**St. John’s Wort**

**Synonyms:** Perforate St. John's wart, Tipton's Weed or Klamath weed

**Source**: St John's-wort, is the flowering plantof Hypericum perforatum, belonging to family Hypericaceae.

**Chemical constituents**:—Hypericin (a naphthodianthrone) and hyperforin (a lipophilic phloroglucinol)—have the greatest medical activity. Other compounds, including the flavonoids rutin, quercetin, and kaempferol, also appear to have medical activity.

**Uses:** It is mainly used for treatment of depression and menopausal symptoms. It has been used for hundreds of years in folk medicine, especially for healing wounds and as an antibacterial.

**Side effects:** St. John's wort is safe when taken orally for up to 12 weeks. Some evidence suggests it can be used safely for over one year. It can cause some side effects such as trouble sleeping, vivid dreams, difficulty sitting still, nervousness, irritability, stomach upset, tiredness, dry mouth, dizziness, headache, skin rash, diarrhea, and skin tingling.

**Interactions:**

* **Alprazolam (Xanax).** Taking St. John's wort with this drug used to relieve symptoms of anxiety might decrease the drug's effect.
* **Antidepressants.** Taking St. John's wort with antidepressants might increase the risk of the accumulation of high levels of serotonin in the body. Too much serotonin can cause mild to severe side effects.
* **Barbiturates.** Taking St. John's wort with a drug that acts as a central nervous system depressant (barbiturate) might decrease barbiturate-induced sleep time.
* **Bupropion (Wellbutrin SR).** Taking St. John's wort with this antidepressant might decrease the drug's effect.
* **Certain chemotherapy drugs.** Taking St. John's wort with irinotecan (Camptosar), Docetaxel (Taxotere) or Imatinib (Gleevec) might reduce the chemotherapy drug's effects.
* **Certain immunosuppressive drugs.** Taking St. John's wort with tacrolimus (Prograf) or cyclosporine (Neoral, Sandimmune) might decrease the drug's effect.
* **Certain statins.** Taking St. John's wort with simvastatin (Zocor) might reduce the drug's effectiveness.
* **Contraceptive drugs.** Use of St. John's wort with contraceptive drugs might result in breakthrough bleeding, irregular bleeding or unplanned pregnancy. An additional or alternative form of birth control might be needed.
* **Cytochrome P450 2C19 (CYP2C19) and cytochrome P450 3A4 (CYP3A4) substrates.** Don't take St. John's wort if you're taking a drug affected by these enzymes.
* **Dextromethorphan.** Taking St. John's wort with this cough suppressant might increase the risk of the accumulation of high levels of serotonin in the body.
* **Digoxin (Lanoxin).** Taking St. John's wort with this heart medication can reduce the drug's effect.
* **Fexofenadine (Allegra).** Taking St. John's wort with this antihistamine might cause too much of the drug to build up in body, worsening usual side effects.
* **Ketamine.** Taking St. John's wort with ketamine might reduce the drug's anesthetic effect.
* **Narcotics.** Don't take St. John's wort with methadone. Taking St. John's wort with certain narcotics might reduce the drug's effectiveness. Combining the supplement with meperidine (Demerol) might increase the risk of the accumulation of high levels of serotonin in your body. Combining the supplement with narcotics might also increase narcotic-induced sleep time and painkilling effects.
* **Non-nucleoside reverse transcriptase inhibitors.** Taking St. John's wort with one of these anti-HIV drugs could reduce the drug's effect.
* **Omeprazole (Prilosec, Zegerid).** Don't take St. John's wort with this drug used to treat persistent heartburn. The supplement can reduce the drug's effectiveness.
* **Phenytoin (Dilantin, Phenytek).** Taking St. John's wort with this anticonvulsant might result in loss of seizure control.
* **Photosensitizing drugs.** Taking St. John's wort with a drug that increases sensitivity to sunlight might increase the risk of a reaction.
* **Protease inhibitors.** Taking St. John's wort with this type of antiviral drug can reduce the drug's effectiveness.
* **Triptans.** Don't take St. John's wort with these medications used to treat migraines. The supplement might increase the risk of the accumulation of high levels of serotonin in your body. Too much serotonin can cause mild to severe side effects.
* **Voriconazole.** Taking St. John's wort with this antifungal drug might reduce the drug's effectiveness.
* **Warfarin (Coumadin, Jantoven).** Taking St. John's wort with this drug taken to reduce blood clotting might decrease the drug's effect.

