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Debunking Medical Myths: Herbal Medicine And Pregnancy

Basel Mhaimed

Wayne State University School of Medicine, gp9983@wayne.edu

Parshva Salvi

Wayne State University School of Medicine, gq8804@wayne.edu

Demetrius Moncrease

Wayne State University School of Medicine, gz9257@wayne.edu

Fadumo Yusuf


Wayne State University School of Medicine, hj0763@wayne.edu

Sneha Bhargava

Wayne State University School of Medicine, hk4735@wayne.edu

See next page for additional authors

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Authors

Basel Mhaimeed, Parshva Salvi, Demetrius Moncrease, Fadumo Yusuf, Sneha Bhargava, and Marissa Esshaki

HERBAL MEDICINE AND PREGNANCY

Bhargava, S. Esshaki, M. Mhaimed, B. Moncrease, D. Salvi, P. Yusuf, F. LC Purple 33



What is Herbal Medicine?

Herbal medicine: natural substances derived from plants and herbs that can be used for symptom relief. These substances can serve as an alternative to traditional prescription drugs.

Common Examples

Rates of herbal medicine use varies from region to region.

Most are used during the first trimester to relieve gastrointestinal symptoms and cold and flu symptoms. The most commonly used herbal medicines are peppermint, ginger, thyme, chamomile, sage, aniseed, fenugreek, and green tea.

Is it safe for Pregnant Women?

Not always. Herbal medicines can cause the same kinds of side effects as regular drugs because they are made up of whole plant extracts or, more often, specific parts of the plant are used for each preparation (like roots, rhizomes, leaves, and flowers) that can have many active ingredients in different amounts.



Is it safe for babies?

Use of herbal medicines during pregnancy can lead to interaction with prescription drugs, have unanticipated side effects on the mother and the baby, and sometimes even cause serious fetal abnormalities. It is crucial to know the contents as well as the dosage of the herbal medicine before using it since there isn't conclusive evidence to support their usage.

The Bottom Line

Overall, there is a large lack of knowledge in the area and the idea that they are completely good or bad is a myth. Ultimately, it is important to consult with your physician before starting any herbal medication.



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