

University of Texas El Paso / University of Texas Austin  
Cooperative Pharmacy Program

**Herbs to avoid during pregnancy and lactation – Plantas a evitar durante embarazo y lactancia**

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Common Name - Nombre común	Scientific Name - Nom. Científico	Common Name - Nombre común	Scientific Name - Nom. Científico
<b>Aconite</b> , Aconito	<i>Aconitum napellus</i>	Alfalfa, Lucerne (tablets or capsules)	<i>Medicago sativa</i> , <i>M. falcata</i>
<b>Almond, bitter</b> , Almendra amarga	<i>Prunus amygdala</i>		
<b>Aloe</b> , Sabila, Zabila (latex - internally)	<i>Aloe vera</i>	Angelica	<i>Angelica archangelica</i>
Arnica, Arnica mexicana (all species)	<i>Arnica montana</i> , <i>Heterotheca inuloides</i>	Anise, Anís	<i>Pimpinella anisum</i>
Arrowroot	<i>Maranta arundinacea</i>		
Ashwagandha, Withania, Indian cherry	<i>Withania somnifera</i>	Autumn crocus, Meadow saffron, Cólquico	<i>Colchicum autumnale</i>
<b>Barberry</b>	<i>Berberis vulgaris</i>	Basil, Albahaca	<i>Ocimum basilicum</i>
<b>Betel Nut</b>	<i>Areca catechu</i>	Bitter melon, Cundeamor	<i>Momordica - charantia</i>
<b>Black Cohosh</b>	<i>Cimicifuga racemosa</i>		
Black pepper, Pimienta- negra (excessive use)	<i>Piper nigrum</i>	Bladderwrack, Alga marina	<i>Fucus vesiculosus</i>
Blazing Star	<i>Aletris farinosa</i>		
<b>Blue Cohosh</b>	<i>Caulophyllum thalictroides</i>	Blue flag	<i>Iris versicolor</i>
Bloodroot , Sanguinaria	<i>Sanguinaria canadensis</i>	Boldo (essential oil)	<i>Peumus boldus</i>
Boneset	<i>Eupatorium perfoliatum</i>	Borage, Borraja	<i>Borago officinalis</i>
Buchu, oval	<i>Barosma crenulata</i>	Buckthorn, Espino cerval	<i>Rhamnus cathartica</i>
Bugleweed	<i>Lycopus virginicus</i>	Burdock, Lampazo	<i>Arctium lappa</i>
Buttercup	<i>Ranunculus spp.</i>	<b>Calamus, Cálamo</b>	<i>Acorus calamus</i>

Caléndula, Maravilla	<i>Calendula officinalis</i>	California Poppy, Amapola de California	
Camphor, Alcanfor (bark or essential oil)	<i>Cinnamomum camphora</i>		
Caña fistula, Golden-shower tree	<i>Cassia fistula</i>	Cascara Sagrada (especially capsules or tablets)	<i>Rhamnus purshiana</i>
Cassava, Manioc, Mandioca	<i>Manihot esculenta</i>	Castor Bean, Ricino, Higuierilla, Palma christi	<i>Ricinus communis</i>
Cayenne pepper (Chili), Chile	<i>Capsicum spp.</i>		
Celandine	<i>Chelidonium majus</i>	Celery (seeds & essential oil), Apio (semillas)	<i>Apium graveolens</i>
Chamomile <sup>1</sup> , Manzanilla	<i>Matricaria recutita</i> <i>Chamaemelum nobile</i>	Chaparral (Creosote Bush), Gobernadora, Guamis, Hediondilla, Jarilla	<i>Larrea tridentata</i>
Chaste tree, Chasteberry	<i>Vitex agnus – castus</i>	Chicory, Achicoria	<i>Cichorium intybus</i>
Cinchona, Peruvian - Bark	<i>Cinchona pubescens</i>		
Club Moss, Licopodio	<i>Lycopodium clavatum</i>	Coca plant (cocaine alkaloid)	<i>Erythroxylon coca</i>
Codo de fraile, Yoyotl, Yellow oleander	<i>Thevetia spp.</i>		
Coffee, Café'	<i>Coffea arabica</i>	Cola, Kola	<i>Cola acuminata</i>
Colt's foot, Fáfara	<i>Tussilago farfara</i>	Comfrey, Consuelda	<i>Symphytum officinale</i>
Condurango	<i>Marsdenia condurango</i>	Cotton Root (bark)	<i>Gossypium spp.</i>
Cuitlacoche, Huitlacoche, Corn-smut fungus	<i>Ustilago maydis</i>	Damiana, Hierba de la pastora	<i>Turnera diffusa var. aphrodisiaca</i>
Dan Shen	<i>Salvia miltiorrhiza</i>	Devil's Claw, Garra del diablo	<i>Harpagophytum procumbens</i>
Devil's Dung, Asafetida	<i>Ferula assa-foetida</i>	Dill, Eneldo (fruit-excessive use)	<i>Anethum graveolens</i>
Dock, Yellow or Curled, Lengua de vaca	<i>Rumex spp.</i>	<b>Dong Quai, Dang gui</b> (Chinese Angelica)	<i>Angelica sinensis</i>
Dyer's Broom	<i>Genista tinctoria</i>	Echinacea, Coneflower	<i>Echinacea spp.</i>