**Kava Kava**

**Synonyms**Kava-Kava; Ava-ava; Kawa.

**Biological Source**It is the dried rhizome and roots of *Piper methysticum*Forst. belonging to

family *Piperaceae.*

**Chemical Constituents**Besides, an appreciable quantity of starch present in it, the drug also

comprises of about 5 to 10% of a resin from which six different and closely related *styrylpyrones* have been duly isolated and characterized, namely: Yangonin, Desmethoxy yangonin, Kawain, Dihydrokawain, Methysticin and Dihydromethysticin.

**Uses:** It acts as potent centrally acting skeletal muscle relaxants. It also possesses antipyretic and local anaesthetic properties. Its underground parts have been used extensively by the natives (Oceania Islands) in the preparation of an intoxication drink prepared from the roots of this plant.

**Side Effects:** Allergic skin reactions, Dizziness, Drowsiness, Enlarged pupils, Gastrointestinal upset, Headache, Hepatitis (acute), Liver damage.

**Interactions:**

Alprazolam (Xanax): Taking kava along with alprazolam (Xanax) may cause too much drowsiness.

Sedative medications (CNS depressants): Taking kava along with sedative medications like clonazepam (Klonopin), lorazepam (Ativan), phenobarbital (Donnatal), zolpidem (Ambien), might cause too much sleepiness.

Levodopa : Levodopa affects the brain by increasing a brain chemical called dopamine. Kava might decrease dopamine in the brain. Taking kava along with levodopa might decrease the effectiveness of levodopa.

Medications changed by the liver: Some medications are changed and broken down by the liver. Kava might decrease how quickly the liver breaks down some medications. Taking kava along with some medications that are changed by the liver might increase the effects and side effects of some medications. Some of these medications that are changed by the liver include clozapine (Clozaril), cyclobenzaprine (Flexeril), fluvoxamine (Luvox), haloperidol (Haldol), imipramine (Tofranil), mexiletine (Mexitil), olanzapine (Zyprexa), pentazocine (Talwin), propranolol (Inderal), tacrine (Cognex), theophylline, zileuton (Zyflo), zolmitriptan (Zomig), and others.

**Gingko**

**Synonyms:** Maidenhair tree

**Source:** It is the dried leaves of *Gingko biloba* belonging to family Ginkgoaceae.

**Chemical constituents:**  Ginkgo leaves contain [phenolic acids](https://en.wikipedia.org/wiki/Phenolic_acids" \o "Phenolic acids), [proanthocyanidins](https://en.wikipedia.org/wiki/Proanthocyanidins" \o "Proanthocyanidins), [flavonoid glycosides](https://en.wikipedia.org/wiki/Glycoside" \l "Flavonoid_glycosides" \o "Glycoside), such as [myricetin](https://en.wikipedia.org/wiki/Myricetin" \o "Myricetin), [kaempferol](https://en.wikipedia.org/wiki/Kaempferol" \o "Kaempferol), [isorhamnetin](https://en.wikipedia.org/wiki/Isorhamnetin" \o "Isorhamnetin) and [quercetin](https://en.wikipedia.org/wiki/Quercetin" \o "Quercetin), and the [terpene](https://en.wikipedia.org/wiki/Terpene" \o "Terpene) trilactones, [ginkgolides](https://en.wikipedia.org/wiki/Ginkgolide" \o "Ginkgolide) and [bilobalides](https://en.wikipedia.org/wiki/Bilobalide" \o "Bilobalide). The leaves also contain unique ginkgo [biflavones](https://en.wikipedia.org/wiki/Biflavone" \o "Biflavone), as well as [alkylphenols](https://en.wikipedia.org/wiki/Alkylphenol" \o "Alkylphenol) and [polyprenols](https://en.wikipedia.org/wiki/Polyprenols" \o "Polyprenols).

**Uses:** Treatment for blood disorders and memory problems, enhancement of cardiovascular function and to improve eye health. Provide protection against oxidative cell damage from harmful free radicals. In this way, antioxidants are believed to help reduce the risk of [cancer](https://www.medicalnewstoday.com/info/cancer-oncology/). Ginkgo can help people with dementia, by causing improved thinking and memory. It is also effective in treating Alzheimer's dementia. Ginkgo seems to improve blood circulation, which might help the brain, eyes, ears, and legs function better. It may act as an antioxidant to slow down Alzheimer's disease and interfere with changes in the brain that might cause problems with thinking. Ginkgo seeds contain substances that might kill the bacteria and fungi that cause infections in the body. The seeds also contain a toxin that can cause serious side effects like seizures and loss of consciousness.

