Herb/Herb Group	Possible Interacting Drugs	Possible Interaction(s)
Aloe Vera gel and juice (*Aloe barbadensis)*	Oral hypoglycaemic drugs (e.g. glibenclamide)	Increased hypoglycaemic effects possible
	Vitamin C & E	Increased absorption possible
American Ginseng (*Panax quinqefolium)*	Antipsychotics	Improvement in working memory and reduced extrapyramidal effects. Possible potentiation of antipsychotic properties.
	Oral hypoglycaemics	Possible enhancement of hypoglycaemic effect
	Warfarin	Reduced plasma levels in healthy males after 2 weeks ginseng administration
Andrographis (*Andrographis paniculata)*	Etoricoxib	Reduced etoricoxib bioavailability with large doses of Andrographis or andrographolide reported in rats
	Nabumetone	Reduced nabumetone bioavailability & compromised anti-arthritic activity reported in rats
	Naproxen	Reduced oral bioavailability reported in rats, though anti-arthritic activity increased
	Theophylline	Drug bioavailability reduced in studies on rats
Aniseed essential oil (*Pimpinella anisum)*	Paracetamol	Reduced paracetamol bioavailability reported in mice
Anthraquinone laxatives	Cisplatin	Reduced anticancer activity implicated by in vitro study involving Aloe emodin
	Digoxin and other cardioactive glycosides	Potassium depletion (hypokalaemia) leading to increased risk of cardiac toxicity, if large doses used.
	Thiazide diuretics	Potassium depletion
Anxiolytics (Valerian, Kava, Passionflower, Californian Poppy, Hops etc)	Hypnotics, tranquillisers, opiates, and some analgesics acting as CNS.depressants	Additive CNS depressant effects, particularly with large doses.
Anti-platelet agents	Anticoagulants (e.g. warfarin, heparin)	Potentiation of anticoagulant effect and possible bleeding
Bacopa *(Bacopa monniera)*	Thyroxine	Possible potentiation of thyroid hormone effects
Baical Skullcap (*Scutellaria baicalensis*)	Cyclosporin	Possible reduction in bioavailability of oral cyclosporin if co administered with large doses Baical Skullcap
	Etoposide	Possible potentiation of antitumour action, by wogonin
	Grape seed	Potentiated antioxidant effects
	Mefenamic acid	Potentiation of anti-inflammatory effects and reduction in gastric ulcer adverse effects, in rats
	Methotrexate	Large doses increase methotrexate bioavailability in rats
	Rosuvastatin	Reduced plasma concentrations of rosuvastatin possible

Herb/Herb Group	Possible Interacting Drugs	Possible Interaction(s)
Barberry *(Berberis vulgaris)*	Antihypertensives	Possible enhanced hypotensive effect, with large doses of fruit extract.
	Losartan	Increased drug bioavailability reported in rats
Betel Nut (*Areca catechu)*	Antipsychotic drugs	Increased parkinsonian side effects reported with flupenthixol & fluphenazine
Bilberry (*Vaccinium myrtillus)*	Warfarin	Possible potentiation of anticoagulant activity, with high doses
Bitter melon (*Momordica charantia)*	Oral hypoglycaemic drugs (e.g. chlorpropamide)	Increased hypoglycaemic effects possible, if large doses taken.
