

NOTE TO USERS: This manual is best viewed by using a uniform-spaced font (such as Courier or Monaco) and setting a width of 80 characters.

## HERBAL-MEDICAL CONTRAINDICATIONS by Michael Moore

Synergistic and iatrogenic potentials when certain herbs are used concurrent with medical treatment or medical health care.

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### THE REASON FOR THIS LIST:

A list of side-effects written by a toxicologist or a pharmacognosist will deal ONLY with potential problems that a particular constituent may cause, and seldom treats a plant as a Gestalt. They don't understand HERBS.

A list of side-effects written by most herbalists will deal with side effects from over-dosage or adulteration, and will seldom consider the implications for drug or procedural medicine. They don't understand MEDICINE.

I feel fairly secure in both worlds, so this list of potential synergies and contraindications is meant to honor BOTH approaches. I am talking strictly to the working practitioner; these are PRACTICAL concerns, not theoretical ones.

### THE FOCUS OF THIS LIST:

My intent in this list is to wed both approaches:

- A. What herbs may present overt drug reactions.
- B. What herbs may present synergistic effects to

1. a person undergoing a particular metabolic stress
  2. a person undergoing drug therapies
- C. What herbs have side-effects BUT that are frequently used without adequate warnings, marketed with an anti-medical bias, or taken unwisely by those that feel NO herb can be harmful because it is natural.

#### PHILOSOPHICAL CONSIDERATIONS:

If you are used to viewing biologically active agents as analogs to drugs, you need to suspend those standards when dealing with most herb preparations. Some of these plants CAN be reduced to the pharmacology of specific constituents, and they are so noted. The majority of potential reactions occur when an herb STIMULATES metabolic processes that are already in an excited state. The usual models of drug toxicology will fail to predict such reactions; these are NOT, strictly speaking, drug reactions, but often predictable idiopathic synergies. Predictable, that is, if you are willing to view most herbs as multi-systemic wholistic medicines, offering a "profile" of effects that can help OR aggravate, depending on the PERSON using them.

Herbs should be free of side effects within their therapeutic window and when used by a person whose constitution is complimented, not antagonized by the herbs. Whether or not you accept any value to Botanical Medicine, this is Conventional Wisdom amongst herbalists. Side effects from herbs are unwanted, both by herbalists wishing to strengthen, not denigrate homeostasis, and by skeptics who doubt any value to herbs except from placebo or accidental drug effects.

On the other hand, a careful evaluation of potential drug therapy starts with the basic understanding that drugs HAVE side effects at the proper dose, and the value must be weighed against the detriment. Most possible problems I have listed will only occur in potentiated states, and may be subtle enough to be ignored by Believers (Don't be so defensive!), magnified totally out of proportion by Skeptics (Don't be so judgmental!). We all tend to be too isolated in our peer groups,

always preaching to our particular choir.

Some physicians feel any self-treatment with biologically active agents is dangerous. Many people consider this either professional arrogance or the attempt to stifle competition. I have nearly always observed the attitude to derive from a very real concern; a physician's biochemical tools are drugs. By extension, docs may rightly presume that any agent capable of promoting change probably has similar potential for side effects. Carried to an irrational extreme, some medical folks feel that anything WITHOUT potential side effects is quackery. This, of course, leaves any alternative approach in a Catch-22 bind.

There is little intrinsic danger in using herbs, since few have the potential for DRUG side effects. The side effects are usually idiosyncratic or idiopathic, and not predictable by drug standards. This brings me back to why I have assembled this list.

#### NOTES:

[1] Some of these plants are illegal, not from the pseudo-scientific rationale of law-enforcement (except Cannabis and Lophophora) but for the practical legality that THEY AREN'T SAFE. Nonetheless they still find their way into personal use. I have developed the libertarian attitude that permeated 19th and early 20th century pharmacy: "Let them take what they want to...it's a Free Country. If they don't know any better, let's thin the herd!". We, however, have a generation or two of people that EXPECT a warning label on everything, and that have come to doubt common sense. Of course many dangers in modern life do not warn by taste, smell or appearance...radiation, pollution, etc. Given this, plant drugs like Yohimbe and even Ma Huang should, in my opinion, not be available in the same marketplace as Peppermint and Sarsaparilla. But they are.

