

The Hidden Risks of Herbal Remedies: Potential Adverse Effects of Commonly used Medicinal Herbs

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DESCRIPTION

For ages, herbal treatments have been a mainstay of natural therapy, praised for their capacity to ease a wide range of illnesses and advance well-being. Because of their therapeutic qualities, medicinal herbs are utilized all over the world to reduce inflammation and increase immunity. But even though they come from natural sources, many herbs can have serious negative consequences if taken incorrectly or in excess. Herbal remedies do carry some hazards, even though they are frequently thought of as safe substitutes for traditional medications. Popular therapeutic herbs have hidden risks that should be treated seriously since they can occasionally cause negative side effects, especially if taken improperly or without the right knowledge.

Because of its antidepressant-like properties, St. John's Wort is one of the most often utilized herbs for medical purposes. Although mild to moderate depression can be effectively treated with it, its potential for adverse effects is sometimes overlooked. Numerous drugs, such as immunosuppressants, blood thinners, antidepressants, and birth control pills, can interact with St. John's Wort. These medications may become less effective as a result of this combination, which could have unforeseen implications including immune system compromise or unexpected pregnancies. Dizziness, dry mouth, gastrointestinal distress, and heightened sensitivity to sunlight are further adverse effects of St. John's Wort. It is important for consumers to speak with a healthcare professional before using it in conjunction with other medications because prolonged usage or an excessive dosage can make these problems worse.

Another well-liked plant, ginseng, is frequently used as an adaptogen and energy enhancer to fight off exhaustion and enhance general vitality. Although it might help lower stress and improve cognitive function, there are hazards involved. Side effects from ginseng include headaches, lightheadedness, insomnia, and upset stomach. Long-term usage or high dosages can also result in hormonal abnormalities, especially in women, which might alter blood pressure or interfere with menstrual cycles. Ginseng can be especially harmful for people with

underlying diseases like diabetes or heart disease because it might worsen pre-existing conditions and interfere with treatments. When considering ginseng, people on anticoagulants or hypertension drugs should exercise caution.

Echinacea, a popular herb used to treat colds and strengthen the immune system, can also cause allergic reactions, particularly in people who are allergic to ragweed or other plants in the Asteraceae family. Rashes, swelling, and trouble breathing are some signs of an allergic reaction. In addition to suppressing the immune system, long-term echinacea use may cause problems for people with autoimmune diseases or those receiving immunosuppressive treatment. Although echinacea is sometimes taken for granted as being entirely safe, its effects on the immune system and possible combinations with other medications call for caution.

CONCLUSION

Bloating, indigestion, and nausea are among the digestive problems that peppermint is commonly used to treat. Although peppermint is thought to be safe, it can have negative effects, especially on people who have GERD. The lower esophageal sphincter may relax due to the menthol in peppermint, allowing stomach acid to reflux into the esophagus and exacerbating heartburn and other GERD symptoms. Furthermore, peppermint oil is occasionally applied topically to relieve muscle soreness, but if not adequately diluted, it may cause skin irritation. Applying peppermint oil to delicate places like the eyes or mucous membranes or using it excessively might cause irritation and burning feelings. Although garlic is praised for its cardiovascular health benefits, when used incorrectly, it can have unintended risks. Garlic has blood-thinning qualities in addition to lowering cholesterol and blood pressure. People who are at risk of heart disease may benefit from this, but those who are on anticoagulants run the danger of bleeding more frequently. Furthermore, eating too much garlic can lead to gastrointestinal problems like heartburn, gas, and bloating. High dosages of garlic should also be avoided by those who are pregnant or undergoing surgery, since they may cause labor in expectant mothers and interfere with blood coagulation.

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