

## An additional 26 herbs commonly used in the USA

<i>Herb</i>	<i>Actions</i>	<i>Common uses</i>	<i>Daily dose</i>	<i>Adverse effects/warnings</i>
Bilberry, <i>Vaccinium myrtillus</i>	antioxidant; collagen stabilizer; astringent	eye disorder; diarrhea; circulatory disorders	60–120 mg anthocyanosides; 25% extract 240–480 mg	not reported
Black cohosh, <i>Cimicifuga racemosa</i>	estrogen receptor blocker; leutinizing hormone suppressant	menopausal symptoms; menstrual disorders	standard dose 40 mg; one product contained 1 mg triterpine glycosides	GI upset; avoid during pregnancy and lactation
Cascara sagrada, <i>Rhamnus purshiana</i>	Laxative	constipation	20–30 mg hydroxyanthracene (cascaroside A)	nausea; vomiting; abdominal cramps; urine discoloration; avoid during pregnancy and lactation
Cat's claw, <i>Uncaria tomentosa</i>	immune stimulant; anti-inflammatory	arthritis; cancer; HIV	20–60 mg standardized dry extract	autoimmune illness; multiple sclerosis; avoid during pregnancy and lactation
Cayenne, <i>Capsicum annum</i>	substance P blocker; decreases lipids; decreases platelet aggregation	arthritis; muscle pain; neuralgia; post- mastectomy pain; psoriasis	0.025–0.075% extract; topical use	eye irritation; burning sensation; gastritis; diarrhea
Chamomile, <i>Matricaria recutita</i> , <i>Matricaria chamomilla</i>	antispasmodic effect; sedative effect; anti-inflammatory	GI complaints; skin inflammations; insomnia; stress and anxiety	3–4 cups of tea as needed; 0.9–2 g capsules; topical use	avoid if allergy to a member of daisy family (Asteraceae) such as ragweed, asters, chrysanthemums
Chaste tree, <i>Vitex agnus castus</i>	Prolactin inhibitor; dopamine agonist; progestogenic	menstrual disorder; promotion of lactation; infertility	30–40 mg extract; 1–5 ml diluted tincture; 1–4 ml diluted extract; 1000 mg tablets	generally not significant; avoid during pregnancy and lactation
Cranberry, <i>Vaccinium macrocarpon</i>	antibacterial action	urinary tract infections	360–960 ml liquid; 300–400 mg standardized extract	not reported
Devil's claw, <i>Harpagophytum procumbens</i>	anti-inflammatory; analgesic; antirheumatic	rheumatic and arthritic conditions	400–500 mg extract	mild GI disturbances

