

# Herbal Medicine

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- No regulation on Herbal Medicine as it is considered a dietary supplement
- Many of the Herbs are adulterated with other substances
- Not consistent concentrations

	Anti-Coagulants	Anti-Diabetic	Hypertension Medications	Opioids
St Johns Wort	X	X	X	
Ginkgo	X	X	X	
Saw Palmento	X		X	
Feverfew	X			
Garlic	X			
Ginger	X			
Ginseng	X	X	X	X
Valerian	X			X
Ephedra			X	

## Hypertension Meds

St Johns Wort --- beta blockers

Ginkgo----diuretics

Saw Palmento ---alpha blockers

Ginseng ---Loop diuretics, Nifedipine

Ephedra --- most

## Opioids

Ginseng --- decreased effects of opioids

Valerian --- increased sedative effects of opioids

Many Herb have adverse interactions, but especially not a good idea to mix

Ephedra and Guarana --- hypertension, stroke, seizure, arrhythmia

Ginkgo and St Johns wort