

a p p e n d i x **B**

Select Herbs and Natural Products Used for Medicinal Purposes

COMMON NAME (S)	SCIENTIFIC NAME	USES	ADVERSE REACTIONS	SIGNIFICANT CONSIDERATIONS
Aloe vera	<i>Aloe vera</i>	Inhibits infection and promotes healing of minor burns and wounds	None significant if used as directed; may cause burning sensation in wound	Rare reports of delayed healing when used in the gel form on a wound. Taken internally, aloe gel may have laxative effect.
Billberry	<i>Vaccinium myrtillus</i>	Vision enhancement and eye health, microcirculation, spider veins and varicose veins, capillary strengthening before surgery	No adverse effects have been reported in clinical studies.	None significant.
Black Cohosh, (black snakeroot, squawroot)	<i>Cimicifuga racemosa</i>	Management of some symptoms of menopause and as an alternative to hormone replacement therapy; may be beneficial for hypercholesterolemia or peripheral vascular disease	Overdose causes nausea, dizziness, nervous system and visual disturbances, decreased pulse rate and increased perspiration	Should not be used during pregnancy. Possible interactions with hormone therapy.
Chamomile	<i>Matricaria chamomilla</i>	As a tea for gastrointestinal disturbances, as a sedative, and as an anti-inflammatory agent	Possible contact dermatitis and, in rare instances, anaphylaxis	Chamomile is a member of the ragweed family and those allergic to ragweed should not take the herb.
Chondroitin	Chondroitin sulfate, chondroitin sulfuric acid, chondroitin	Arthritis	None significant if used as directed	Because chondroitin is concentrated in cartilage, theoretically it produces no toxic or teratogenic effects.
Cranberry	<i>Vaccinium macrocarpon</i>	Urinary tract infection (UTI)	Large doses can produce gastrointestinal symptoms (ie, diarrhea)	None significant.
Echinacea (American coneflower, black susans)	<i>Echinacea angustifolia</i>	Prevents and shortens symptoms and duration of upper respiratory infections (URIs) including colds	Rare. Nausea and mild gastrointestinal (GI) upsets	Should not be used by individuals with autoimmune diseases such as tuberculosis, collagenosis, multiple sclerosis, AIDS, and HIV infection.

(continued)

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Ephedra (sea grape, ma-huang, yellow horse)	<i>ephedra sinica</i>	Relieves colds, improves respiratory function, headaches, diuretic effects	Skin eruptions, hypertension, irregular heart rate, psychosis	Ephedra should only be used after consulting with the physician. Many restrictions apply and the herb can cause serious reactions. Do not use with cardiac glycosides, monoamine oxidase inhibitor halothane, guanethidine, (MAOIs) or oxytocin. Do not use with St. John's wort or in weight loss formulas.
Garlic	<i>Allium sativum</i>	Lowers blood sugar, cholesterol, and lipids	May cause abnormal blood glucose levels	Increased risk of bleeding in patients taking the coumarins, salicylates, or antiplatelet drugs.
Ginger (ginger root, black ginger)	<i>Zingiber officinale</i>	Antiemetic, cardiotonic, antithrombotic, antibacterial, antioxidant, antitussive, anti-inflammatory, GI disturbances, lower cholesterol, prophylaxis for nausea and vomiting, colic, bronchitis	Excessive doses may cause CNS depression and interfere with cardiac functioning or anticoagulant activity.	Theoretically, ginger could enhance the effects of the antiplatelet drugs, such as coumarin.
Ginkgo (maiden hair tree, kew tree)	<i>Ginkgo biloba</i>	Raynauds disease, cerebral insufficiency anxiety, stress, tinnitus, dementias, circulatory problems, asthma	Rare if used as directed; possible effects include headache, dizziness, heart palpitations, GI effects, rash, allergic dermatitis	Do not take with antidepressant drugs, such as the MAOIs, or the antiplatelet drugs such as coumarin, unless advised to do so by the primary care provider.
Ginseng	<i>Panax quinquefolius</i> , <i>Panax ginseng</i>	Popular but unproven uses: Anti-neoplastic, enhances immune function, improves cardiovascular or CNS function	Most common: nervousness, excitation, hypoglycemia; rare: diffuse mammary nodularity, vaginal bleeding	Taking ginseng in combination with stimulants such as caffeine is not advised. Do not use for longer than 3 months. (Some herbalists recommend use for 1 month followed by nonuse for 2 months.)
Goldenseal	<i>Hydrastis canadensis</i>	Antiseptic for skin (topical), astringent for mucous membranes (mouthwash), wash for inflamed eyes, sinus infections, peptic ulcers, colitis, gastritis	Large doses may cause dry or irritated mucous membranes and injury to the gastrointestinal system; may reduce the beneficial bacteria in the intestines.	Should not be taken for more than 3-7 days.
Glucosamine (chitosamine) Green tea	2-Amino-2-deoxyglucose <i>Camellia sinensis</i>	Antiarthritic in osteoarthritis Reduces cancer, lowers lipid levels, helps prevent dental caries, antimicrobial and antioxidative effects	Well-tolerated Contains caffeine (may cause mild stimulant effects such as anxiety, nervousness, heart irregularities, restlessness, insomnia, and digestive irritation)	No direct toxic effects have been reported. Contains caffeine and should be avoided during pregnancy, by individuals with hypertension, anxiety, eating disorders, insomnia, diabetes, and ulcers.

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COMMON NAME (S)	SCIENTIFIC NAME	USES	ADVERSE REACTIONS	SIGNIFICANT CONSIDERATIONS
Kava (kava, kava-kava, awa yangona)	<i>Piper methysticum</i>	Mild to moderate anxiety and as a sedative	Scaly skin rash, disturbances in visual accommodation, habituation	Limit use to no more than 3 months.
Lemon balm (balm, melissa, sweet balm)	<i>Melissa officinalis</i>	Graves' disease, sedative, antispasmodic, cold sores (topical)	None significant.	None significant.
Melatonin				
Passion Flower (passion fruit, granadilla, water lemon, apricot vine)	<i>Passiflora incarnata</i>	Promotes sleep, treatment for pain and nervous exhaustion	None if used as directed. Excessively large doses may cause CNS depression.	May interact with anticoagulants and MAOIs.
Saw palmetto (cabbage palm, fan palm, scrub palm)	<i>Serenoa repens</i>	Symptoms of benign prostatic hyperplasia	Generally well-tolerated; occasional gastrointestinal effects	May interact with hormones such as oral contraceptive drugs and hormone replacement therapy.
St. John's wort (Klamath weed, goatweed, rosin rose)	<i>Hypericum perforatum</i>	Antidepressant and antiviral	Usually mild. May cause dry mouth, dizziness, constipation, other GI symptoms, photosensitivity	May decrease efficacy of theophylline, warfarin, and digoxin; use with other prescriptions is not recommended.
Tea tree oil	<i>Melaleuca alternifolia</i>	Topical antimicrobial	Contact dermatitis	For topical use only; do not take orally.
Valerian	<i>Valeriana officinalis</i>	Restlessness, sleep disorders	Rare if used as directed.	May interact with the barbiturates (eg, phenobarbital), the benzodiazepines (eg, diazepam) and the opiates, (eg, morphine).
Willow bark (weidenrinde, white willow, purple osier willow, crack willow)	<i>Salix alba</i> , <i>S. purpurea</i> , <i>S. fragilis</i>	Analgesic	Adverse reactions are those associated with the salicylates	Do not use with aspirin or other NSAIDs. Do not use in patients with peptic ulcers and other medical conditions in which the salicylates are contraindicated.