	Vinblastine	Reversal of multidrug resistance reported *in vitro*
Bladderwrack *(Fucus vesiculosus)*	Amiodarone	Reduced oral drug bioavailability reported in rats
	Antithyroid agents (carbimazole, propylthiouracil etc)	Possible antagonism of antithyroid hormone activity
	Thyroxine	Possible potentiation of thyroid hormone activity
Broom *(Cytisus scoparius)*	Antihypertensive drugs	Possible interference with hypotensive activity
Buckthorn *(Rhamnus frangula)*	Cardiac glycosides + antiarrhythmic agents	Use of large doses may product hypokalaemia, which potentiates drug toxicity
Bugleweed *(Lycopus americanus; Lycopus europaeus; Lycopus virginicus)*	Antithyroid agents (carbimazole, propylthiouracil etc)	Possible potentiation of anti-thyroid effects
	Thyroxine	Possible antagonism of thyroxine activity
Bupleurum *(Bupleurum spp)*	Corticosteroids (eg prednisone)	Theoretical potentiation of anti- inflammatory action of corticosteroids
Butterbur *(Petasites hybridus)*	Corticosteroids	Enhanced anti-inflammatory effects in asthma
Carica papaya	Amiodarone	Increased bioavailability reported in rats
Cascara (and other anthraquinone laxatives) *(Cassia auriculata)*	Digoxin, quinidine and other antiarrhythmic drugs	Possible hypokalaemia with long term laxative use, thus potentiating possible toxicity of cardiac glycosides and antiarrhythmic agents.
	Carbamazepine	Increased bioavailability likely
	Theophylline	Increased bioavailability likely
Capsicum / Cayenne pepper (*Capsicum annuum)*	Antacids	Possible antagonism of gastroprotective action
	Aspirin	Reduced sailicylic acid bioavailability in rats following large doses of chilli
	Theophylline	Increased bioavailability possible
Chamomile (*Matricaria recutita)*	Antihistamines	Potentiation of antipruritic effects
Chaste Tree (*Vitex agnus-castus*)	Haloperidol, chlorpromazine, metoclopramide & other dopamine receptor antagonists	Possible antagonism of antipsychotic or anti-emetic effects, due to possible dopaminergic action of Chaste Tree

Herb/Herb Group	Possible Interacting Drugs	Possible Interaction(s)
Chaste Tree *cont.*	Progesterone drugs, oral contraceptives, HRT, clomiphene	Possible interference with activity of hormonal drugs, by as yet unknown mechanisms
Cinchona bark (*Cinchona officinalis)* (containing quinine)	Antiarrhythmics	Plasma concentration of flecainide increased
	Antihistamines	Ventricular arrhythmias with astemizole and terfenadine
	Cardioactive glycosides	Plasma concentration of digoxin increased
	Cimetidine	Increased plasma levels quinine due to inhibition of metabolism by cimetidine.
Cinnamon (*Cinnamomum spp.)*	Insulin	Possible potentiation of hypoglycaemic effect
	Oral hypoglycaemic drugs	Possible potentiation of hypoglycaemic effect
Cochinchina momordica	Foot & mouth disease vaccine	Enhancement of immune response to vaccine shown in pigs
	Influenza vaccination (H5N1)	Enhancement of immune responses shown in chickens
Cola	Caffeine	Enhanced stimulant effects possible with large doses.
	Phenytoin	Increased bioavailability of phenytoin reported in rabbits
Cordyceps *(Cordyceps sinensis)*	Gentamycin & other aminoglycoside antibiotics	Protection against nephrotoxicity in rats
Cranberry	Warfarin	Case reports of increased anticoagulant effects, although no effects shown in healthy volunteers
Cumin *(Cuminum cyminum)*	Rifampicin	Enhancement of plasma levels by aqueous extract reported
Curcumin (from Turmeric) *(Curcuma longa)*	Ethanol	Possible protection against alcohol- induced neurological disorders
	Gliclazide	Enhanced hypoglycaemic effects reported in rats & rabbits
	Vinblastine & other cytotoxics	Possible enhanced cytotoxic effects due to reversal of multidrug resistance
Dandelion leaf *(Taraxacum officinale)*	Diuretics	Theoretical potentiation of diuretic effects with large doses
Da-Cheng-Qi *(Rheum tanguticum; Citris aurantium)*	Ranitidine	Increased drug bioavailability reported in rats
Dan Shen *(Salvia miltiorrhiza)*	Anticoagulants	Potentiation of anticoagulant effects likely
	Cyclosporin	Protection against nephrotoxicity from parenteral Salvia in rats
Diuretics *(eg Apium graveolens)*	Corticosteroids	Increased risk adverse effects due to increased potassium loss (theoretical only).
