ct2/show/NCT05268133?term=aronia&amp;draw=2&amp;rank=6</a>, Erişim: 12.10.2022</li> <li><a href="https://clinicaltrials.gov/ct2/show/NCT03793777?term=aronia&amp;draw=2&amp;rank=9">https://clinicaltrials.gov/ct2/show/NCT03793777?term=aronia&amp;draw=2&amp;rank=9</a>, Erişim: 12.10.2022</li> <li>Ahles S, Stevens YR, Joris PJ, et al. The Effect of Long-Term Aroniamelanocarpa Extract Supplementation on Cognitive Performance, Mood, and Vascular Function: A Randomized Controlled Trial in Healthy, Middle-Aged Individuals. <i>Nutrients.</i> 2020;12(8):2475. Published 2020 Aug 17. doi:10.3390/nu12082475</li> <li><a href="https://clinicaltrials.gov/ct2/show/NCT01541826?term=aronia&amp;draw=4&amp;rank=25">https://clinicaltrials.gov/ct2/show/NCT01541826?term=aronia&amp;draw=4&amp;rank=25</a></li> <li><a href="https://clinicaltrials.gov/ct2/show/NCT03041961?term=aronia&amp;draw=2&amp;rank=4">https://clinicaltrials.gov/ct2/show/NCT03041961?term=aronia&amp;draw=2&amp;rank=4</a></li> <li>Xie L, Vance T, Kim B, et al. Aronia berry polyphenol consumption reduces plasma total and low-density lipoprotein cholesterol in former smokers without lowering biomarkers of inflammation and oxidative stress: a randomized controlled trial. <i>Nutr Res.</i> 2017;37:67-77. doi:10.1016/j.nutres.2016.12.007</li> <li><a href="https://clinicaltrials.gov/ct2/show/NCT03696238?term=aronia&amp;draw=3&amp;rank=18">https://clinicaltrials.gov/ct2/show/NCT03696238?term=aronia&amp;draw=3&amp;rank=18</a>, Erişim: 12.10.2022</li> <li><a href="https://clinicaltrials.gov/ct2/show/NCT04274582?term=aronia&amp;draw=3&amp;rank=20">https://clinicaltrials.gov/ct2/show/NCT04274582?term=aronia&amp;draw=3&amp;rank=20</a>, Erişim: 12.10.2022</li> <li><a href="https://clinicaltrials.gov/ct2/show/NCT04208451?term=aronia&amp;draw=3&amp;rank=13">https://clinicaltrials.gov/ct2/show/NCT04208451?term=aronia&amp;draw=3&amp;rank=13</a>, Erişim: 12.10.2022</li> <li>Smith, H., Ethnobotany of the Forest Potawatomi Indians, Bulletin of the Public Museum of the City of Milwaukee. 1933; 7 (1), 1-230.</li> </ol> |

|  |  |
|--|--|
|  | <ol style="list-style-type: none"><li>14. Kokotkiewicz, A., Jaremicz, Z., Luczkiewicz, M., <i>Aronia</i> plants: A review of traditional use, biological activities, and perspectives for modern medicine. J Med Food. 2010; 13(2):255-69.</li><li>15. Domarew CA, Holt RR, Goodman-Snitkoff G: A study of Russian phytomedicine and commonly used herbal remedies. J Herb Pharmacother. 2002;2:31-48.</li><li>16. WebMD <a href="https://www.webmd.com/vitamins/ai/ingredientmono-1558/chokeberry">https://www.webmd.com/vitamins/ai/ingredientmono-1558/chokeberry</a></li></ol> |
|--|--|

\*Tıbbi bitkilerin endikasyonlarına karşılık gelen terimdir.

\*\*EMA'nın geleneksel bitki tanımına uygun olarak hazırlanmıştır.

\*\*\*EMA ve diğer bilimsel kaynakların tıbbi kullanım ile ilgili bölümlerinden (FFD, WebMD, PDR gibi) yararlanılmıştır.