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### Herb-Drug Interactions

#### ハーブと医薬品の相互作用

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【目的】 To review the evidence regarding potential interactions between herbal dietary supplements and prescribed drugs.

【方法】 Literature searches were performed using the following databases: Medline, Cochrane Library, and other bibliographic databases. All data relating to herb-drug interactions were included regardless of whether they were based on case reports, case series, clinical trials or other types of investigation in humans. *In vitro* data were excluded. Additional citations were obtained from the references of these articles.

【結果】 Many herbs have coumarins, or in vitro platelet inhibition effects, but very few are associated with bleeding. Hemorrhage and bleeding tendencies were noted in several cases with ginkgo (*Ginkgo biloba*), garlic (*Allium sativum*), ginseng (*Panax ginseng*) and Chinese herbs. SJW (*Hypericum perforatum*) lowers serum concentrations of amitriptyline, cyclosporin, digoxin, indinavir, phenprocoumon, theophylline and warfarin. As for SJW and OCs, 2 pregnancies were reported. SJW caused SS with combination of antidepressants. Eleuthero (*Eleutherococcus senticosus*) might interfere with serum digoxin level. No interactions were found for Echinacea (*Echinacea angustifolia*, *E. purpurea*, *E. pallida*) and saw palmetto (*Serenoa repens*).

【考察】 Interactions between herbal supplements and prescribed medicines could have serious clinical consequences. Therefore, healthcare practitioners should ask their patients about the use of herbal products and consider the possibility of herb-drug interactions.