Dong Quai (*Angelica sinensis)*	Anticoagulants	Theoretical risk of enhanced anticoagulant effects
Echinacea (*Echinacea purpurea; Echinacea angustifolia)*	Immunosuppressive drugs (eg cyclosporine, tacrolimus)	Theoretical reduction in immunosuppressive effects, though no cases reported.

Herb/Herb Group	Possible Interacting Drugs	Possible Interaction(s)
Echinacea *cont.*	Marijuana	Increased sensitivity to pharyngeal irritant effects of alkamide-rich liquid preparations reported.
Ephedra sinica	Antihypertensive agents	Possible antagonism of antihypertensive effect
	CNS stimulants	Sympathomimetic effects; hypertension
	Digoxin and cardioactive glycosides	Arrhythmias possible
	Ergotamine and oxytocin	Hypertension possible
	Halothane	Arrhythmias possible
	Monoamine oxidase inhibitors (MAOI's)	Life-threatening acute hypertensive response + hyperpyrexia & coma possible
	SSRI antidepressants	Potentiation of serotonergic effects possible
Feverfew (*Tanacetum parthenium)*	Anticoagulants	Theoretical potentiation of anticoagulant effects
Flaxseed *(Linum usitatissimum)*	Many drugs	Theoretical delay in absorption of drugs taken simultaneously
Garlic *(Allium sativum)*	Adriamycin	Protection against cardiotoxicity from large doses
	Anticoagulants (warfarin, phenprocoumon)	Possible mild potentiation of anticoagulant effect
	Gentamycin	Protection against nephrotoxicity
	Platelet inhibitors (dipyridamole, aspirin, indomethacin etc)	Theoretical potentiation of platelet inhibitory effects, with large doses of garlic
	Saquinavir	Reduced plasma levels reported, with large doses of garlic
Gentian (and other bitters) (*Gentiana lutea)*	Anti Peptic-ulcer agents	Possible antagonism of anti-ulcer effects
Ginger *(Zingiber officinale)*	Anticoagulants (warfarin, phenprocoumon)	Theoretical potentiation of anticoagulant effect, when high doses ginger taken, though little clinical evidence
	Antiplatelet agents (eg aspirin, dipyridamole)	Theoretical potentiation of antiplatelet effect, when high doses ginger taken, though little clinical evidence and no effect in healthy volunteers
	Cyclosporin	Large doses ginger may reduce bioavailability of oral cyclosporin
	Diclofenac	Reduced plasma levels seen in rabbits from a combined ginger & pepper preparation
Ginkgo (*Ginkgo biloba)*	Amlodipine	Increased oral drug bioavailability reported in rats
	Anticoagulants & antiplatelet agents	Theoretical potentiation of anticoagulant or antiplatelet effects, though no effect in healthy volunteers

Herb/Herb Group	Possible Interacting Drugs	Possible Interaction(s)
Ginkgo *cont.*	Cilostazol	Enhanced anti-atherogenic effect suggested in mice
	Clopidogrel	Possible interference with anticoagulant effect; reduced clopidogrel bioavailability reported, but increased bioavailability of active metabolite
	Doxorubicin	Reduction in cardiotoxicity in animal studies
	Efavirenz	2 cases of virological breakthrough reported
	Gentamycin	Protection against ototoxicity reported in guinea pigs and mice
	Haloperidol	Improved efficacy of haloperidol & less adverse effects reported
	Metformin	Some potentiation of hypoglycaemic action suggested
	Midazolam	Possible enhancement in drug availability
	Simvastatin	Reduced oral simvastatin but not simvastatin acid PK bioavailability reported in healthy volunteers
	Tolbutamide	Slight attenuation of hypoglycaemic effect possible
Green Tea (*Camellia sinensis)*	Bortezomib	Reduced anticancer effects of bortezomib reported in vitro
Guar gum (and other bulking agents)	Antibiotics	Absorption of phenoxymethypenicillin reduced
Gymnema (*Gymnema sylvestre)*	Glimepiride	Potentially improved antidiabetic effects
	Hypoglycaemic drugs	Possible potentiation of hypoglycaemic effects
	Insulin	Possible potentiation of hypoglycaemic effects
Hawthorn *(Crataegus monogyna; Crataegus laevigata)*	Digoxin & other cardiac glycosides	Increased inotropic and other cardiovascular activity, possibly requiring dosage reduction.