[2] Some of these herbs are only encountered in "ethnic" use, but, with most ethnic groups suffering diminished coherence of tradition, a Wise Woman or folk herbalist may not be around to give appropriate advice.

[3] A few of these herbs are seldom encountered in the herb trade but rather are wildcrafted and used inappropriately. Some of this may be MY fault, since I write about the use of plants that are low-dosage botanicals and presume that the reader has Common Sense...not always a reality. Many of us distrust ANY authoritative limits...this anti-authoritarianism may be encountered in the way some people use even sensible herb books.

[4] Herbal Cure-Alls and thinly-veiled Phytopharmaceuticals are a growing part of the health-food industry. In Europe they are usually dispensed under medical supervision; they have no place in American Standard Practice but instead have entered the alternative health marketplace as "Herbs". They are more concentrated, more refined, have little of the biochemical buffering or "fuzz" that whole plants offer, and are NOT metabolic tonics but substances intended for specific subclinical pathologies...Little Drugs if you will. Their use is intended for conditions that have been medically diagnosed...not for self-treatment based upon sometimes inaccurate self-diagnosis. It's one thing to take aspirin for a headache or use a bitter to trigger improved upper digestive function. It's another thing to take proven immunostimulant or anti-oxidant substances (even if derived from plants) if based on "I get sick a lot" or "I bet my liver needs cleansing".

Not only is this an entirely new realm of potential iatrogenesis, but it has a corruptive influence by my way of thinking. It centralizes the MARKETING of herbs into the hands of a few, but without offering guidelines for DIAGNOSIS. And it seduces folks from the sensible heart of self-treatment...self-knowledge.

One-size-fits-all is not self-empowerment

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UTERINE VASODILATORS  
CATHARTICS/SACRAL IRRITANTS  
OXYTOCIN SYNERGISTS  
OVERT DRUGS  
MISCELLANEOUS WIERDNESS  
MAY BE PRESENT IN MILK  
NEUROENDOCRINE  
  SYMPATHOMIMETICS  
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  ANTICHOLINERGIC  
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  THYROID STIMULATING  
  THYROID DEPRESSING  
  ALDOSTERONE SYNERGISTS  
  FLAVIN-MAO-INHIBITING  
METABOLIC  
  "ANABOLIC"  
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  HERBS THAT CAN ALTER GI ABSORPTION  
  IMMUNOSTIMULANT HERBS THAT CAN RAISE WBC COUNT  
HEPATIC  
  HERBS THAT CAN ALTER SGOT/SGPT READINGS  
  PYRROLIZIDINE ALKALOID HERBS  
HERB-SPECIFIC PROBLEMS

[illegible]

Some of these herbs are relatively harmless, but considering the highly reactive state of pregnancy, and the fact that fetal growth is a template that can manifest pharmacokinetics VERY differently than for an adult, they are mentioned. Others are obviously inappropriate because of their neuroendocrine, autonomic or vascular implications.

[illegible]

PODOPHYLLUM. (American Mandrake)  
BAPTISIA (Wild Indigo)...theoretically

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<<<<<<<<<<<<<<<<<<
PREGNANCY: UTERINE VASOCONSTRICTORS
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ARCTOSTAPHYLOS (Uva Ursi, Manzanita, Coralillo) if use is continued for more than 3-4 days

EPHEDRA VULGARIS (Ma Huang, Chinese Ephedra)

USTILAGO (Corn Smut) A feeble ergot analog

VINCA MAJOR (Periwinkle) Idiosyncratic vasoconstrictor

VISCUM ALBUM (European Mistletoe) May incorrectly be American Mistletoe in commerce, a very vasoconstricting plant.

