

## Herbals Committee

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<b>Herbal Medicine</b>	
<b>Herbals Drug List</b>	
<b>PRIMARY DRUGS</b>	<b>SECONDARY DRUGS</b>
Echinacea Ephedra Gingko Ginseng Glucosamine Chondroitin Kava Saw Palmetto St. John's Wort	Black Cohosh Chamomile Guarana Milk Thistle Valerian Vohimbe
<b>Knowledge Objectives</b>	
<b>Actions on organ systems</b> Be familiar with the mechanisms by which herbal products exert their pharmacological effects. Know that there is evidence for effectiveness for some herbal products, but many others have been shown to have no beneficial effect.	
<b>Adverse effects, drug interactions and contraindications</b> Understand that serious drug interactions can occur between herbal products and prescription medicines and know what these are (e.g. St John's Wort and HIV protease inhibitors). Be aware of serious side effects of herbal products (e.g. kava may cause liver toxicity; ephedra increases blood pressure). Know which herbal products should be avoided in pregnancy (e.g. black cohosh).	
<b>Notes</b> Understand that there is little or no regulation of herbal products, so that products may not contain the quantity of active compound listed on the bottle. Understand that some compounded products (e.g. Chinese herbal mixtures) have been shown to contain toxic compounds, such as lead or strychnine, so the source is important. Be aware that independent labs determine the quality of herbal products and publish reports on these (e.g. <a href="http://www.consumerlab.com">www.consumerlab.com</a> ).	