	Hypotensive drugs	Increased hypotensive effect possible, with large doses of hawthorn.
Hemidesmus (*Hemidesmus indicus)*	Gentamicin	Protection against nephrotoxicity shown in animal studies
Honey	Carbamazepine	Reduced plasma levels of carbamazepine reported following large doses honey in rabbits
	Diltiazem	Reduced plasma levels diltiazem reported following large doses honey to rabbits
	Phenytoin	Increased plasma levels of phenytoin reported in rabbits
Hops *(Humulus lupulus)*	Benzodiazepines, Hypnotics, Opioid analgesics, Tricyclic antidepressants	Potentiation of sedative effects
Horsechestnut *(Aesculus hippocastanum)*	Anticoagulants & antiplatelet agents such as warfarin and aspirin	Potentiation of anticoagulant effects reported.
	5 – Fluorouracil	In vitro potentiation of activity against hepatocellular carcinoma reported for β-aescin

Herb/Herb Group	Possible Interacting Drugs	Possible Interaction(s)
Horseradish (*Armoracia rusticana)*	Propylthiouracil, methimazole & other anti-thyroid agents.	Increased thyrotoxic activity possible with large doses
	Thyroxine	Possible antagonism of thyroxine activity, with large doses
Karela *(Momordica charantia)*	Insulin	Potentiation of hypoglycaemic effects possible
	Sulphonylureas, biguanides, oral hypoglycaemics	Potentiation of hypoglycaemic effects possible
Kava (*Piper methysticum)*	Dopamine antagonists (eg antipsychotics, metoclopramide)	Increased risk of Parkinsonian side effects theoretically possible.
	Drugs with a risk of hepatotoxicity	Possible increased risk of hepatotoxicity
	Ethanol	Additive C.N.S. depressant effects possible, especially with large doses.
	Levo-dopa & other dopaminergic agents	Possible reduction of efficacy of l-dopa in Parkinson's disease.
	Sedative drugs (hypnotics, benzodiazepines, opiates, some analgesics)	Additive C.N.S. depressant effects possible, especially with large doses.
Kelp	Antithyroid agents (carbimazole, propylthiouracil etc)	Possible interference with antithyroid activity
	Thyroxine	Possible potentiation of thyroid hormone activity
Kyushin (Japanese preparation)	Digoxin	Possible interference with digoxin plasma assay
Laxative (anthraquinone-containing) herbs	Antiarrhythmic drugs	Possible interference with drug activity if hypokalaemia following long term laxative abuse
	Digoxin	Possible digoxin toxicity due to hypokalaemia if long term laxative abuse
Lemon *(Citrus limon)*	Chloroquine	Possible reduction in bioavailability & thus antimalarial effects
Liquorice *(Glycyrrhiza glabra)*	Alprazolam	Potentiation of anxiolytic effect suggested from animal studies
	Antihypertensives	Interference with hypotensive effects, with prolonged use of large doses
	Azathioprine	Lowered risk of hepatotoxicity possible
	Corticosteroids	Theoretical potentiation of steroidal effects
	Digoxin	Hypokalaemia leading to adverse cardiovascular effects, if large doses taken.

