

Herbs to Manage Common and Not so Common Complaints of Pregnancy and Postpartum

1 st Δ Complaints	Herb - Effect	Use
<p>Emotional Swings & Fatigue</p> <p><i>Consider: Low protein intake causes cravings for sugar. High sugar intake can cause blood sugar swings, fatigue and depression. Concentrate on high protein snacks.</i></p>	<p>Peppermint/Spearmint - lift of spirits and renewed sense of energy.</p>	<p>Taken as an infusion. Can be added to other herbs.</p>
	<p>Motherwort - calms without causing drowsiness.</p>	<p>MAY BE PSYCHOLOGICALLY HABIT FORMING 5 drops in 4-6 oz. of water to restore emotional balance. Allow 15 minutes for full effect. Repeat as necessary as frequently as every two hours for acute emotional upset. Works best when combined with a short break form routine to stretch, breathe, relax, and return to center.</p>
	<p>Skullcap - provides deep refreshing sleep.</p>	<p>Take up to 30 drops of tincture one half hour before bed. Drink two cups tea daily (morning and evening) if history of frayed nerves or easily upset.</p>
	<p>St. John's Wort</p>	<p><i>Due to lack of clinical trials and safety data, SJW is generally not recommended for internal use during pregnancy and lactation. The limited studies which have been done reveal no statistically significant adverse effects in mother or infants. (Romm, 2010)</i></p>
	<p>- mild sedative and nervine tonic Indicated for mild to moderate depression, excitability, anxiety and nervous irritability.</p>	<p>½ -1 teaspoon dried herbs in 8 oz. water as an infusion 3 times daily. ½ -1 teaspoon tincture tincture 3 times daily.</p>
<p>Morning Sickness & Hyperemesis Gravidarum</p> <p><i>Consider: Nausea can be caused by low blood sugar. Eat frequent small meals. Chemical bi-products building up in the blood can cause nausea, walk/exercise frequently to prevent this. Increasing available iron and B6 can help to relieve nausea. Diet/ Herbal sources include: Whole grains, Nettles, Alfalfa, Dandelion, Parsley, Kelp Watercress,</i></p>	<p>Anise/Fennel - digestive aids, relieve gas</p>	<p>Taken as small sips of infusion upon awakening</p>
	<p>Peppermint/Spearmint - digestive aids that calm nausea, flatulence and abdominal spasms.</p>	<p>Taken as infusion. Can be mixed with other herbs, particularly ginger, to decrease morning sickness. Effective as aromatherapeutic.</p>
	<p>Ginger - antinauseant, antiemetic</p>	<p>Can be taken in the form of ginger ale (flavored with real ginger to be effective), ginger tea sipped in small doses, ginger capsules, ginger candy, or spiced ginger cookies. Up to 1 gram/day is effective and safe during pregnancy.</p>
	<p>Wild Yam Root - antispasmodic for the stomach and intestine.</p>	<p>Taken as sips of infusion throughout the day. Several teaspoons of decoction throughout the day. 20-30 drops of tincture in glass of water, mint tea, or combined with dandelion root tincture. Dried root in capsules: 250 mg one to three times daily.</p>
	<p>Dandelion Root - traditionally used to improve digestion and appetite, relieve nausea and vomiting, and increase bile flow.</p>	<p>Taken alone in small doses (1-15 drops) of tincture in water, 4oz. of ginger ale, or lemon flavored carbonated water.</p>

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2 nd & 3 rd Δ Complaints	Herbs - Effects	Use
<p>Insomnia/Sleep Disorders</p> <p><i>Consider: sleep disturbances may be caused by hunger. If baby is having a growth spurt, mother may wake frequently during the night to eat; this may be ignored in an effort to avoid getting out of bed. Place snacks by the bed at night and eat freely throughout the day. Additionally, adequate intake of iron, folate, B vitamins, calcium and magnesium are essential for optimal sleep during pregnancy.</i></p>	<p>Chamomile - Nervine Tonic: Gentle calming and sleep inducing herb.</p>	<p>Commonly taken as a tea infusion. Can be taken freely; combined with milk and honey to induce deep relaxation and sleep. Also may be used as tincture.</p>
	<p>Cramp Bark/ Black Haw - spasmolytic</p>	<p>Used traditionally for spasmodic pain in the legs and back, particularly the calf. Can be used to address RLS. Also used in conjunction with appropriate relaxation techniques and nutritional supplementation. Tincture can be taken as follows: 2 mL (1/2 tsp) in water 4 times/daily including 1 (one) dose 30 minutes prior to bed.</p>
	<p>Lavender - Nervine tonic: safe and gentle herbs for sleep promotion</p>	<p>Dried herb may be taken as a tea infusion or tincture. Oil should never be taken internally but can be used topically or as an aromatherapeutic: 30 drops added to warm bath ½ hour before bed.</p>
	<p>Lemon Balm - Produces mood state compatible with inducing sleep.</p>	<p>WOMEN WITH THYROID DISORDERS OR TAKING THYROID MEDICATIONS SHOULD AVOID DURING PREGNANCY. Used for treatment of Insomnia of nervous origin. *</p>
	<p>Skullcap- promotes a deep, refreshing sleep</p>	<p>See recommendations for Anxiety (above).</p>
<p>Varicosities/Hemorrhoids</p> <p><i>Consider: foods high in rutin or bioflavonoids are commonly used to increase vascular tone and integrity. Sources are: buckwheat, apricots, cherries, grapes, grapefruit, plums, and oranges.</i></p> <p><i>GOTU KOLA, which may be in some commercial preparations for</i></p>	<p>Bilberry - vasoprotective. Cousin of the blueberry.</p>	<p>Efficacious in the treatment of gestational hemorrhoids and venous insufficiency of pregnancy. Can be taken prophylactically in women with a predisposition to varicosities. Two or three divided doses of 160 -340mg/day depending on the severity of the condition. It may also be taken as a liquid extract.</p>
	<p>Horse Chestnut Seed Extract (HCSE) -Venous insufficiency or fragility.</p>	<p>Preparations are taken orally. Has produced effects the equivalent of wearing compression stockings. 2-5 mL of HCSE taken twice daily depending on severity of varicosities.</p>
	<p>Nettle Leaf - tonic action with strong nutritive benefit.</p>	<p>Taken internally as a daily infusion. 2 tsp. dried organic nettle leaf steeped 30 minutes in 1 cup boiling water. Strain and drink. Take 2 cups daily.</p>

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varicosities and venous disorders, is not safe for internal use during pregnancy and has been associated with contact dermatitis; it is recommended that patch testing be done before applying liberally.

Witch Hazel,
astringent
herbs commonly
White Oak,
Yarrow
of

hemorrhoids

Highly
Black Tea,

used for the
treatment

These herbs are NOT INTENDED FOR INTERNAL USE DURING PREGNANCY with the exception of small amounts of black tea, if desired, as a beverage. They can be used in a variety of forms including as strong washes or diluted extracts applied with a cotton ball.
Black Tea: using commercial tea bags, steep 1 per application in ¼ cup of boiling water. When the tea cools, discard the liquid and the bag can be applied to hemorrhoids.

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2 nd & 3 rd Δ Continued	Herbs - Effects	Use
<p>Stretch Marks/PUPPP</p> <p><i>Consider: botanical recommendations are divided into topical and internal treatments and are generally thought to work best when used in combination. It may take 2-7 days for adequate relief to be achieved and topical treatments may need to be revisited as generally, they only provide temporary relief of symptoms.</i></p> <p style="text-align: center;">For internal use</p>	<p>Oatmeal - soothing and emollient Can be used topically and internally.</p>	<p>1 cup of rolled oats placed in a clean sock or cloth and tied at the top can be taken into the bath or shower. As the oats are moistened, the milk is extracted by squeezing the cloth, rubbed onto the body, or allowed to fill the tub. This can be repeated as needed. Indicated in the prevention of striae gravidarum. Taken internally, it is considered an effective nervine tonic which is especially indicated when there is nervous exhaustion or general debility.</p>
	<p>St. John's Wort - classic topical burn treatment. Nervine tonic.</p>	<p>Topical preparations are used for inflammatory and microbial skin conditions.</p>
	<p>Witch Hazel Extract-astringent</p>	<p>Apply as a compress for reducing inflammatory and pruritic skin conditions.</p>
	<p>Aloe Vera Gel - emollient</p>	<p>SHOULD NOT BE USED INTERNALLY DURING PREGNANCY. Apply liberally for temporary relief of the itching and discomfort of PUPPP</p>
	<p>Gotu Kola</p>	<p>Used in the treatment of connective tissue damage, thus, thought to be helpful in preventing the development of stretch marks and/or PUPPP. Commonly found in topical preparations. *SEE CONSIDERATIONS UNDER VARICOSITIES (above)</p>
	<p>Dandelion Root/Yellow Dock - alteratives or "blood cleansers," both herbs support hepatic function and used in the treatment of many varied skin conditions.</p>	<p>Most consistently taken as a tincture or syrup. Dandelion root infusion/decoction is bitter and usually better tolerated when salt, not sweet, is added. 25-40 drops of tincture, with water, taken daily.</p>
	<p>Nettles - tonic herb</p>	<p>Effective as a nutritive tonic for a variety of skin and other conditions. Taken internally as an infusion or tincture at least twice a day.</p>
<p>Heartburn</p>	<p>Raw Almonds</p>	<p>Thoroughly chew 8-10 raw almonds and swallow. This may be repeated as needed.</p>
	<p>Slippery Elm/ Marshmallow Root - demulcents, soothe irritated tissues</p>	<p>Easiest and most effective way to use Slippery Elm is via commercially prepared lozenges. 8-12 /day Marshmallow Root: similar properties to Slippery Elm, mucilaginous, soothing, and anti-inflammatory to epithelial surfaces; does not come as lozenges. Prepare and infusion that is sipped, as needed throughout the day.</p>
<p>Constipation</p>	<p>Psyllium Seed Husks - bulk laxative</p>	<p>Whole seeds or husks are soaked in apple juice for several hours and taken with a large amount of liquid. Movements are usually achieved in 6-12 hours.</p>

