

CERTIFIED HERBAL COUNSELOR COURSE - SESSION 16

- Herbs that should not be used with Medications

Quick Reference - Medications/Herbs

Please Note

This is not a complete list. Other herbs not listed are not necessarily safe. You should always be informed concerning herbs and other medications you are taking.

If you are on these Medications be cautious about possible interactions with these Herbs

Anticoagulants

- Warfarin (Coumadin)

Alfalfa
Chinchona Bark
Clove Oil
Ginkgo
Garlic
Ginger
Ginseng
Feverfew

Antiplatelet Drugs

- Aspirin
- NSAIDs
- Ticlopidine (Ticlid)
- Clopidogrel (Plavix)

Alfalfa
Chinchona Bark
Clove Oil
Ginkgo
Garlic
Ginger
Ginseng
Feverfew

CNS Stimulants

- Decongestants
- Methylphenidate (Ritalin)
- Dextroamphetamine (Dexedrine)
- Beta2 Agonists
- Caffeine/Theophylline

Guarana
Kola
Ma Huang
St. John's Wort
Yohimbe

CNS Depressants

- Alcohol
- Benzodiazepines
- Opioids
- Antihistamines

Hawthorn
Kava-Kava
Skullcap
Valerian

Antidepressants

- Tricyclics
- MAO Inhibitors
- SSRIs

Ginseng
Ma Huang
Passion Flower
St. John's Wort
Yohimbe

Quick Reference-Conditions/Herbs

Please Note

This is not a complete list. Other herbs not listed are not necessarily safe. You should always be informed concerning herbs and a specific condition.

If you have these Conditions be cautious about possible interactions with these Herbs

Diabetes

These may affect glycemc control:

- Garlic
- Ginger
- Ginseng
- Hawthorn
- Ma Huang
- Nettle

Hypertension

- Devil's Claw
- Ginseng
- Goldenseal
- Hawthorn
- Licorice
- Ma Huang
- Squill
- Yohimbe

Depression

- Valerian
- Kava-Kava

Allergies to Asteraceae Composite Family (ragweed, daisy, aster, chrysanthemum)

- Chamomile
- Echinacea
- Feverfew
- Yarrow

Allergies to other pollens

- Goldenrod
- St John's Wort
- Slippery Elm

Pregnancy of Nursing Special caution is always indicated for a woman who is pregnant or nursing. At least the herbs listed are contraindicated or not recommend, but this is not a complete list. Contraindicated or not recommended:

- Aloe (internal)
- Black Cohosh
- Dong Quai
- Feverfew
- Ginseng
- Kava-Kava
- Saw Palmetto

Safety not fully established

- Garlic
- Ginger
- St. John's Wort
- Valerian