XANTHIUM (Cadillos, Cocklebur) More than 6-8 burrs a day can cause

[illegible]

ACTEA RUBRA (A. arguta, Baneberry)  
 ALOE (Aloes Socrotine, etc.)  
 ANGELICA SINENSIS (Dong Quai, Tang Kwei)  
 APOCYNUM CANNABINUM (Dogbane, Canadian Hemp)  
 ARISTOLOCHIA SERPENTARIA (Virginia Snakeroot, Serpentaria)  
 ARISTOLOCHIA WATSONII (Indian Root, Raiz del Indio)  
 ARNICA (A. montana. A. cordifolia. A. latiflora. etc.)  
 ARTEMISIA ABSINTHIUM (Wormwood)  
 ARTEMISIA TRIDENTATA (Sagebrush)  
 ARTEMISIA VULGARIS (Mugwort. California Mugwort)  
 ASCLEPIAS ASPERULA (Immortal, Antelope Horns)  
 ASCLEPIAS TUBEROSA (Pleurisy Root)  
 BRYONIA (Bryony)  
 CACALIA DECOMPOSITA (Maturin. Maturique)  
 CHAMAELIRIUM (Helonias. Unicorn Root )  
 CHENOPODIUM (Epazote. Wormseed)  
 CIMICIFUGA RACEMOSA (Black Cohosh)  
 CORYNANTHE (Pausinystalia Johimbe. Yohimbe)  
 CROCUS (True Saffron, "Azafran") Azafran is the usual name for Safflowers  
 DAUCUS CAROTA (Carrot, Wild Carrot) The seeds.  
 EUONYMUS (Wahoo, Burning Bush)  
 FOUQUIERIA SPLENDENS (Ocotillo)  
 GALEGA (Goat's Rue)  
 HEDEOMA (American Pennyroyal, Poleo Chino)  
 IRIS VERSICOLOR, I. MISSOURIENSIS (Blue Flag)  
 JUNIPERUS (Juniper. Sabina, Sabino Macho, "Cedar")  
 LILIUM TIGRINUM (Tiger Lily)  
 LOPHOPHORA (Peyote. Mescal Buttons)

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PETROSELINUM (Parsley)  
 PODOPHYLLUM (American Mandrake, May Apple)  
 POLYGALA SENEGA (Senega Snakeroot, Milkwort)  
 POLYMNIA UVEDALIA (Bearsfoot, Leafcup)  
 RUTA GRAVEOLENS (Rue, Ruda)  
 SANGUINARIA (Bloodroot)  
 SPIGELIA (Pink Root)  
 STILLINGIA SYLVATICA (Queen's Root)  
 TANACETUM (Tansy, Ponso, Tanse)  
 THUJA (Arbor Vitae, Flat, Red or Yellow Cedar)  
 TURNERA DIFFUSA (Damiana)  
 XANTHOXYLUM (Prickly Ash)

[illegible]

ALOE (Aloes Socotrine. etc.)  
 CASSIA MARLANDICA (American Senna)  
 CHENOPODIUM (Epazote, Wormseed)  
 HELIOPSIS LONGIPES (Raiz del Oro, Chilcuan)  
 IRIS VERSICOLOR, I. MISSOURIENSIS (Blue Flag)  
 LEPTANDRA (Veronicastrum, Culver's Root)  
 PODOPHYLLUM (American Mandrake)  
 RHAMNUS CALIFORNICA (California Buckthorn)  
 RHAMNUS FRANGULA (Buckthorn)  
 RHAMNUS PURSHIANA (Cascara Sagrada)  
 RHEUM (Chinese or Turkey Rhubarb)  
 SENNA (Cassia angustifolia, Te de Sena )

[illegible]



## Herbal-Medical Contraindications By Michael Moore 1995.txt

ASCLEPIAS ASPERULA (Immortal, Antelope Horns)  
CAPSELLA BURSA-PASTORIS (Shepherd's Purse, Bolsa de Pastor)  
CAULOPHYLLUM (Blue Cohosh)  
GOSSYPIUM (Cotton, Algodoncillo) Root Bark  
LEONURUS CARDIACA (Motherwort)  
LOPHOPHORA (Peyote, Mescal Buttons)  
SCOPARIUS (Cytisus scoparius, Broom Tops)  
USTILAGO (Corn Smut)

[illegible]

