

SNo	Name	Other common names	Scientific name	Adverse effects
1	Aconite	monkshood, wolfsbane, aconitum	Aconitum spp.	Heart palpitations and arrhythmias, hypotension, nausea, vomiting, abdominal pain, respiratory system paralysis, death
2	Aloe vera juice	medicinal aloe	Aloe vera	"abdominal pain, diarrhea, potentially carcinogenic, with others can potentiate cardiac glycosides and antiarrhythmic agents"
3	Anthroid laxatives			"abdominal pain, diarrhea, potentially carcinogenic, with others can potentiate cardiac glycosides and antiarrhythmic agents"
4	Areca nut	Betel nut	Areca catechu	"deterioration of psychosis in patients with preexisting psychiatric disorders"; known carcinogen contributing to cancer of the mouth, pharynx, esophagus and stomach when chewed.
5	Aristolochic acid (contained in herbs in the genus <i>Aristolochia</i> e.g. <i>Aristolochia serpentaria</i> (Virginia snakeroot), <i>Aristolochia reticulata</i> (Texas snakeroot) and in Chinese herbs such as <i>Aristolochia fangchi</i> and <i>Aristolochia mandshurensis</i> (banned in China and withdrawn from Chinese Pharmacopoea 2005; <i>Stephania tetrandra</i> and <i>Magnolia officinalis</i> do not contain aristolochic acid).			Kidney toxicity associated with kidney failure; associated with development of cancer, particularly of the urinary tract, known carcinogen
6	Atractylate		Atractylis gummifera	Liver damage, nausea, vomiting, epigastric and abdominal pain, diarrhoea, anxiety, headache and convulsions, often followed by coma
7	Ayurvedic remedies			Heavy metal poisoning
8	Bitter orange			'Fainting, arrhythmia, heart attack, stroke, death'
9	Broom	Broom Flower, Dyers Broom, Dyer's Greenwood, Dyer's Weed, Dyer's Whin, Furze, Green Broom, Greenweed, Wood Waxen	Genista tinctoria	Uterotonic properties, nausea vomiting, and diarrhea, contraindicated for pregnancy and breast feeding
			Rhamnus	"abdominal pain, diarrhea, potentially carcinogenic, with others can potentiate

10	Buckthorn bark and berry		frangula	cardiac glycosides and antiarrhythmic agents"
11	Cascara Sagrada bark		Rhamnus purshiana	"abdominal pain, diarrhea, potentially carcinogenic, with others can potentiate cardiac glycosides and antiarrhythmic agents"
12	Chaparral	creosote bush, gobernadora, larreastat	Larrea tridentata, Larrea divaricata	Liver damage, kidney problems, Hypotension in cancer patients
13	Chinese herbal mixtures			Heavy metal poisoning
14	Coltsfoot	coughwort, farfarae folium leaf, foalswort	Tussilago farfara	Liver damage, cancer
15	Comfrey	comphrey, blackwort, common comfrey, slippery root		Liver damage, cancer
16	Country mallow	heartleaf, silky white mallow	Sida cordifolia	"Heart attack, heart arrhythmia, stroke, death"
17	Dan Shen	Red sage, Chinese sage, tan shen	Salvia miltiorrhiza	Potentiates warfarin activity, leading to excessive anticoagulation and bleeding
18	European Mistletoe		Viscum album	Toxic to cardio and central nervous systems, gastrointestinal bleeding
19	Ephedra	ma huang	Ephedra sinica	Agitation and palpitations, "hypertension, irregular heart rate, insomnia, nervousness, tremors and seizures, paranoid psychoses, heart attacks, strokes, and death", kidney stones
20	Flavonoids (contained in many medicinal plants)	Vitamin P, citrin	Flavonoids, bioflavonoids	Hemolytic anemia, kidney damage
21	Germander		Teucrium	Liver damage
22	Ginger			May alter bleeding time
23	Ginkgo biloba			Bleeding
24	American Ginseng	American Ginseng, Canadian Ginseng, Ginseng, Ginseng Root, North American Ginseng, Occidental Ginseng, Ontario Ginseng, Panax quinquefolium, Panax quinquefolius, Red Berry, Ren Shen, Sang, Shang, Shi Yang Seng, Wisconsin Ginseng	Panax quinquefolius	"Hypertensive and chronotropic activities, may increase digoxin levels", diarrhea, itching, insomnia, headaches, nervousness, rapid heartbeat, hypertension or hypotension, breast tenderness, vaginal bleeding. Very rarely Stevens–Johnson syndrome, liver damage, severe allergy has been reported May lower blood sugar excessivley in combination with diabetes medication. Contains a chemical linked to possible birth defects. May worsen hormone sensitive conditions such as breast cancer, uterine cancer, ovarian cancer, endometriosis, and uterine

