

BOTANICAL MEDICINE

Original teaching material based on uploaded notes, updated with evidence and high-priority patient-safety considerations.
Compiled October 30, 2026.

For learners: these examples are not a clinical dosing guide. Treatment requires current product information, diagnosis, contraindication screening and applicable professional scope.

Botanical Action and Herb Reference

***Althaea officinalis* | demulcent**

Traditional soothing preparations; verify product, limited evidence

***Arctium lappa* | alterative**

Traditional skin/GI claims; not a proven detox therapy

***Calendula officinalis* | vulnerary**

Topical traditional use; allergy and infection review

***Camellia sinensis* | astringent**

Tea constituents and caffeine; product-specific risk

***Crataegus* spp. | cardiotonic**

Traditional cardiac use; do not replace cardiac drugs

***Digitalis purpurea* | cardiac glycoside**

Highly toxic; not an OTC herbal remedy

***Echinacea* spp. | immunostimulant**

Evidence varies; cannot replace infection treatment

***Glycyrrhiza glabra* | demulcent / adaptogen historical**

Hypokalemia and BP risks with glycyrrhizin

***Hydrastis canadensis* | antimicrobial historical**

Limited clinical evidence; multiple drug interactions

***Hypericum perforatum* | mood botanical**

Dangerous interactions with many medicines

***Matricaria chamomilla* | carminative / nervine**

Infusion traditionally used; allergy cautions

***Mentha piperita* | carminative**

Reflux caution; concentrated oil risks

Panax ginseng | adaptogen

Species-specific evidence, diabetes and anticoagulant review

Passiflora incarnata | nervine

Traditional sedative; review CNS depressants

Rhodiola rosea | adaptogen

Traditional tonic; uncertain product-specific evidence

Symphytum officinale | vulnerary

Oral toxicity from PAs

Valeriana officinalis | sedative

Additive sedation concerns

Vitex agnus-castus | hormonal modulator

Clinical indications evidence varies; pregnancy screen

Withania somnifera | adaptogen

Liver, thyroid and medication cautions

Action categories reproduced as historical teaching themes. They are not regulatory indications or evidence ratings.

<https://www.nccih.nih.gov/health/herbsataglance>