Herb/Herb Group	Possible Interacting Drugs	Possible Interaction(s)
Liquorice cont.	Lignocaine	Enhanced drug clearance in rats reported for *Glycyrrhiza uralensis* (Chinese liquorice)
	Ribavirin	Reduced drug plasma levels reported with concurrent glycyrrhizin in rats
	Thiazide and loop Diuretics	Hypokalaemia with adverse effects especially likely when combined with digoxin as above
Milk Thistle (St Mary's Thistle) (*Silybum marianum)*	Doxorubicin	Protection against myocardial adverse effects shown in rats
	Glibenclamide, metformin	Improved diabetic control possible
	Metronidazole	Reduced antibiotic effects possible; Silymarin shown to increase clearance of metronidazole
	Raloxifene	Silybin A and silybin B may increase raloxifene systemic exposure by inhibiting intestinal raloxifene glucuronidation
	Ribavirin	Reduced drug plasma levels reported with concurrent silymarin in rats
	Rispiridone	Increased oral drug bioavailability reported in rats
Myrrh (*Commiphora molmol)*	Warfarin	Case report of reduced anticoagulant effects
Nigella sativa	Amoxycillin	Enhanced parenteral and oral bioavailability reported in rats
Ocimum gratissimum (African basil)	Ampicillin	Enhanced activity against E Coli & Proteus mirabilis suggested
	Cotrimoxazole	Enhanced activity against E Coli suggested
	Ketoconazole	Enhanced anti-Candida activity suggested
	Nystatin	Enhaced ant-Candida activity suggested
Orange Juice	Atenolol, Celiprolol & possibly other beta- blockers	Reduced bioavailability following 200ml orange juice three times daily.
Paeony (*Paeonia lactiflora)*	Sodium picosulphate & other stimulant laxatives; amoxicillin & metronidazole	Reduced plasma levels of paeony active metabolite possible.
Passionflower (*Passiflora incarnata)*	Benzodiazepines, hypnotics, opioid analgesics, tricyclic antidepressants	Theoretical potentiation of sedative effects
Pepper *(Piper nigrum (black); Piper longum (long))*	Amoxycillin, cefotaxime & other beta lactam antibiotics	Increased plasma levels possible
	Diclofenac & other NSAID drugs	Reduced plasma levels shown from combined pepper & ginger preparation in rabbits
	Phenytoin, Rifampicin	Increased bioavailability shown with piperine
Pomegranate (*Punica granatum)*	Metformin	Reduced Metformin bioavailability reported in rats
Pomelo Juice *(Citrus maxima)*	Cyclosporin	Increased bioavailability reported in healthy volunteers
	Tacrolimus	Case report of increased plasma levels

Herb/Herb Group	Possible Interacting Drugs	Possible Interaction(s)
Psyllium seed (*Plantago psyllium)*	Digoxin, warfarin, lithium, carbamazepine	Decreased absorption from GIT possible, with simultaneously administered drugs, though controversial
Reishi mushroom *(Ganoderma lucidum)*	Benzodiazeprines & other sedatives	Potentiated hypnotic effects shown in rats
Resveratrol	Diclofenac	500mg/day resveratrol increased bioavailability of diclofenac, in healthy human volunteers
Rhodiola (*Rhodiola rosea)*	Losartan	Increased oral drug bioavailability reported in rabbits
Rhubarb *(Rheum palmatum)*	Cyclosporin	Reduced cyclosporine bioavailability reported in rats
	Digoxin and other cardiac glycosides	Potassium loss and thus increased risk of cardiovascular toxicity, with prolonged use or abuse
Rosemary (*Rosmarinus officinalis)*	Azathioprine	Protection against azathioprine- induced liver toxicity
	Chemotherapy drugs	Enhanced intracellularaccumulation of doxorubicin and vinblastine reported *in-vitro*
Sage (*Salvia officinalis)*	Azathioprine	Protection against azathioprine- induced liver toxicity
Salboku-to (Asian herbal mixture; contains same herbs as 'Sho-saiko-to', plus xiao chai hu tang) (*Poria cocos, Magnolia officinalis, Perillae frutescens)*	Prednisolone or prednisone	Increased steroidal effects possible
Schisandra *(Schisandra chinensis & sphenanthera)*	Cyclosporin A	Enhanced oral drug bioavailability reported for low but not high drug dosage in rats
	Cytotoxics	Possible enhanced cytotoxic effects by large doses due to reversal of multidrug resistance by gomisin A and schisandrol A
	Paclitaxel	Enhanced oral bioavailability of paclitaxel in rats
	Rapamycin	Enhanced oral drug bioavailability reported in healthy volunteers
	Tacrolimus	Enhanced oral bioavailability shown in healthy volunteers
Sedatives (eg Valerian, Hops, Kava, Passionflower)	Sedative drugs (eg benzodiazepines, clonidine, opioid analgesics, phenobarbitone)	Potentiation of sedative effects
Senna *(Cassia spp)*	Cardiac glycosides & antiarrhythmics (eg quinidine)	Hypokalaemia leading to increased risk of cardiac toxicity.