**Side effects:** It can cause some minor side effects such as stomach upset, headache, dizziness, constipation, forceful heartbeat, and allergic skin reactions.  It increases the risk of bruising and bleeding. Ginkgo thins the blood and decreases its ability to form clots. A few people taking ginkgo have had bleeding into the eye, brain, and lungs and excessive bleeding following surgery. Ginkgo leaf extract can cause allergic skin reactions in some people.

**Interactions:**

* Ibuprofen: Taking ginkgo with ibuprofen can slow blood clotting too much and increase the chance of bruising and bleeding.

Ginkgo can slow blood clotting. Taking ginkgo along with medications that also slow clotting might increase the chances of bruising and bleeding. Some medications that slow blood clotting include aspirin, clopidogrel (Plavix), diclofenac (Voltaren, Cataflam, others), ibuprofen (Advil, Motrin, others), naproxen (Anaprox, Naprosyn, others), dalteparin (Fragmin), enoxaparin (Lovenox), heparin, warfarin (Coumadin), and others.

* Warfarin : Taking ginkgo along with warfarin (Coumadin) might increase the chances of bruising and bleeding.
* Alprazolam: Taking Ginkgo along with alprazolam might decrease the effects of alprazolam.
* Efavirenz (Sustiva): Efavirenz is used to treat HIV infection. Taking efavirenz along with ginkgo extract might decrease the effects of efavirenz.
* Fluoxetine (Prozac): Taking ginkgo along with St. John's wort, other herbs and fluoxetine (Prozac) might cause irritation, nervousness, jittery, and excited feelings. This is called hypomania.
* Medications changed by the liver (Cytochrome P450 1A2 (CYP1A2) substrates) interacts with GINKGO

Some medications are changed and broken down by the liver. Ginkgo might decrease how quickly the liver breaks down some medications. Taking ginkgo along with some medications that are changed by the liver might increase the effects and side effects of some medications. Some of these medications that are changed by the liver include clozapine (Clozaril), cyclobenzaprine (Flexeril), fluvoxamine (Luvox), haloperidol (Haldol), imipramine (Tofranil), mexiletine (Mexitil), olanzapine (Zyprexa), pentazocine (Talwin), propranolol (Inderal), tacrine (Cognex), theophylline, zileuton (Zyflo), zolmitriptan (Zomig), and others.

* Medications changed by the liver (Cytochrome P450 2C19 (CYP2C19) substrates) interacts with GINKGO

Some medications are changed and broken down by the liver. Ginkgo might increase how quickly the liver breaks down some medications. Taking ginkgo with these medications might decrease how well the medication works. br /><br /> Some of these medications that are changed by the liver include amitriptyline (Elavil), carisoprodol (Soma), citalopram (Celexa), diazepam (Valium), lansoprazole (Prevacid), omeprazole (Prilosec), phenytoin (Dilantin), warfarin (Coumadin), and many others.

* Antidiabetes drugs: Diabetes medications are used to lower blood sugar. Ginkgo might increase or decrease insulin and blood sugar in people with type 2 diabetes. Taking ginkgo along with diabetes medications might decrease how well your medication works. Monitor your blood sugar closely. Some medications used for diabetes include glimepiride (Amaryl), glyburide (DiaBeta, Glynase PresTab, Micronase), insulin, pioglitazone (Actos), rosiglitazone (Avandia), chlorpropamide (Diabinese), glipizide (Glucotrol), tolbutamide (Orinase), and others.

Trazodone: Trazodone (Desyrel) affects chemicals in the brain. Ginkgo can also affect chemicals in the brain. Taking trazodone (Desyrel) along with ginkgo might cause serious side effects in the brain. One person taking trazodone and ginkgo went into a coma. Do not take ginkgo if you are taking trazodone (Desyrel).

* Hydrochlorothiazide: Hydrochlorothiazide is used to help decrease swelling and control blood pressure. Taking hydrochlorothiazide along with ginkgo might increase blood pressure. Before taking ginkgo talk to your healthcare professional if you take medications for high blood pressure.
* Omeprazole (Prilosec): Omeprazole (Prilosec) is changed and broken down by the liver. Ginkgo might increase how fast the liver breaks down omeprazole (Prilosec). Taking ginkgo with omeprazole (Prilosec) might decrease how well omeprazole (Prilosec) works.