				fibroids. Insomnia.
25	Goldenseal	Orange-root, Orangeroot,	Hydrastis canadensis	Uterotonic
26	Greater celandine	celandine	Chelidonium majus	Liver damage
27	Guarana		Paullinia cupana	Agitation and insomnia
28	Guar gum	guaran		Obstruction of gastrointestinal tract
29	Gugulipid	Guggal, Guggul, Mukul myrrh tree	Commiphora mukul	"Headache, nausea, hiccups, diminished efficacy of other cardiovascular drugs including diltiazem and propranolol"
30	Hawthorn	Common hawthorn, may, mayblossom, maythorn, quickthorn, whitethorn, motherdie, haw	Crataegus monogyna	"Potentiates digitalis activity, increases coronary dilation effects of theophylline, caffeine, papaverine, sodium nitrate, adenosine and epinephrine, increase barbiturate-induced sleeping times"
31	Horse chestnut	Conker	Aesculus hippocastanum	Liver toxicity, allergic reaction, anaphylaxis
32	Kava	awa, kava-kava	Piper methysticum	Potentates CNS sedatives, "sedation, oral and lingual dyskinesia, torticollis, oculogyric crisis, exacerbation of Parkinson's disease, painful twisting movements of the trunk, rash", liver toxicity
33	Khat		Catha edulis	Chronic liver dysfunction
34	Liquorice root		Glycyrrhiza glabra	Hypokalemia, hypertension, arrhythmias, edema
35	Lobelia	asthma weed, pukeweed, vomit wort	Lobelia Inflata	Toxicity, rapid heartbeat, hypotension, coma, death
36	Milk thistle		Silybum marianum	Mild laxative, allergy
37	Pennyroyal		Mentha pulegium	Liver damage
38	Peony	Bai Shao, Chi Shao, Chinese Peony, Common Peony, Coral Peony, Cortex Moutan, European Peony, Jiu Chao Bai Shao, Moutan, Mu Dan PI, Peony Flower, Peony Root, Piney, Radix Peony, Red Peony, Shakuyaku, Shao Yao, Tree Peony,	Radix Paeoniae, Radix Paeoniae Alba, Radix Paeoniae Rubra, Paeonia, Paeonia alba, Paeonia lactiflora, Paeonia mascula; Paeonia obovata; Paeonia officinalis; Paeonia	May slow clotting; contraindicated for people with bleeding disorders and before and after surgery. May induce uterine contractions; contraindicated when pregnant or nursing.

		Ud Saleeb, Udsalam, Udsalap, White Peony	suffruticosa, Paeonia veitchii, Paeoniae Flos, Paeoniae Radix	
39	Pyrrolizidine alkaloids (contained in comfrey, borage, senecio, coltsfoot, and others)			Liver damage
40	Reserpine		Rauwolfia serpentina	"Sedation, inability to complete tasks, mental depression, nasal congestion, increased gastric secretion and mild diarrhea"
41	Safrole		Sassafras albidum	Liver damage
42	Saw palmetto		Serenoa repens	"rare and mild gastrointestinal upset, headaches, diarrhea, gynecomastia, paroxysmal atrial fibrillation, ventricular rupture and death in one patient"
43	Senna		Senna alexandrina (Cassia senna)	"abdominal pain, diarrhea, potentially carcinogenic, with others can potentiate cardiac glycosides and antiarrhythmic agents", liver damage
44	St John's wort	Tipton's weed, Klamath weed	Hypericum perforatum	Photosensitization, GI disturbances, "allergic reactions, fatigue, dizziness, confusion, dry mouth"
45	Valerian	garden valerian, garden heliotrope, all-heal	Valeriana officinalis	"drowsiness, GI upset, headache, palpitations, insomnia", oversedation, overstimulation
46	Vasambu	sweet flag	Acorus calamus	Vomiting and nausea
47	Yohimbe	yohimbine	Corynanthe yohimbe	rapid heart rate, hypertension, hypotension, heart problems, death

Herbs with adverse drug interactions

SNo	Name	Other common names	Scientific name	Drug	Adverse effects
1	Cinchona bark		Cinchona pubescens	Warfarin	Possibly addictive
2	Devil's Claw	grapple plant, wood spider	Harpagophytum	Warfarin	Addictive effects
3	Ephedra			Caffeine, decongestants, stimulants	
4	Feverfew		Tanacetum parthenium	Aspirin	Addictive effects
5	Garlic		Allium sativum	Warfarin	Addictive effects

6	Ginger		Zingiber officinale	Warfarin	Addictive effect, causes iris bleeding
7	Ginkgo biloba			Aspirin, warfarin, ticlopidine, clopidogrel, dipyridamole, garlic, vitamin E	With aspirin - retards aspirin absorption
8	Ginseng		Panax ginseng	Warfarin	
9	Papaya extract		Carica papaya	Warfarin	Damage to GI tract mucous membranes, Possibly addictive, purpura
10	Kava			Sedatives, sleeping pills, antipsychotics, alcohol	
11	Pineapple enzyme		Ananas comosus	Bromelain	"Diarrhea, increased tendency for bleeding if used simultaneously with anticoagulants and inhibitors of thrombocytic aggregation due to modulation of the arachidonate cascade"
12	Psyllium seed		Plantago spp	Coumarin derivates	Retards absorption of drug
13	St John's wort	Tipton's weed, Klamath weed	Hypericum perforatum	Antidepressants, warfarin, protease inhibitors for HIV, birth control, some asthma drugs, and many other medications	

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