Senega *(Polygala senega)*	Hypoglycaemic drugs	Possible enhancement of hypoglycaemic effects
Shankhapushpi (Ayurvedic preparation)	Phenytoin	Decreased phenytoin concentrations, loss of seizure control
"Sho-saiko-to" (Minor Bupleurum)	Carbamazepine	Reduced plasma levels measured in rats after large doses

Herb/Herb Group	Possible Interacting Drugs	Possible Interaction(s)
Siberian Ginseng (*Eleutherococcus senticosus)*	Digoxin	Interference with certain laboratory serum digoxin measurements reported
Slippery Elm (*Ulmus rubra*)	Various drugs	Theoretical reduction in absorption & thus clinical effects
Sophora flavescens (Kushen)	Various drugs	Theoretical enhancement of effects through inhibition of CYP450 3A4
St John's Wort (*Hypericum perforatum)*	Amitriptyline & nortriptyline	Possible reduction in plasma levels and thus antidepressant effects
	Atorvastatin	Reduced hypocholesterolaemic effect possible
	Carbamazepine	Theoretical reduction in plasma levels, though no effects in a volunteer study.
	Cisplatin	Possible protection against cisplatin nephrotoxicity by pre-treatment with large doses.
	Clopidogrel	Enhanced antiplatelet effects reported in hyporesponders
	Cyclosporin, tacrolimus & other immunosuppressants	Possible reduction in plasma immuno-suppressant levels, & thus compromised treatment/ transplant rejection.
	Daunorubicin	Possible reduction in plasma levels & thus failure of cytotoxic effect.
	Digoxin	Possible reduction in plasma digoxin levels, and thus therapeutic failure
	Docetaxel	Possible reduced plasma levels & thus failure of cytotoxic effect.
	Fexofenadine	Reduction of plasma levels & thus antihistaminic effects
	Gliclazide	Reduced plasma levels possible
	Imatinib mesylate	Possible reduced plasma levels & thus failure of cytotoxic effects
	Indinavir, saquinavir, ritonavir & other protease inhibitor antivirals	Possible reduction in plasma levels, & thus failure of antiviral effect.
	Irinotecan	Reduced plasma levels of active metabolite SN-38 in cancer patients reported.
	Ivabradine	Reduced plasma levels possible
	MAOI's	Theoretical possibility of serious serotonin syndrome, though no cases reported
	Methadone	Case reports of reduced plasma levels in 2 methadone maintenance patients
	Midazolam	Reduced plasma levels in volunteer study
	Morphine	Potentiated antinociceptive effects reported in mice
	Nevirapine	Reduced plasma levels reported
	Nifedipine	Reduced plasma levels reported
	Omeprazole	Reduced plasma levels reported
	Oral contraceptives	Increased breakthrough bleeding possible; case reports of unwanted pregnancies though no evidence of reduced efficacy from 3 controlled studies
	Oxycodone	Possible reduction in plasma levels and thus analgesic effect

Herb/Herb Group	Possible Interacting Drugs	Possible Interaction(s)
St John's Wort *cont.*	Phenobarbitone	Theoretical reduction in plasma levels
	Phenprocoumon	Reduced plasma levels & thus anticoagulant effects
	Phenytoin	Theoretical reduction in plasma levels.
