

Northwest Women's Clinic

Roberto M. deCastro, MD

Robin W. Barrett, MD

Michael W. Davis, MD

Saramati J. Krishna, MD

Rebecca A. Kyle, DO

Kelley E. Burkett, MD

Holly S. Spence, CNM

Rhonda J. Chick, CNM

Lydia M. Hammond, CNM

Lisa Malmquist, CNM

Tanell Ogbeide, CFP

The following is a list of herbs that might upset fetal development or start uterine contractions.

Common name	Latin name	Common name	Latin name
Alder buckthorn	<i>Rhamnus frangula</i>	Ipecac	<i>Ipecac ipecacuanha</i>
Aloes	<i>Aloe vera</i>	Juniper berries	<i>Juniperis communis</i>
Angelica	<i>Angelica archangelica</i>	Licorice	<i>Glycyrrhiza glabra</i>
Arnica	<i>Arnica montana</i>	Lily of the valley	<i>Convallaria majalis</i>
Autumn crocus	<i>Colchicum autumnale</i>	Lobelia	<i>Lobelia inflata</i>
Barberry	<i>Berberis vulgaris</i>	Male fern	<i>Dryopteris filix-mas</i>
Bethroot	<i>Trillium spp.</i>	Mandrake	<i>Podophyllum peltatum</i>
Black cohosh	<i>Cimicifuga racemosa</i>	Mistletoe	<i>Viscum album</i>
Blessed thistle	<i>Carbenia benedicta</i>	Mugwort	<i>Artemesia vulgare</i>
Blood root	<i>Sanguinaria canadensis</i>	Nutmeg*	<i>Carum petroselinum</i>
Blue cohosh	<i>Caulophyllum thalictroides</i>	Pennyroyal	<i>Mentha pulegium</i>
Broom	<i>Sarphamnus scoparius</i>	Periwinkle	<i>Vinca spp.</i>
Butternut	<i>Juglans canadensis</i>	Peruvian bark	<i>Cinchona spp.</i>
Calamus	<i>Acorus calamus</i>	Pleurisy root	<i>Aesclepius tuberosa</i>
Calendula	<i>Calendula officinalis</i>	Poke root	<i>Phytolacca decandra</i>
Cascara sagrada	<i>Rhamnus purshiana</i>	Rue	<i>Ruta graveolens</i>
Coltsfoot	<i>Tussilago farfara</i>	Rhubarb	<i>Rheum palmatum</i>
Cowslip	<i>Primula veris</i>	Sage*	<i>Salvia officinalis</i>
Damiana	<i>Turnera aphrodisiaca</i>	Sarsaparilla	<i>Smilax officinale</i>
Dong quai	<i>Angelica sinensis</i>	Senna	<i>Cassia senna</i>
Ephedra (Ma huang)	<i>Ephedra vulgaris</i>	Sheperd's purse	<i>Capsella bursa-pastoris</i>
Feverfew	<i>Tanacetum parthenium</i>	Stillingia	<i>Stillingia sylvatica</i>
Ginseng	<i>Panax quinquefolium</i>	Tansy	<i>Tanacetum vulgare</i>
Goat's rue	<i>Galega officinalis</i>	Thuja	<i>Thuja occidentalis</i>
Goldenseal	<i>Hydrastis canadensis</i>	Wormwood	<i>Artemesia absinthinum</i>
Gotu kola	<i>Hydrocotyle asiatica</i>	Yarrow	<i>Achillea millefolium</i>

*Small amounts of nutmeg and sage used in cooking are okay.

Note: Some of the herbs listed above may be recommended by a licensed practitioner with expertise in the use of botanicals during pregnancy and labor.