		(avoid <b>parenteral</b> administration)	
Elecampane	<i>Inula helenium</i>	Eleuthero, "Siberian ginseng"	<i>Eleutherococcus senticosus</i>
<b>Ephedra</b> , Ma Huang, Efedra china	<i>Ephedra spp.</i>	Fennel, Hinojo (Essential oil causes uterine contractions)	<i>Foeniculum vulgare</i>
Fenugreek, Alholva, Fenogreco	<i>Trigonella foenum-graecum</i>	<b>Ferns</b> (all species, especially Male Fern and Maidenhair)	Male fern = <i>Dryopteris filix-mas</i> Maidenhair = <i>Adiantum capillus-veneris</i>
Feverfew, Tanaceto	<i>Tanacetum parthenium</i>	Flax seed, Semilla de linaza	<i>Linum usitatissimum</i>
Frangula, Espino cervical	<i>Rhamnus frangula</i>		
Garlic, Ajo (therapeutic amounts – raw or capsules)	<i>Allium sativum</i>	Ginger, Jengibre	<i>Zingiber officinale</i>
Ginkgo, Maidenhair tree	<i>Ginkgo biloba</i>	Ginseng (both species)	<i>Panax quinquefolius</i> or <i>Panax ginseng</i>
Goldenseal, Sello Dorado	<i>Hydrastis canadensis</i>	Gotu Kola (large doses)	<i>Centella asiatica</i>
Guaraná	<i>Paullinia cupana</i>		
Hellebore, Black	<i>Helleborus niger</i>	Horehound	<i>Marrubium vulgare</i>
Huizache, Acacia	<i>Acacia farnesiana</i>		
Hyssop, Hisopo	<i>Hyssopus officinalis</i>	Ipecac	<i>Cephaelis ipecacuanha</i>
Jaborandí	<i>Pilocarpus jaborandi</i>	Jalap, Raíz de Jalapa	<i>Ipomoea purga</i>
Jimson weed, Sacred Datura, Thorn apple, Toloache, Estramonio, Chamico	<i>Datura stramonium</i>	Juniper, Tásate	<i>Juniperus communis</i>
Kava, Awa	<i>Piper methysticum</i>	Lady's mantle	<i>Alchemilla vulgaris</i>
<b>Lavender</b> , Alhucema, Lavanda (essential oil)	<i>Lavandula spp.</i>	Lemongrass, Zacate limón	<i>Cymbopogon citratus</i>
Lovage, Levístico	<i>Levisticum officinale</i>	Licorice, Regalíz	<i>Glycyrrhiza glabra</i>
Madder, Rubia	<i>Rubia tinctoria</i>	Mandrake, Mandrágora (all species)	<i>Atropa mandragora</i>
Lobelia, Indian Tobacco, Ojo de víbora	<i>Lobelia spp.</i>	Marihuana, Mariguana, Hemp	<i>Cannabis spp.</i>