- ACONITUM COLUMBIANUM (Aconite, Monkshood)
  - Aconitine
- APOCYNUM CANNABINUM (Dogbane. Canadian Hemp)
  - Feeble digitaloid
- CHENOPODIUM (Epazote, Wormseed)
- CINCHONA (Peruvian Bark. Quinine Bark)
  - Quinines
- CONVALLARIA (Lily of the Valley)
  - Feeble digitaloid
- CORYNANTHE (Pausinystalia Johimbe, Yohimbe)
  - Yohimbine AND some reserpine relatives..an indole stew
- DATURA (Jimson Weed. Toloache, Estramonio)
  - Atropine effects
- EPHEDRA VULGARIS (Ma Huang, Chinese Ephedra)
  - Ephedrine
- GARRYA (Silk Tassel, Cuauachichic, Quinine Bush)
  - Garryine, Cuauachichicine - anti-cholinergics
- GELSEMIUM (Yellow Jasmine)
  - Gelsemine...an indole alkaloid and CNS irritant
- HYOCYAMUS NIGER (Henbane)
  - Atropine effects

[illegible]

ACONITUM CARMICHAELI (CURED) (Fu-tse, Fo-tzu)  
Peculiar adrenergic, wrong in TCM, and biologically too potent.

ACORUS CALAMUS (Calamus, Sweet Flag)  
Mildly co-carcinogen (Eurasian strain), and may interfere with  
normal PG inter-reactions

AESCLUS CALIFORNICA (California Buckeye) see below  
--AESCLUS GLABRA (Ohio Buckeye) see below  
--AESCLUS HIPPOCASTANUM (Horse Chestnut)  
All stimulate myenteric plexus, with unpredictable vascular effects.

AMYGDALIS PERSICA (Peach Tree)  
Cyanogenic, unless prepared perfectly

ANEMONE HIRSUTISSIMA (Pulsatilla, Pasque Flower) anti-dopimergic

BAPTISIA (Wild Indigo Root) CAN mimic Scoparius

CORYDALIS AUREUS (Golden Smoke)  
--DICENTRA CANADENSIS (Turkey Corn)  
--DICENTRA FORMOSA (Bleeding Heart)  
--ESCHSCHOLTZIA CALIFORNICA (California Poppy)  
Above four have mixed protopines

GINKGO BILOBA (Maidenhair Tree) Many subtle effects, unpredictable

GLYCYRRHIZA GLABRA (Licorice) Minerocorticosteroid effects

Unpredictable vasodilation, feebly muscarinic

HYDRASTIS (Golden Seal) Mucosa stimulant, may age placenta

Quirky anti-oxidant, w/hemolytic potential

MARRUBIUM (Horehound, Marrubio) Mildly hypertensive under some conditions

OPLOPANAX HORRIDUM (Echinopanax, Devil's Club)

--PANAX QUINQUEFOLIUM (American Ginseng)

PHYTOLACCA (Poke) Idiosyncratic, poorly documented muscarinic effects

PTYCHOPETALUM (Muirapuama. Raiz del Macho)

SENECIO AUREUS (Life Root, Squaw Weed) May be unintentionally mixed with toxic Senecios

pregnancy may unpredictably alter therapeutic window

SYMPHYTUM (Comfrey) Some hybrids in commerce contain root PAs

VISCUM ALBUM (European Mistletoe) May be unintentionally adulterated with American Mistletoe: even if correct, it is too bioactive

PREGNANCY: MAY BE PRESENT IN MILK

ACORUS CALAMUS (Calamus. Sweet Flag)

