



# NeuRA

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## SCHIZOPHRENIA Factsheet

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### What are herbal treatments for schizophrenia?

Herbal medicines have been suggested as a potential alternative treatment to antipsychotics. Herbal therapies can include traditional Chinese medicines, as well as more common herbal medicines such as Gingko Biloba.

### What is the evidence for alternative herbal treatments?

Moderate to low quality evidence suggests the antipsychotic chlorpromazine may be more effective than Dang gui cheng qi tang for global symptoms.

Moderate to low quality evidence suggests wendon decoction may improve global symptoms more than no treatment, but when compared to antipsychotics, there were no differences in symptoms. However, there were fewer extrapyramidal and insomnia side effects with wendon decoction.

Low quality evidence is unable to determine any benefit of ayurvedic herbal therapies over placebo or the antipsychotic chlorpromazine.

For more information see the technical table



## NeuRA

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*NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.*

*Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.*

*Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.*

*While we hope you find this information useful, it is always important to discuss any questions about schizophrenia or its treatment with your doctor or other health care provider.*

### HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at [neura.edu.au/donate/schizophrenia](http://neura.edu.au/donate/schizophrenia).