	Procainamide	Single dose of SJW increases procainamide plasma levels in mice
	Quazepam	Reduced plasma levels possible
	Simvastatin	Reduced plasma concentrations & thus hypocholesterolaemic effects
	SSRI antidepressants (eg fluoxetine, sertraline, paroxetine)	Theoretical possibility of serious serotonin syndrome, though few case reports to date
	Talinolol	Reduced plasma levels possible
	Tacrolimus	Reduced plasma levels reported in renal transplant patients
	Tolbutamide	Increased incidence of hypoglycaemia
	Triptans (sumatriptan, naratriptan, rizatriptan, zolmitriptan)	Theoretical possibility of serotonin syndrome, though no case reports to date
	Verapamil	Reduced bioavailability reported in healthy volunteers
	Warfarin	Possible reduction in anticoagulant effect
	Zolpidem	Reduced plasma drug levels reported
St Mary's Thistle – see Milk Thistle		
Sympathomimetics (e.g. ephedrine and pseudoephedrine from Ephedra spp)	ACE inhibitors	Severe hypertension
	Anaesthetics	Arrhythmia
	Antidepressants	Hypertensive crises with MAOIs; hypertension, arrhythmias with tricyclics
	Antihypertensives, Antipsychotics, Beta-blockers	Antagonism, hypertension (possibly severe)
	Bronchodilators	Potentiation
	Diuretics	Increased risk of hypokalaemia
	Dopaminergics	Increased risk of toxicity with bromocriptine
	Vasoconstrictors	Increased vasopressor effects
Tamarind *(Tamarindus indica)*	Choroquine	Reduced chloroquine bioavailability shown in healthy volunteers
	Ibuprofen	Increased ibuprofen bioavailability shown in healthy volunteers
Tannin-rich agents	Iron, Zinc, Calcium & mineral preparations	Possible reduced mineral absorption from GIT
	Many drugs	Theoretical reduction in absorption from GIT, although virtually no evidence to date
	Protein rich preparations	Possible reduced protein absorption from GIT

Herb/Herb Group	Possible Interacting Drugs	Possible Interaction(s)
Thyme (*Thymus vulgaris)*	Tetracycline-based & possibly β-lactam-based antibiotics	Potentiation of antibiotic effects against MRSA possible with large doses
Trikatu (Ayurvedic preparation containing ginger, black pepper, and *Piper longum*)	Ibuprofen	Reduced bioavailability reported in rabbits
	Rifampicin	Rate but not extent of bioavailability reduced in rabbits
Turmeric (*Curcuma longa*)	Platelet inhibitors (eg aspirin, dipyridamole) and Anticoagulants (warfarin)	Possible potentiation of antiplatelet effect with high doses of turmeric or curcumin
Uzara root (Ayurvedic preparation)	Digoxin	Interference with digoxin plasma assay
Valerian (*Valeriana officinalis)*	Benzodiazepines, hypnotics, tricyclic antidepressants, opioid analgesics, anaesthetics	Potentiation of sedative effects & prolongation of anaesthesia
Vasoconstrictors (e.g. Broom)	Antihypertensives	Antagonism
	Sympathomimetics	Hypertension
Vasodilators (eg Hawthorn)	Antihypertensives	Additive effects
Vitamins	Anticoagulants	Vitamin K antagonizes
	Anticonvulsants	Folic acid occasionally reduces plasma concentration; vitamin D requirements increased
	Diuretics	Hypercalcaemia with thiazides and vitamin D supplementation
	Dopaminergics	Levodopa antagonized with pyridoxine
Willow bark *(Salix alba)*	Anticoagulants	Theoretical potentiation of anticoagulant effects with large doses
Xanthine-rich remedies (e.g. Cola, Guarana, Mate)	Antidepressants, selective serotonin reuptake inhibitors (SSRIs)	Plasma concentration of xanthines increased
	Antihypertensives	Antagonism of hypotensive effect possible.
Yohimbe *(Pausinystalia yohimbe)*	Antihypertensives	Antagonism of hypotensive effect possible.

Note: While the author has made every effort to ensure that the informationgiven in this table is accurate and up-to-date, no responsibility can be held for the cliical safety of any of the above combinations or contraindications, or any future information that may become available on this constantly changing subject.
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