ALLANTHUS ALTISSIMA (Tree of Heaven)  
ALLIUM SATIVUM (Garlic)  
ALOE (Aloes Socrotine, etc.)  
ARISTOLOCHIA SERPENTARIA (Virginia Snakeroot, Serpentaria)  
ARISTOLOCHIA WATSONII (Indian Root, Raiz del Indio)  
ARTEMISIA ABSINTHIUM (Wormwood, Ajenjo)  
ARTEMISIA TRIDENTATA (Sagebrush, Chamiso Hediondo)  
ARTEMISIA VULGARIS (Mugwort, Altamisa)  
CACALIA DECOMPOSITA (Maturin, Maturique)  
CANNABIS SATIVA (Marijuana, Hemp)  
CASSIA MARITIMICA (American Senna, Te de Sena)  
CHENOPODIUM (Epazote, Wormseed)  
COMMIPHORA (Myrrh Gum, Mirra)  
CONVALLARIA (Lily of the Valley)  
DAUCUS CAROTA (Carrot, Wild Carrot) Seeds  
DRACONTIUM (Symplocarpus, Skunk Cabbage)  
FOUQUIERIA SPLENDENS (Ocotillo)  
GALEGA (Goat's Rue)  
GINKGO BILOBA (Maidenhair Tree)  
JUNIPERUS (Juniper. Sabina, "Cedar")  
LIGUSTICUM PORTERI (Osha, Chuchupate)  
PLIOCARPUS (Jaborandi)  
RHEUM (Chinese or Turkey Rhubarb)  
SANGUINARIA (Bloodroot)  
SENNA (Cassia angustifolia, Te de Sena )  
RUTA GRAVEOLENS (Rue, Ruda)  
TANACETUM (Tansy, Tanse, Ponso, "Altamisa")  
THUJA (Arbor Vitae, Flat, Red or Yellow Cedar)  
XANTHOXYLUM (Prickly Ash)

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NEUROENDOCRINE //////////////////////////////////////  
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[illegible][illegible][illegible]

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DATURA (Jimson Weed, Toloache, Estramonio)  
GARRYA (Silk Tassel, Cuauchichic, Quinine Bush)  
HYOCYAMUS NIGER (Henbane)  
SOLANUM DULCAMARA (Bittersweet Twigs)

CORYNANTHE (Pausinystalia Johimbe, Yohimbe)  
LOPHOPHORA (Peyote, Mescal Buttons)  
TRIBULUS (Puncture Vine, Goat's Head)

CENTELLA ASIATICA (Hydrocotyle asiatica, Gotu Kola)  
OPLOPANAX HORRIDUM (Echinopanax, Devil's Club)

[illegible]

ACONITUM CARMICHAELI (CURED) (Fu-tse, Fo-tzu)  
CENTELLA ASIATICA (Hydrocotyle asiatica, Gotu Kola)  
CORYNANTHE (Pausinystalia Johimbe, Yohimbe)  
EPHEDRA VULGARIS (Ma Huang, Chinese Ephedra)

[illegible]

CHLOROPHYLLIN (Sodium Copper Chlorophyllin, Chlorophyll "JJ")  
LEONURUS CARDIACA (Motherwort)  
LYCOPUS (Bugleweed)

[illegible]

GLYCYRRHIZA GLABRA (Licorice)  
MARRUBIUM (Horehound, Marrubio)

NEUROENDOCRINE: FLAVIN-MAO-INHIBITING

ACONITUM CARMICHAELI (CURED) (Fu-tse, Fo-tzu)  
CORYNANTHE (Pausinystalia Johimbe, Yohimbe)  
HYPERICUM (St. Johns Wort)

PEGANUM HARMALA (Syrian Rue)

PEGANUM HARMALA (Syrian Rue)

[illegible][illegible]

ANGELICA SINENSIS (Dong Quai, Tang Kwei)  
OPLOPANAX HORRIDUM (Echinopanax. Devil's Club)  
PANAX GINSENG (Asian Ginseng)  
PANAX QUINQUEFOLIUM (American Ginseng)  
PTYCHOPETALUM (Muirapuama, Raiz del Macho)  
SMILAX (Sarsaparilla)

[illegible]

BETULA (Birch)  
CEANOTHUS (Red Root, New Jersey Tea)  
CHRYSANTHEMUM PARTHENIUM (Feverfew)  
GINKGO BILOBA (Maidenhair Tree)  
LEUCANTHEMUM (Chrysanthemum leucanthemum, Oxe-Eye Daisy)  
MELILOTUS (Sweet Clover)  
POPULUS TREMULOIDES (Aspen)  
SALIX (Willow)

[illegible]



AMYGDALIS PERSICA (Peach Tree)  
PRUNUS (Wild Cherry, Choke Cherry)