**Ginseng**

**Synonyms:** Radix Ginseng, Shin-seng, Panax root, Ginseng root, Korean ginseng, Chinese ginseng and true ginseng.

**Source:** Ginseng is the dried root of Panax ginseng,  Collected from 5-6 years old plants, in autumn, carefully cleaned and dried, belonging to family Araliaceae. Other varieties of ginseng include Panax quinquefolius (Panax quinquefolium, American Ginseng) and P. pseudoginseng.

**Chemical constituents:** Ginsenosides, known as ginseng saponins, are the major components of ginseng and are classified into two major groups by the type of their aglycones, namely protopanaxadiol and protopanaxatriol.

**Uses:** It is used to boost energy, lower blood sugar and cholesterol levels, reduce stress, promote relaxation, treat diabetes, and manage sexual dysfunction in men.

**Side effects:** Head aches, sleep problems, digestive problems, changes to [blood pressure](https://www.medicalnewstoday.com/articles/270644.php) and blood sugar, irritability, nervousness, blurred vision, a severe skin reaction, [edema](https://www.medicalnewstoday.com/articles/159111.php), [diarrhea](https://www.medicalnewstoday.com/articles/158634.php), bleeding, dizziness, [dry mouth](https://www.medicalnewstoday.com/articles/187640.php), a decreased heart rate, convulsions and seizures.

## Interactions

**Interactions:** Mixing ginseng with a class of [antidepressants](https://www.medicalnewstoday.com/kc/antidepressants-work-248320) called monoamine oxidase inhibitors (MAOIs) cause manic episodes and tremors.

Ginseng can alter the effects of blood pressure, diabetes, and heart medications, including [calcium](https://www.medicalnewstoday.com/articles/248958.php) channel blockers such as nifedipine.

The herb can also increase the risk of bleeding when taken with blood thinners, such as warfarin or [aspirin](https://www.medicalnewstoday.com/articles/161255.php).

Ginseng may intensify the effects of caffeine and other stimulants, leading to a rapid heartbeat and possible sweating or [insomnia](https://www.medicalnewstoday.com/articles/9155.php). It could also cancel out the painkilling effects of morphine.

**Garlic**

**Synonyms:** Lehsun, Rasun, Belluli, Vallaippundu, Garlic.

Source: It consists of the fresh compound bulb of *Allium sativum*, belonging to family Liliaceae.

Chemical constituents: 1. Essential oil:

(i) Alliin, a sulphur containing amino acid.

(ii) Allicin- allyl sulphide.

(iii) Polysulphide responsible for the unpleasant smell of the oil

2. Amino acid: Leucine, methionine, S-methyl cysteine, S-allyl cysteine.

3. Allyl propyl disulphide.

4. Vitamins: A, B, C and D

5. Fatty acid, mucilage and albumin.

6. Minerals: Calcium, Iron and Zinc

Uses: Analgesic, Stimulant, Anticonvulsant, Antibacterial, Diuretic, Tonic, Used in hypertension and atherosclerosis (thickening of arterial wall), carminative, gastric stimulant and aids in digestion and absorption of food, used in the treatment of malignant tumors, Tuberculosis and whooping cough, Aphrodisiac, piles and duodenal ulcer, treatment of epilepsy, reduce blood sugar level, Chronic bronchitis, bronchial asthma.

**Side effects:**

Bleeding disorder: Garlic, especially fresh garlic, might increase the risk of bleeding.  
  
Diabetes: Garlic can lower blood sugar. In theory, taking garlic might make blood sugar too low in people with diabetes.  
  
Stomach or digestion problems: Garlic can irritate the gastrointestinal (GI) tract. Use with caution if you have stomach or digestion problems.  
  
Low blood pressure: Garlic can lower blood pressure. In theory, taking garlic might make blood pressure become too low in people with low blood pressure.  
  
Surgery: Garlic might prolong bleeding and interfere with blood pressure. Garlic might also lower blood sugar levels. Stop taking garlic at least two weeks before a scheduled surgery.

