

Title: Review on toxicity and safety of medicinal plants during pregnancy

Abstract

Introduction : Although herbs are widely used and considered safe, they can be toxic, especially during pregnancy. Most reports of toxic plants are the result of misidentification of the plant in sales records or improper preparation and handling by untrained staff. Therefore, it is best managed by experienced staff. This is important because drug treatment is expensive and some groups have low incomes. It is important for doctors to understand the poisons, composition, and diseases of these herbs that they dispense and prescribe, and to provide preventive and safe treatment for these other drugs. Pregnant women will continue to be a major target for teratological screening for at least the next few years.

Method : Toxicology testing includes pharmacological safety, immunotoxicity and antigenicity, endocrine toxicity, gastrointestinal toxicity, enterotoxicity, nephrotoxicity, hepatotoxicity, and drug studies. Phytochemicals and their metabolites are known to cause uterine contractions and hormonal imbalances, leading to miscarriage.

Conclusion : Advances in new technologies have revolutionized our understanding of biology and may facilitate decisions regarding the identification of teratogens. Serious illnesses during pregnancy pose special challenges to healthcare providers because they have the potential to harm the mother and fetus and can be life-threatening, including teratogenic effects from poisons or antibiotics. Plants such as acacia, ailanthus, aloe vera, aristolochia, areca nut, bamboo, cassia, ragweed, lemongrass, and racemic black cohosh should be avoided during pregnancy.

Result : A recent international study found that only 22% of medicinal plants used by pregnant women were safe to use during pregnancy. Similarly, a study in Asia found that only 39% of the most commonly used medicinal plants by pregnant women were safe to use during pregnancy.

Keywords: toxicology; toxic plants; safety; pregnancy; teratogens