METABOLIC: ALLERGIC/ATOPIC POTENTIAL

ALLIUM SATIVUM (Garlic)  
 ASAFETIDA (Ferula asafetida, Devil's Dung, Stinkasant)  
 ASPIDIUM (Dryopteris filix-mas, Male Fern)  
 CAFFEA ARABICA (Coffee)  
 LINUM (Flaxseed)  
 PANAX GINSENG (Asian Ginseng)  
 PROPOLIS (Beehive scrapings, gathered from trees)  
 SOLANUM DULCAMARA (Bittersweet Twigs)  
 YUCCA (Amole, Spanish Bayonet)

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METABOLIC: HYPO-HYPERGLYCEMIC (REACTIVE)
<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<
ACONITUM CARMICHAEL (CURED) (Fu-tse. Fo-tzu)
BERBERIS (Barberry)
CORYNANTHE (Pausinystalia Johimbe, Yohimbe)
HYDRASTIS (Golden Seal)
MAHONIA (Oregon Grape, Berberis aquifolium)
PEGANUM HARMALA (Syrian Rue)
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CARDIOVASCULAR SYSTEM (CVS) ///////////////////////////////////  
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[illegible]

[illegible][illegible][illegible]

CVS: TACHYCARDIC

[illegible]

ACONITUM CARMICHAEL (CURED) (Fu-tse. Fo-tzu)

COLA NITIDA (Kola Nut)

CORYNANTHE (Pausinystalia Johimbe. Yohimbe)

EPHEDRA VULGARIS (Ma Huang, Chinese Ephedra)

LOPHOPHORA (Peyote, Mescal Buttons)

NICOTIANA (Punche, Tobacco)

PANAX GINSENG (Cured or Red Chinese, Korean)

SCOPARIUS (*Cytisus scoparius*, Broom Tops)

[illegible]

CVS: HYPERTENSIVE POTENTIAL

[illegible]

ACONITUM CARMICHAELI (CURED) (Fu-tse. Fo-tzu)

ASPIDOSPERMA (Quebracho Bark)

CINCHONA (Peruvian Bark, Quinine Bark)

COLA NITIDA (Kola Nut)

CORYNANTHE (Pausinystalia Johimbe. Yohimbe)

EPHEDRA VULGARIS (Ma Huang, Chinese Ephedra)

GLYCYRRHIZA GLABRA (Licorice)

## HYDRASTIS (Golden Seal)

## LOPHOPHORA (Peyote, Mescal Buttons)

NICOTIANA (Punche. Tobacco)

PTYCHOPETALUM (Muirapuama, Raiz del Macho)

SCOPARIUS (*Cytisus scoparius*, Broom Tops)

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## PHARMACOKINETICS (PhKs)

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[illegible]

[illegible][illegible]

## PhKs: HERBS THAT CAN ALTER GI ABSORPTION

[illegible]

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[illegible]

ARISTOLOCHIA SERPENTARIA (Virginia Snakeroot, Serpentaria )  
ARISTOLOCHIA WATSONII (Indian Root, Raiz del Indio)  
BAPTISIA (Wild Indigo Root)  
COMMIPHORA (Myrrh Gum)  
GUAIACUM OFFICINALE (Lignum Vitae, Guayacan)  
POLYMNIA UVEDALIA (Bearsfoot, Leafcup)

HEPATIC

[illegible]

ANAGALLIS (Scarlet Pimpernel)  
EUONYMUS (Wahoo, Burning Bush)  
LINARIA (Toad Flax, Butter-and-Eggs)  
MAHONIA (Oregon Grape, Algerita)  
SILYBUM MARIANUM (Milk Thistle)

[illegible]

CACALIA DECOMPOSITA (Maturin, Maturique)  
CNICUS BENEDICTUS (Blessed or Holy Thistle) (if adulterated)  
CYNOGLOSSUM OFFICINALIS (Hound's Tongue)  
HELENIUM HOOPESII (Yerba del Lobo, Orange Sneezeweed)  
SENECIO AUREUS (Life Root, Squaw Weed) (if adulterated)  
SYMPHYTUM (Comfrey) (certain hybrids)

HERB-SPECIFIC PROBLEMS

[illegible]