**Interaction:**

* Isoniazid: Garlic might reduce how much isoniazid (Nydrazid, INH) the body absorbs. This might decrease how well isoniazid (Nydrazid, INH) works.
* Medications used for HIV/AIDS (Non-Nucleoside Reverse Transcriptase Inhibitors (NNRTIs): The body breaks down medications used for HIV/AIDS to get rid of them. Garlic can increase how fast the body breaks down some medication for HIV/AIDS. Taking garlic along with some medications used for HIV/AIDS might decrease the effectiveness of some medications used for HIV/AIDS. Some of these medications used for HIV/AIDS include nevirapine (Viramune), delavirdine (Rescriptor), and efavirenz (Sustiva).
* Saquinavir (Fortovase, Invirase): The body breaks down saquinavir (Fortovase, Invirase) to get rid of it. Garlic might increase how quickly the body breaks down saquinavir. Taking garlic along with saquinavir (Fortovase, Invirase) might decrease the effectiveness of saquinavir (Fortovase, Invirase).
* Birth control pills (Contraceptive drugs): Some birth control pills contain estrogen. The body breaks down the estrogen in birth control pills to get rid of it. Garlic might increase the breakdown of estrogen. Taking garlic along with birth control pills might decrease the effectiveness of birth control pills. Some birth control pills include ethinyl estradiol and levonorgestrel (Triphasil), ethinyl estradiol and norethindrone (Ortho-Novum 1/35, Ortho-Novum 7/7/7), and others.
* Cyclosporine (Neoral, Sandimmune): The body breaks down cyclosporine (Neoral, Sandimmune) to get rid of it. Garlic might increase how quickly the body breaks down cyclosporine (Neoral, Sandimmune). Taking garlic along with cyclosporine (Neoral, Sandimmune) might decrease the effectiveness of cyclosporine (Neoral, Sandimmune).
* Medications changed by the liver (Cytochrome P450 2E1 (CYP2E1) substrates): Some medications are changed and broken down by the liver. Garlic oil might decrease how quickly the liver breaks down some medications. Taking garlic oil along with some medications that are changed by the liver can increase the effects and side effects of medication. Some medications that are changed by the liver include acetaminophen, chlorzoxazone (Parafon Forte), ethanol, theophylline, and drugs used for anesthesia during surgery such as enflurane (Ethrane), halothane (Fluothane), isoflurane (Forane), and methoxyflurane (Penthrane).
* Medications that slow blood clotting (Anticoagulant / Antiplatelet drugs): Garlic might slow blood clotting. Taking garlic along with medications that also slow clotting might increase the chances of bruising and bleeding. Some medications that slow blood clotting include aspirin, clopidogrel (Plavix), diclofenac (Voltaren, Cataflam, others), ibuprofen (Advil, Motrin, others), naproxen (Anaprox, Naprosyn, others), dalteparin (Fragmin), enoxaparin (Lovenox), heparin, warfarin (Coumadin), and others.
* Warfarin (Coumadin): Warfarin (Coumadin) is used to slow blood clotting. Garlic might increase the effectiveness of warfarin (Coumadin). Taking garlic along with warfarin (Coumadin) might increase the chances of bruising and bleeding.

**Pepper**

**Synonyms:** Kali Mirch, Kurumuluku, Miriyalu.

**Source:** It is obtained from the dried unripe fruit of *Piper nigrum* L. (Black Pepper), *Piper longum*L., *Piper retrofractum* Vahl. (*Piper officinarum* C.D.C.), and *Piper clusii* C.D.C.; and also in the root bark of *Piper geniculatum*. Sw. belonging to family Piperaceae.

**Chemical constituents**: It contains an alkaloid Piperine and essential oil. The essential oil is composed of various chemical constituents and includes the following; a-thujone, a-pinene, camphene, sabinene, b-pinene, a-phellandrene, myrcene, limonene, caryophyllene, b-farnesene, b-bisabolene, linalool and terpinen-4-ol.