Dong quai, <i>Angelica sinensis</i>	phytoestrogen, antimicrobial effects; smooth muscle relaxant; IgE inhibition	dysmenorrhea; menopause symptoms; allergies	1–2 g dried root, 9–15 ml tincture	photodermatitis; uterine stimulant; contraindicated in the first trimester of pregnancy
Evening primrose, <i>Oenothera biennis</i>	source of GLA	inflammation; premenstrual syndrome; menopause; fibrocystic breast; eczema	1.5–8 g	headache; GI symptoms; interaction with phenothiazines
Feverfew, <i>Tanacetum parthenium</i>	decreases platelet aggregation; smooth muscle relaxant; decreases prostaglandin from platelets and white blood cells	migraine prophylaxis and treatment	50–100 mg; 125 mg dried leaves or 2 fresh leaves	oral ulcers; rash; rebound migraine; avoid during pregnancy and lactation; interactions with warfarin
Flax seed, <i>Linum usitatissimum</i>	laxative; anticholesterolemic; anti-inflammatory	eczema; skin inflammation; hypertension; diabetes	1–6 tablespoons/day (58% standardized $\alpha$ -linolenic acid)	nausea; vomiting; diarrhea; hypersensitivity; avoid during pregnancy and lactation
Ginger, <i>Zingiber officinale</i>	antiemetic; positive inotropic	dyspepsia; emesis; loss of appetite; motion sickness	0.75–4.0 g extract	heartburn; avoid during pregnancy and lactation
Goldenseal, <i>Hidrastis Canadensis</i>	Antimicrobial	cold; diarrhea	0.75–1.5 g	mouth irritation; avoid during pregnancy and in diabetic patients
Grape seed extract, <i>Vitis vinifera</i>	antioxidant; antimutagenic; anti-inflammatory	retinopathy; allergies; prevention of atherosclerosis; cancer	40–80 mg of extract	not reported
Green tea, <i>Camellia sinensis</i>	antioxidant, stimulation of CNS; antibacterial; antimutagenic; cholesterol-lowering effect; inhibition of cell proliferation	cancer prevention; tumor progression; cardiovascular diseases; AIDS	6–10 cups; 3 capsules of standardized extract	insomnia; avoid during pregnancy and lactation
Hawthorn, <i>Crataegus laevigata</i>	cardiac glycoside effect; coronary dilatation; decrease peripheral resistance; ACE inhibition; mild diuretic; collagen stabilizer	congestive heart failure; hypertension; angina	0.9–2.3 g standardized extract	hypotension; arrhythmia
Hop, <i>Humulus lupulus</i>	sedative; antimicrobial	insomnia; nervous tension	0.5–1.0 g extract	allergic dermatitis; respiratory allergy; anaphylaxis; avoid during pregnancy and lactation

Horse chestnut, <i>Aesculus hippo castanum</i>	reduces lysosomal activity; improve venous tone; inhibits capillary permeability; diuretic	Chronic venous insufficiency; hematoma; varicose veins; hemorrhoids	100–150 mg extract; topical use	pruritus; nausea; stomach complaints; bleeding; nephropathy; allergic reactions; avoid during pregnancy and lactation
Licorice root, <i>Glycyrrhiza glabra</i>	laxative; expectorant; antispasmodic; anti- inflammatory; antimicrobial; estrogenic; adrenocorticotropic	Gastric ulcer; catarrhs; cancer prevention; inflammation; antioxidation	750–1500 mg	nausea; vomiting; hypertension; edema; headache; weakness; hypokalemia; anorexia; hypersensitivity; avoid during pregnancy and lactation
Milk thistle, <i>Silybum marianum</i>	protection of hepatocytes; radical scavenger	liver diseases such as hepatitis, alcoholic cirrhosis	600 mg extract (70% silymarin)	diarrhea; avoid during pregnancy and lactation
Pycnogenol, <i>Pinus maritima</i>	antioxidant and antitumor actions; inhibition of tumor necrosis factor- $\alpha$ ; inhibition of smoking- induced platelet aggregation	Cardiac and cerebral infarction; antitumor; inflammation	not specified	avoid during pregnancy, lactation and in children
Soy, <i>Glycine max</i>	phytoestrogen; anticancer; anticholesterol	postmenopausal symptoms; prevention of osteoporosis and cancer; hypercholesterolemia	25–60 g of soy protein or 60 mg of isoflavones	nausea; bloating; diarrhea; abdominal pain; hypersensitivity reaction
Willow, <i>Salix spp.</i>	antipyretic; analgesic	fever; pain; rheumatic disorders	120–140 mg salicin	avoid during pregnancy and lactation, patients with salicylate intolerance; interaction with anticoagulants
Yohimbe, <i>Pausinystalia yohimbe</i>	penile vasodilatation via peripheral $\alpha_2$ adreno receptor antagonism	erectile dysfunction	16–18 mg of yohimbine hydrochloride	nausea and vomiting; anxiety; hypertension; tachycardia; bronchospasm; avoid during pregnancy and lactation, and in psychiatric patients

GI, gastrointestinal; IgE, immunoglobulin E; GLA,  $\gamma$ -linoleic acid; CNS, central nervous system; ACE, angiotensin converting enzyme