

**Herbals: Possible Side Effects and Interactions with Drugs Commonly Used in Dentistry**

<b>Herb</b>	<b>Uses</b>	<b>Possible Side Effects</b>	<b>Interacts With</b>	<b>Interactions</b>
<b>Aloe latex</b>	Laxative, demulcent; topical for wound healing, burns and skin conditions	Abdominal pain, diarrhea, and electrolyte imbalances	<b>Corticosteroids</b>	<b>Cardiovascular hyperactivity</b>
			<b>Antibiotics, acetaminophen, carbamazepine and atropine</b>	<b>Increased/decreased gastrointestinal absorption</b>
Bromelain	Speed recovery from sports and other minor injuries; digestion aids; reduce flatulence; anti-inflammatory	Heartburn	Aspirin	Increased risk of bleeding
			Antibiotics, acetaminophen, carbamazepine and atropine	Increased/decreased gastrointestinal absorption
Cascara sagrada	Treat constipation, anal fissures and hemorrhoids; laxative	Chronic diarrhea; weakness; gastrointestinal cramps; potassium/sodium deficiency	Corticosteroids, diuretics	Cardiovascular hyperactivity; possible toxicity
Cayenne	Painkiller; ease congestion; itch relief; relieve discomfort from Raynaud's disease; soothe colds and sore throats	Diarrhea; stomach pain; burning; coughing, sneezing or teary eyes	Aspirin, ibuprofen	Increased risk of bleeding; reduced gastric irritation
			Antibiotics, acetaminophen, carbamazepine and atropine	Increased gastrointestinal absorption
Chamomile	Reduce flatulence and diarrhea, stomach upset; treat travel sickness; produce mild sedation; treat the common cold, fevers, cough; increase appetite.	Unknown	Aspirin	Increased risk of bleeding
			Benzodiazepins, general anesthetic, opioids, barbiturates, CNS depressant/sedative drugs	Increased sedation and anticonvulsant effects
Dong quai	Treat menstrual problems; muscle relaxant; blood purifier; treat high blood pressure, arthritis, ulcers, anemia, constipation, and allergies	Photosensitivity	Aspirin	Increased risk of bleeding

<b>Echinacea</b>	Strengthen immune system; prevent colds and flu; reduce cold duration	Fever; nausea or vomiting; decreased effectiveness of immunosuppressants; potential for immunosuppression with long-term use; hepatotoxicity	<b>Acetaminophen, ketoconazole</b>	<b>Risk of hepatotoxicity</b>
Feverfew	Pain relief for migraines; prevent and treat asthma, rheumatoid arthritis, painful menstrual periods, inflammatory skin conditions (psoriasis, toothache) and insect bites	Dry or sore tongue; loss of taste; an unpleasant or bitter taste; indigestion; flatulence; diarrhea, nausea or vomiting; withdrawal	Aspirin	Increased risk of bleeding
<b>Garlic</b>	Lower cholesterol and triglycerides; prevent colds, flu and other infectious diseases	Smelly breath and body odor; dermatitis; bleeding; flatulence; burning of the mouth, throat, and stomach; nausea or vomiting; diarrhea; sweating; lightheadedness; inhibited platelet aggregation	<b>Aspirin, acetaminophen, general anesthetics</b>	<b>Increased risk of bleeding</b>
<b>Ginger</b>	Reduce nausea (antiemetic); treat and prevent motion sickness; increase appetite; reduce stomach acidity	Diarrhea; increased bleeding time	<b>Aspirin</b>	<b>Prolonged bleeding</b>
<b>Ginkgo</b>	Increase circulation; prevent memory loss; improve symptoms of intermittent claudication; treat erectile dysfunction	Inhibits platelet-activating factor	<b>Aspirin, acetaminophen</b>	<b>Increased risk of bleeding</b>

<b>Ginseng</b>	Increase vitality; elevate energy levels and stress resistance	Inhibits metabolism of certain drugs which could lead to toxicity; hypoglycemia; decreased anticoagulation	<b>Aspirin, acetaminophen</b>	<b>Increased risk of bleeding</b>
			<b>Corticosteroids</b>	<b>Increased effectiveness of steroids; potential toxicity</b>
			Monomycin and kanamycin	Antimicrobial activity augmented
Goldenseal	Antiseptic; treat colds and flu; reduce nasal inflammation and soreness	Headache; upset stomach	Warfarin	Additive effect with warfarin; drugs to control or prevent bleeding or blood clotting
Green tea	Prevent cancer; counter aging; treat arthritis; weight loss	Caffeine-related irritability, sleeplessness, irregular heartbeat, dizziness, vomiting, diarrhea, headache	Oral atropine	Decreased drug effect
Guar gum	Thickening agent for foods and medications; appetite suppressant	Esophageal and gastrointestinal obstruction; fluctuations in blood sugar levels	Antibiotics, acetaminophen, carbamazepine and atropine	Increased gastrointestinal absorption
Kava	Induce and improve sleep; decrease anxiety, nervousness, stress and restlessness	Liver toxicity; upset stomach; changes in vision; "kawanism"(dry, flaking, discolored skin; reddened eyes; a scaly skin rash; puffy face; muscle weakness; blood abnormalities) with long-term use; addiction; tolerance; withdrawal	Benzodiazepins, general anesthetic, opioids, barbiturates, CNS depressant/sedative drugs	Increased sedation and anticonvulsant effects

Licorice	Soothe sore throat; loosen congestion; treat and prevent inflammation and ulceration of the stomach; topically to suppress the production of oil on the scalp	May affect the body's ability to regulate blood pressure; slowed blood clotting; high doses (over 50 g per day) and/ or for longer than six weeks may cause low blood levels of potassium, high Blood levels of sodium, water retention, increased blood pressure, heart problems and blood problems	Aspirin Corticosteroids	Reduced gastric irritation Enhanced cardiovascular functions and blood glucose levels
Milk Thistle	Protect the liver from damage caused by viruses, toxins, alcohol, and certain drugs; stomach and appetite, gallbladder problems; antidote to Amanita mushroom poisoning	Mild stomach upset	Acetaminophen, general anesthetics, ketoconazole and other hepatotoxic drugs	Protection against hepatotoxicity
Psyllium	Treat constipation, diarrhea; lower cholesterol	Chest pain; difficulty swallowing; abdominal pain, nausea or vomiting	Antibiotics, acetaminophen, carbamazepine and atropine	Decreased gastrointestinal absorption
Rhubarb	Treat diarrhea (low doses) and constipation (higher doses)	Vomiting, stomach cramps, or diarrhea	Corticosteroids	Cardiovascular hyperactivity; possible toxicity
Senna	Constipation	Chronic diarrhea; laxative dependency; colon pigmentation; urine discoloration; abdominal cramping	Oral corticosteroids	Cardiovascular hyperactivity; possible toxicity

<b>St. Johns Wart</b>	Treat mild to moderate depression; topical for minor wounds, infections, bruises; treat muscle soreness and sprains	Lowers serum levels of drugs metabolized via the cytochrome P450 pathways	<b>Benzodiazepins</b>	<b>Increased CNS depression</b>
			Tetracyclines	Enhanced photosensitivity
			Cyclospiroine, warfarin steroids, protease inhibitors, midazolam, diazepam, triazolam; digoxin; NSAIDs; calcium channel blockers, and others	Reduced effect
<b>Valerian</b>	Treat insomnia, restless motor syndrome and muscle spasms	Headaches; dizziness; pruritus; gastrointestinal disturbances; withdrawal; tolerance; potential to increase anesthetic requirements with long-term use	<b>Benzodiazepins</b> , general anesthetic, opioids, barbiturates, CNS depressant/sedative drugs	<b>Increased sedation</b> and anticonvulsant effects
Yohimbe	Treat and diagnose some types of impotence	Dizziness; anxiety, irritability, or nervousness; tremor; headache; skin flushing	Morphine	Analgesia
Sources: NCCAM, Drugs.com, <i>Journal of the American Medical Association</i> , <i>Journal of Dental Hygiene</i>				