**Uses:** It is used orally for [arthritis](https://www.rxlist.com/script/main/art.asp?articlekey=2337), [asthma](https://www.rxlist.com/script/main/art.asp?articlekey=2373), upset [stomach](https://www.rxlist.com/script/main/art.asp?articlekey=5560), [bronchitis](https://www.rxlist.com/script/main/art.asp?articlekey=2536), a [bacterial](https://www.rxlist.com/script/main/art.asp?articlekey=15038) [infection](https://www.rxlist.com/script/main/art.asp?articlekey=12923) that causes [diarrhea](https://www.rxlist.com/script/main/art.asp?articlekey=2985) ([cholera](https://www.rxlist.com/script/main/art.asp?articlekey=6534)), [colic](https://www.rxlist.com/script/main/art.asp?articlekey=2779), [depression](https://www.rxlist.com/script/main/art.asp?articlekey=2947), diarrhea, gas, [headache](https://www.rxlist.com/script/main/art.asp?articlekey=11396), sex drive, [menstrual](https://www.rxlist.com/script/main/art.asp?articlekey=30736) [pain](https://www.rxlist.com/script/main/art.asp?articlekey=4723), [stuffy nose](https://www.rxlist.com/script/main/art.asp?articlekey=97621), [sinus](https://www.rxlist.com/script/main/art.asp?articlekey=22702) infection, [dizziness](https://www.rxlist.com/script/main/art.asp?articlekey=6114), discolored [skin](https://www.rxlist.com/script/main/art.asp?articlekey=7901) ([vitiligo](https://www.rxlist.com/script/main/art.asp?articlekey=9864)), [weight loss](https://www.rxlist.com/script/main/art.asp?articlekey=53393), and [cancer](https://www.rxlist.com/script/main/art.asp?articlekey=2580). In foods, black pepper and black pepper oil are used as a spice.

**Adverse effects:** Taken in large amounts during [pregnancy](https://www.rxlist.com/script/main/art.asp?articlekey=11893)  might cause an [abortion](https://www.rxlist.com/script/main/art.asp?articlekey=2091). Bleeding conditions: Piperine, a chemical in black pepper, might slow [blood](https://www.rxlist.com/script/main/art.asp?articlekey=2483) clotting. In theory, taking black pepper in amounts greater than those in [food](https://www.rxlist.com/script/main/art.asp?articlekey=11363) might increase the risk of bleeding in people with bleeding disorders. Piperine, a chemical in black pepper, might slow blood clotting and affect blood sugar levels. Taking black pepper in amounts greater than those found in food might cause bleeding complications or affect blood sugar levels during [surgery](https://www.rxlist.com/script/main/art.asp?articlekey=5603).

**Interactions:**

Cyclosporine: Piperine might increase levels of [cyclosporine](https://www.rxlist.com/consumer_cyclosporine_gengraf_neoral_sandimmune/drugs-condition.htm) in the body. Taking black pepper with cyclosporine might increase the effects and side effects of cyclosporine.

Lithium: Taking black pepper might decrease how well the body gets rid of [lithium](https://www.rxlist.com/consumer_lithium_eskalith_lithobid/drugs-condition.htm). This could increase how much lithium is in the body and result in serious side effects.

[Chlorzoxazone](https://www.rxlist.com/chlorzoxazone-drug.htm), [Theophylline](https://www.rxlist.com/consumer_theophylline_elixophyllin_uniphyl/drugs-condition.htm), and bufuralol: Black pepper might decrease how quickly the liver breaks down these medications. Taking black pepper along with these medications that are broken down by the liver might increase the chance of side effects.

Glimepiride (Amaryl), glyburide (DiaBeta, Glynase PresTab, Micronase), insulin, pioglitazone (Actos), rosiglitazone (Avandia): Some medications are moved by pumps in cells. Black and white pepper might make these pumps less active and increase how much of some medications get absorbed by the body. This might cause more side effects from some medications.

Anticoagulant / Antiplatelet drugs: Piperine might slow blood clotting. Taking black pepper along with medications that also slow clotting might increase the chances of bruising and bleeding.

Pentobarbital: Piperine might increase sleepiness caused by [pentobarbital](https://www.rxlist.com/consumer_pentobarbital_nembutal/drugs-condition.htm). In theory, taking black pepper with pentobarbital might increase the [sedative](https://www.rxlist.com/script/main/art.asp?articlekey=5439) side effects of pentobarbital.

Phenytoin: Black and white pepper might increase how much [phenytoin](https://www.rxlist.com/consumer_phenytoin_dilantin_phenytek/drugs-condition.htm) the body absorbs. Taking black and white pepper along with phenytoin might increase the effects and side effects of phenytoin.

Propranolol : Black and white pepper might increase how much [propranolol](https://www.rxlist.com/consumer_propranolol_inderal_innopran/drugs-condition.htm) the body absorbs. Taking black and white pepper along with propranolol might increase the effects and side effects of propranolol.

Carbamazepine: