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**Aloevera**

Aloe is a plant; it is used as a clear gel and yellow latex as a health care product. It is used in burns and wound, acne, psoriasis, herpes simplex virus, oral lichen planus and constipation. Aloe is safe when used as recommended. Avoid using aloe latex orally. Unprocessed aloe latex contains chemical that appear to have the potential to have the cancer and processed aloe latex might have cancer containing compounds. Taking 1 gram a day of aloe latex for several days can cause kidney damage and can be fatal. Aloe interacts with the following medications.

**Anticoagulants and anti-platelet drugs, herbs and supplements:** Taking aloe orally with either of these types of medications might lead to increased bleeding.

**Digoxin (Lanoxin):** Oral use of aloe latex can decrease potassium levels. Low potassium might increase the side effects of digoxin. Don't take aloe latex and digoxin together.

**Diabetes drugs:** Oral use of aloe gel, when taken in combination with diabetes drugs, might increase the risk of hypoglycemia.

**Oral drugs:** Oral use of aloe latex can decrease your body's absorption of other drugs. This might reduce their effectiveness.

**Sevoflurane (Ultane):** This anesthesia used during surgery might slow blood clotting. Oral use of aloe might have a similar effect. When used in combination, excessive bleeding during surgery is possible.

**Stimulant laxatives:** Oral use of aloe latex with stimulant laxatives might over stimulate your bowels. This can lead to dehydration.

**Warfarin (Coumadin, Jantoven):** Oral use of aloe latex can cause diarrhea. This can increase the effects of warfarin, a blood-thinning drug, and the risk of bleeding.

**Water pills (diuretics):** Oral use of aloe latex, a laxative, in combination with use of diuretics might decrease potassium levels too much. Potassium supplementation might be needed.

[**St. John's wort**](https://www.mayoclinic.org/drugs-supplements-st-johns-wort/art-20362212)

St. John's wort gets its name from the fact that it often blooms on the birthday of the biblical John the Baptist. The flowers and leaves of St. John's wort contain active ingredients such as hyperforin. It is available as a supplement in teas, tablets, liquids and topical preparations.

It is often used to treat depression and menopausal symptoms. It can cause side effects such as agitation, anxiety, burning or prickling sensation, dizziness, diarrhea, dry mouth, fatigue, headache, increased sensitivity to sunlight (photosensitivity), insomnia, irritability, low blood sugar levels (hypoglycemia), restlessness, stomach discomfort and vivid dreams.

St John wort interacts with alprazolam, antidepressant, barbiturates, bupropion, certain chemotherapy and immunosuppressive drugs, simvastatin, contraceptive, digoxin, allegra and narcotics

**Cat’s Claw**

Cat’s claw is most commonly used for improving symptoms of [osteoarthritis](https://www.webmd.com/osteoarthritis/default.htm) and [rheumatoid arthritis](https://www.webmd.com/rheumatoid-arthritis/default.htm). It is also used for various [digestive system](https://www.webmd.com/heartburn-gerd/your-digestive-system) disorders including swelling and pain (inflammation) of the large intestine ([diverticulitis](https://www.webmd.com/brain/tc/Diverticulitis-Topic-Overview)), inflammation of the lower bowel ([colitis](https://www.webmd.com/ibd-crohns-disease/colitis-guide/ulcerative-colitis-overview-facts)), inflammation of the lining of the [stomach](https://www.webmd.com/digestive-disorders/picture-of-the-stomach) ([gastritis](https://www.webmd.com/digestive-disorders/digestive-diseases-gastritis)), stomach ulcers, [hemorrhoids](https://www.webmd.com/vitamins-supplements/ingredientmono-395-cat's%20claw.aspx?activeingredientid=395&activeingredientname=cat%27s%20claw), and leaky bowel syndrome. Some people use cat’s claw for [viral infections](https://www.webmd.com/a-to-z-guides/bacterial-and-viral-infections) including [shingles](https://www.webmd.com/skin-problems-and-treatments/shingles/default.htm) (caused by herpes zoster), [cold sores](https://www.webmd.com/skin-problems-and-treatments/tc/cold-sores-topic-overview) (caused by [herpes simplex](https://www.webmd.com/genital-herpes/guide/skin-simplex-viruses)), and AIDS (caused by human immunodeficiency virus ([HIV](https://www.webmd.com/hiv-aids/default.htm))). Cat’s claw is also used for [chronic fatigue](https://www.webmd.com/chronic-fatigue-syndrome/default.htm) syndrome ([CFS](https://www.webmd.com/chronic-fatigue-syndrome/ss/slideshow-cfs-overview)), wound healing, parasites, Alzheimer’s disease, [asthma](https://www.webmd.com/asthma/default.htm), [hay fever](https://www.webmd.com/allergies/rhinitis), [cancer](https://www.webmd.com/cancer/) (especially urinary tract [cancer](https://www.webmd.com/cancer/default.htm)), a particular type of [brain cancer](https://www.webmd.com/content/article/39/2726_372) called [glioblastoma](https://www.webmd.com/cancer/brain-cancer/what-is-glioblastoma), [gonorrhea](https://www.webmd.com/sexual-conditions/guide/gonorrhea), dysentery, [birth control](https://www.webmd.com/sex/birth-control/), bone pains, and "cleansing" the [kidneys](https://www.webmd.com/urinary-incontinence-oab/picture-of-the-kidneys).

Antihypertensive and Immunosuppressant drugs interacts with cat’s claw. It is possibly safe or most people, when taken by mouth short-term. However, it can cause headache, dizziness, and vomiting in some people.

**Bilberry**

Bilberry has been used for centuries, both medicinally and as a food in jams and pies. It is related to the blueberry and is native to northern Europe. Bilberry fruit contains chemicals known as anthocyanosides, plant pigments that have excellent antioxidant properties. It is used in chronic venous insufficiency, diabetes, atherosclerosis, diarrhea, wounds and vision. **Bilberry leaf** and extract should not be taken in large quantities over an extended period of time because the tannins they contain may cause **severe weight loss**, **muscle spasms**, and even death. Bilberry interacts with anticoagulants and diabetes medications.

**Black Cohosh**

Black cohosh was first used for medicinal purposes by Native American Indians, who introduced it to European colonists. Black cohosh became a popular treatment for women’s health issues in Europe in the mid-1950s.Since that time, black cohosh has commonly been used to treat [symptoms of menopause](https://www.webmd.com/menopause/guide/menopause-symptoms-types), [premenstrual syndrome](https://women.webmd.com/guide/sexual-health-your-guide-to-premenstrual-syndrome) ([PMS](https://www.webmd.com/women/pms/default.htm)), painful [menstruation](https://www.webmd.com/women/tc/normal-menstrual-cycle-topic-overview), [acne](https://www.webmd.com/skin-problems-and-treatments/acne/), weakened bones ([osteoporosis](https://www.webmd.com/osteoporosis/default.htm)), and for starting labor in [pregnant](https://www.webmd.com/baby/default.htm) women. Black cohosh has also been tried for a lot of additional uses, such as [anxiety](https://www.webmd.com/anxiety-panic/default.htm), rheumatism, fever, [sore throat](https://www.webmd.com/cold-and-flu/tc/sore-throat-topic-overview), and [cough](https://www.webmd.com/first-aid/coughs), but it is not often used for these purposes these days. Black cohosh can cause some mild side effects such as stomach upset, cramping, headache, rash, a feeling of heaviness, vaginal spotting or bleeding, and weight gain. People who take black cohosh should watch for symptoms of liver damage. Some symptoms that may suggest liver damage are yellowing of the skin and eyes (jaundice), unusual fatigue, or dark urine. If these symptoms develop, black cohosh should be stopped and a health provider should be contacted. It interacts with atorvastatin (Lipitor), cisplastin (Platinol-AQ) and hepatotoxic drugs.

References

[https://www.mayoclinic.org/drugs-supplements-aloe/art-20362267 - 40](https://www.mayoclinic.org/drugs-supplements-aloe/art-20362267%20-%2040)k