ALETRIS FARINOSA (Star Grass, "True" Unicorn Root) Confused with Helonias (Chamaelirium), an HCG agonist and reproductive stimulant. Aletris is only a digestive stimulant

ANGELICA SINENSIS (Dong Quai, Tang Kwei) NOT a source of exogenous estrogen, it instead increases utilization of ENDOGENOUS estrogens

ARNICA (A. montana. A. cordifolia, A. latiflora. etc.) Unsafe for internal use, it can be confused with HETEROTHECA (Mexican Arnica)

CAPSICUM (Cayenne, African Bird Peppers) Not a tonic or immunostimulant, it acts as a peripheral vasodilator, increasing blood supply to the skin and mucosa. It is NOT appropriate for active inflammation.

CEREUS GRANDIFLORUS (Selenicereus, Peniocereus, Night-Blooming Cereus) NOT a digitalis-like cardioactive, it moderates SA-AV depolarization and lessens adrenergic or drug tachycardia. NOT for organic disease

CORYNANTHE (Pausinystalia Johimbe, Yohimbe) An especially pernicious herb with simultaneous sympathetic AND parasympathetic actions. It will mimic vasopressin and can irritate the kidneys; it increases pelvic blood supply and can aggravate reproductive, GU, and descending colon irritations; it can irritate arterial endothelium and contribute to

or cause vasculitis. Lousy for the prostate, it CAN trigger a few and relatively useless erections, followed by rebound re-flaccidity.

DIOSCOREA VILLOSA (Wild Yam) It has NO PROGESTERONE, or any other steroid hormone. The first generation of synthetic steroids was made using diosgenin (from MEXICAN Yam) and the Marker Degradation Method. By the mid-1950's stigmasterol (a soy-derived lipoid) took its place, and other methods are now used. It contains NO "precursors"...the only true human steroid precursor is low-density cholesterol OR some other steroid hormone. Wild Yam creams usually contain synthetic Natural Progesterone.

EPHEDRA VULGARIS (Ma Huang, Chinese Ephedra) Although a useful and less edgy source of ephedrine, it is almost totally used these days as an "anorectic" or "safe" stimulant. Most people view CNS stimulants by comparison with caffeine sources...a 3-4 hour buzz. Ephedrine lasts 7-8 hours, is more adrenergic, and it is easy to overlap the doses without being aware of the vascular and pulmonary stress. In addition, with extended serum levels, tolerance to CNS effects can be quick (although other effects stay somewhat level) and an individual can quickly creep up in dosage. Dangerous in this context.

GINKGO BILOBA (Maidenhair Tree) A peripheral and cerebral vasodilator, it helps those with impaired circulation. It is often sold, however, as an aid to "intelligence" and is often used by students when cramming for tests, etc. Under these misguided uses it causes many headaches

HETEROTHECA (Camphor Weed, Mexican Arnica) See ARNICA

HYPERICUM (St. John's Wort) Several preliminary tests implicated it as an anti-viral for HIV. These were overturned in subsequent tests but the reputation still lingers. It IS useful for helping some of the CNS symptoms of AIDS, but because of its antidepressant effects, NOT because it is antiviral.

LARREA (Chaparral, Gobernadora, Creosote Bush) It should not be considered as a liver irritant, despite several inexplicable cases. It IS an hepatic depressant (excessive antioxidant activities) and CAN cause hemolytic-type responses if it is used well above its therapeutic window.

LOBELIA INFLATA (Lobelia, Indian Tobacco) Fresh preparations of this herb show broad, many-layered stimulus of adrenergic-suppressed parasympathetic functions. Dry, but unheated Lobelia retains some of this function. By the time it is used for tea ONLY the emetic alkaloids are still intact, and it has little other value.

PHYTOLACCA (Poke) Although useful (with a skillful touch) in depressed metabolism and edematous adipose tissues (the "Pillsbury Dough Person" syndrome), it has NO fat-reducing effects, is easily toxic, and its reputation comes from being used for hypothyroid, goitrous conditions 100 years ago...in the Goiter Belt.

SENECIO AUREUS (Life Root, Squaw Weed) This native Eastern United States wildflower seems to be beneficial for functional hypoestrogenic states, and has a reliable place, at least in herbal therapy. It is also fairly unique as a Senecio: it is devoid of toxic pyrrolizidine alkaloids. MOST of the herb on the market, however, is either *S. vulgaris* or a similar Senecio. I don't know how the confusion came about. They are not particularly similar in appearance, but many otherwise reliable texts consider them interchangeable. In fact they are VERY dissimilar in constituents. The OTHER Senecios are VERY high in the toxic group. Know the plant or the picker, otherwise avoid this remedy and stick with something like Dong Quai.

SILYBUM MARIANUM (Milk Thistle) There are HUNDREDS of reliable biologic and medical studies that support this plant's seeds' value for Amanita mushroom poisoning, lessening the toxicity of heavy metals (if taken soon enough) and quickening CNS and hepatic regeneration in solvent or alcohol detox. Like Ginkgo, however, you NEED a problem to get benefit. Without an ongoing stress, using Silybum or its extracted silymarins on general principle can actually depress normal liver function

VISCUM ALBUM (European Mistletoe) Without attempting to comment on the European use (from the Rudolph Steiner hospitals) of Mistletoe (I don't know enough), the fact is that the dried herb is SOMETIMES not European but American Mistletoe (*Phoradendron* spp.), a VERY different plant altogether (at least pharmacologically), with almost pernicious



HERBS WITH HIDDEN or THRESHOLD EFFECTS

CANNABIS SATIVA (Marijuana. Hemp) It can be a strong estrogen-synergist, shortening the estrus cycle in women, antagonizing testosterone in men (or being synergistic with adipose estradiols)...bad for any prostate condition.

DAUCUS CAROTA (Carrot, Wild Carrot) Sometimes used as a contraceptive, it contains aromatics that, in large enough quantities, can exaggerate uterine inflammation.

EQUISETUM ARVENSE (Horsetail) If growing in areas downstream of commercial farming, inorganic nitrates are metabolized into abnormal nicotine-like alkaloids.

HYDRASTIS (Golden Seal) A mucus-membrane stimulant, useful for congested and subacute stages, it can CAUSE inflammation if not needed, can prematurely age the placenta, and, since it is threatened in the wild and cultivation is still marginal, its use is rarely moral.

VALERIANA (Valerian) The dried plant, used consistently for a period of time, can induce "Valerianism", a state of emotional lability similar to what was formerly encountered with bromide abuse. The condition reverses quickly if the Valerian is stopped.

HERBS LACKING ANY SOCIALLY REDEEMING VALUE

### ARTEMISIA ABSINTHIUM (Wormwood)

CINCHONA (Peruvian Bark. Quinine Bark)

CORYNANTHE (Pausinystalia Johimbe, Yohimbe)

EPHEDRA VULGARIS (Ma Huang. Chinese Ephedra)

GALEGA (Goat's Rue)

RUTA GRAVEOLENS (Rue, Ruda)

TANACETUM (Tansy)

POST NOTE: These opinions are mine; they reflect my experiences with these plants, as a merchant, wildcrafter, author and teacher. They are not exhaustive, many are disagreed with by other herbalists, naturopaths and those in pharmacy...I have enemies in ALL the camps.

Crudely put, there is no better method to "Brown Nose" a group of medical professionals than by offering long lists of "Side Effects", thereby confirming their worst fears about what herbs do. The major medical journals (NEJofM and Lancet excluded) jerk the chains of readers by offering ill-researched, anecdotal and slanderous "exposes" of herbs and natural healing, using the shoddiest of peer-review procedures. Not only are there frequent REAL mistakes (wrong botany, pharmacy, etc.), but the normally fastidious standards of medical reporting are completely ignored in many of these articles. It is as if the MEANS are unimportant, as long as the RESULTS meet political-medical preconceptions.

Politics be damned; there are potential dangers mixing herbs and medicine. Unfortunately, as previously mentioned, they often have little relationship to those that could be expected from purely chemical causes. I am trying to be practical and realistic. Although, as an herbalist, it is obvious where my heart lies, I am making NO attempt to slant my list towards either end of the Wholistic vs Medical dialectic.

I am concerned about the patients.

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