Marjoram, Mejorana	<i>Origanum marjorana</i>	<b>Mayapple</b>	<i>Podophyllum peltatum</i>
Milk Thistle, Cardo Mariano, Cardo lechoso	<i>Silybum marianum</i>	<b>Mistletoe, Muérdago</b> (all species)	<i>Phoradendron spp.</i>
Motherwort	<i>Leonorus cardiaca</i>	Mugwort, Salvia	<i>Artemisia vulgaris</i>
Nutmeg, Nuez moscada	<i>Myristica fragrans</i>	Oregano (concentrated tea or essential oil)	<i>Origanum vulgare</i>
Papaya (unripe fruit, seeds and leaves)	<i>Carica papaya</i>	<b>Parsley</b> (essential oil & seeds), Perejil	<i>Petroselinum crispum</i>
Passion Flower, Pasiflora, Pasionaria	<i>Passiflora spp.</i>	Pau D'Arco , Palo de arco, Lapacho	<i>Tabebuia spp.</i>
<b>Pennyroyal</b> , Poleo	<i>Mentha pulegium</i>	Periwinkle	<i>Catharanthus roseus</i>
Peyote, Mescal button	<i>Lophophora williamsii</i>	Poke Root	<i>Phytolacca spp.</i>
Red clover, Trebol rojo	<i>Trifolium pratense</i>		
Rosemary, Romero (concentrated tea or essential oil)	<i>Rosmarinus officinalis</i>	<b>Rhubarb, Ruibarbo</b> (all species)	<i>Rheum spp.</i>
<b>Rue, Ruda</b> (both species)	<i>Ruta graveolens and Ruta chalepensis</i>	<b>Sage</b> , Salvia (all species)	<i>Salvia spp.</i>
Sassafras	<i>Sassafras albidum</i>	Scarlet Pimpernel	<i>Anagallis arvensis</i>
<b>Senna or Cassia</b> (all species)	<i>Cassia senna</i>	Shepherd's Purse, Bolsa de pastor	<i>Capsella bursa pastoris</i>
Siberian ginseng (see Eleuthero)		Star Anise, Anís estrella	<i>Illicium verum</i>
Sweet Flag	<i>Acorus calamus</i>	Tansy	<i>Tanacetum vulgare</i>
Tatalencho	<i>Parthenium hysterophorus</i>		
<b>Tobacco</b> , Tabaco	<i>Nicotiana tabacum</i>	<b>Thuja</b> , Arbor Vitae	<i>Thuja occidentalis</i>
Thyme, Tomillo	<i>Thymus spp.</i>	Uña de Gato, Cat's claw	<i>Uncaria tomentosa, U. guianensis</i>
Uva Ursi (Bearberry), Gayuba	<i>Arctostaphylos uva ursi</i>	Wild Cherry	<i>Prunus serotina</i>
<b>Wormwood</b> , Estafiate (all species)	<i>Artemisia spp.</i>	<b>Wormseed</b> , Epazote. Pazote, Paico all species	<i>Chenopodium ambrosioides</i>
Yarrow, Milenrama	<i>Achillea millefolium</i>	Yellow Jasmine, Jessamine, Jazmin amarillo	<i>Gelsemium sempervirens</i>

Yohimbe (capsules or tablets containing yohimbine)	<i>Pausinystalia yohimbe</i>	<b>Zoapatle</b> , Cihuatlpatli	<i>Montanoa tomentosa</i>
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<sup>1</sup> May induce labor employing the whole plant in very concentrated infusions or large doses. Chamomile enemas should be avoided during parturition.

**Notes:** Avoid ingestion of all essential oils; better evidence of risk exists for plants listed in bold print.

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