

## Botanical Medicine Use in the Prenatal & Postpartum Period

### Herbs to be used with Caution during Pregnancy

Allium sativa	Linum usatatisimum
Allium cepa	Mentha spicata
Apium graveolens	Myristica fragrans
Armoracia lapathifolia	Nasturtium officinalis
Artemesia dracuncululus	Ocimum basilicum
Beta vulgaris	Oreganum vulgare
Brassica spp.	Origanum magorana
Capsicum frutescens	Petroselinum sativa
Caryophyllus aromaticus	Piper nigra
Carica papaya	Prunus persica
Carum carui	Punica granatum
Cichorum intybus	Rosemarium officinalis
Cinnamomum zeylanicam	Satureja hortensis
Crocus sativa	Silybum marianum
Daucus carota	Thymus vulgaris
Equisetum arvense	Trigonellum sp.
Ferula asafetida	Ulmus fulva
Foeniculum vulgare	Zingiber officinale
Gingko biloba	

### Herbs Contraindicated in the 1st Trimester of Pregnancy

Achillea millefolium	Lavendula officinalis
Angelica spp.	Leonarus cardiaca
Anthemis nobilis	Levisticum officinalis
Arctium lappa	Marrubium vulgare
Arctostaphylus uva-ursi	Mitchella repens
Artemesia vulgaris	Matricaria chamomilla
Barosma betulina	Medicago sativa
Calendula officinale	Melissa officinalis
Caulophyllum thalictroides	Mentha piperita
Cimicifuga racemosa	Passiflora incarnata
Commiphora molmol	Plantago spp.
Dioscorea spp.	Prunus virginiana
Ephedra vulgaris	Silybum marianum
Glycerrhiza glabra	Thymus vulgaris
Humulus lupulus	Verbena officinali
Hyssopinus officinalis	

### Herbs Strictly Contraindicated in Pregnancy

Aconitum columbianum	Dryopteris felix-mas
Acorus calamus	Ephedra vulgaris
Actea rubra	Erythoxylon coca
Aesculus spp.	Eschscholtzia sp.
Agave americana	Euonymus sp.
Aletris farinose	Ferula asafetida
Aloe barbadensis	Fouquieria splendens
Amygdalis persica	Galega sp.
Anemone pulsatilla	Garrya sp.
Apocynum cannabinum	Gelsemium sempervirens
Areca catechu	Glycerrhiza glabra
Aristolochia spp.	Gossypium herbaceum
Arnica montana	Guaiacum officinale
Artemesia absinthum	Hedeoma sp.
Asclepius tuberosa	Helenium hoopesii
Baptista sp.	Helleborus niger
Berberis vulgaris	Heliopsis longipes
Brayera anthelmintica	Heracleum lavatum
Bryonia sp.	Hibiscus rosa-sinensis
Cacalia decomposita	Hydrastis canadensis
Caffea arabica	Hydrocotyle asiatica
Capsella bursa-pastoris	Hyoscyamus niger
Cassia spp.	Hypericum perforatum
Cephalis ipecachuana	Iris versicolour
Chamaelirium sp.	Jateorhiza palmata
Cheliconium majus	Juniperus communis
Chenopodium sp.	Larrea sp.
Cinchona ledgerians	Ledum palustre
Cinnamomum camphor	Leptandra spp.
Citrullus colocinthus	Lilium tigrinum
Claviceps purpura	Lomatium dissectum
Colchicum autumnale	Ligusticum porterii
Conium maculatum	Lophophora sp.
Convallaria sp.	Menispermum canadensis
Corydalis aureus	Mentha arvensis
Corynanthe sp.	Mentha pulegium
Croton tiglium	Nicotiana tabacum
Datura sp.	Oplopanax horridum
Dicentra spp.	Panax ginseng

Papaver somniferum  
Peganum harmala  
Petroselinium sativa  
Phytolacca americana  
Pilocarpus jaborandi  
Pinus palustris  
Podophyllum peltatum  
Polygala senega  
Polyganum avicularies  
Ptychopetalum sp.  
Ranunculus spp.  
Rauwolfia serpentina  
Rhamnus frangula  
Rhamnus purshiana  
Rheum palmatum  
Rhus glabra  
Ricinus communis  
Ruta graveolens  
Salvia officinalis  
Sanguinaria canadensis  
Santalum album  
Sarothamnus scoparius  
Sassafras albicum

Scoparius sp.  
Senecio vulgaris  
Solanum dulcamara  
Spigelia sp.  
Stillingia sylvatica  
Symphlocarpus foetida  
Symphytum sp.  
Tanacetum parthenium  
Tanacetum vulgare  
Thuja occidentalis  
Tribulus sp.  
Trillium pendulum  
Turnera spp.  
Tussilago farfara  
Ustilago sp.  
Veratrum spp.  
Veronicastrum virginicum  
Vinca major  
Vinca rosa  
Viscum album  
Xanthium spp.  
Xanthoxylum sp.

### **Herbs Contraindicated in Breastfeeding**

Acorus calamus  
Ailanthus altissima  
Alkanna tinctoria  
Allium sativum  
Aloe spp.  
Anemone pulsatilla  
Aristolochia spp.  
Artemesia spp.  
Borago officinalis  
Cacalia decomposita  
Camellia sinensis  
Cannabis sativa  
Cassia spp.  
Chenopodium sp.  
Cimicifuga racemosa  
Cinchona spp.

Citrullus colocynthis  
Coffea arabica  
Cola spp.  
Colchicum autumnale  
Commiphora molmol  
Convallaria sp.  
Daucus carota  
Dracontium sp.  
Dryopteris filix-mas  
Ephedra spp.  
Eupatorium cannabinum  
Eupatorium purpureum  
Fouquieria splendens  
Galega sp.  
Gaultheria procumbens  
Ginkgo biloba

Glycyrrhiza glabra  
Ilex sp.  
Inula helenium  
Jasminum pubescens  
Juniperus sp.  
Laminaria spp.  
Larrea spp.  
Ligusticum porterii  
Lycopus spp.  
Nereocystis luetkeana  
Nicotiana tabacum  
Ocimum basilicum  
Paullinia cupana  
Petasites hybridus  
Pilocarpus sp.  
Piper methysticum  
Rhamnus catharticus

Rhamnus frangula  
Rhamnus purshiana  
Rheum spp.  
Rhodymenia palmetto  
Rubia tinctorium  
Ruta graveolens  
Salvia officinalis  
Sanguinaria sp.  
Senecio aureus  
Stillingia sylvatica  
Symphytum officinale  
Tanacetum sp.  
Theobroma cacao  
Thuja occidentalis  
Tussilago farafara  
Xanthoxylum sp.