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	<p>Senna Leaf and Pod - Quick acting, reliable stimulant laxative considered safe for acute use over short periods of time, on an infrequent basis. SENNA IS NOT TO BE USED DURING THE FIRST TRIMESTER.</p>	<p>Botanical formula for constipation: Laxative Tea (Adapted from the German Standard Registration)</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Sienna Leaf</td> <td style="text-align: right;">15g</td> </tr> <tr> <td>Anise seed</td> <td style="text-align: right;">3g</td> </tr> <tr> <td>Chamomile Blossoms</td> <td style="text-align: right;">5g</td> </tr> <tr> <td>Spearmint Leaf</td> <td style="text-align: right;">5g</td> </tr> <tr> <td></td> <td style="text-align: right;">Total 28g (1 oz)</td> </tr> </table> <p><i>Directions: Prepare 1-2 teaspoons as an infusion. Steep for 10 minutes. Take 1 cup each evening. (Romm, 2010)</i></p> <hr/> <p>Botanical formula for constipation: Yellow Dock Syrup</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Yellow Dock root</td> <td style="text-align: right;">14g</td> </tr> <tr> <td>Dandelion Root</td> <td style="text-align: right;">14g</td> </tr> <tr> <td></td> <td style="text-align: right;">Total 28g (1 oz)</td> </tr> </table> <p><i>Prepare a decoction by simmering both herbs in 4 cups of water, uncovered, until reduced to a cup. Strain the liquid thoroughly, discard the herb material, and add 1/2 cup of blackstrap molasses, mixing until blended. Cool to room temperature. Keep refrigerated. This product will keep for up to 2 weeks refrigerated.</i></p> <p><i>Dose: 1-2 tablespoons, up to twice daily.</i></p> <p>THIS SYRUP CAN ALSO BE TAKEN FOR IRON DEFICIENCY ANEMIA (SEE BELOW)</p>	Sienna Leaf	15g	Anise seed	3g	Chamomile Blossoms	5g	Spearmint Leaf	5g		Total 28g (1 oz)	Yellow Dock root	14g	Dandelion Root	14g		Total 28g (1 oz)
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<p>Anemia</p>	<p>Chlorophyll/Alfalfa - structurally analogous to hemoglobin</p>	<p>Used most effectively in combination with other iron-raising protocols to rapidly increase hemoglobin levels. Found as liquid supplement or extract to be added to water for consumption. Alfalfa is commonly mixed with Red Raspberry as taken as infusion.</p>																
	<p>Nettles - tonic herb</p>	<p>Can be taken as a strong infusion. Fresh cooked leaves, Usually recommended as part of a protocol for anemia.</p>																
	<p>Yellow Dock/Dandelion Root</p>	<p>Iron and calcium rich, taken easily as a syrup. *SEE RECEPIE ABOVE.</p>																
<p>Breech Presentation <i>Consider: Moxbustion, an entirely safe, inexpensive, and non-invasive technique is advised to be done from 34 weeks onward, thus, treatment does not preclude the decision to perform ECV or surgical delivery.</i></p>	<p>Mugwort - assists in achieving a cephalic presentation.</p>	<p>Moxibustion, or indirect moxa, is a TCM technique that involves the use of pressed Mugwort, lit, and indirectly applied as heat source over the acupressure point Bladder 67 on the outer edge of the fifth (pinky) toenail on each foot. This technique is repeated twice daily for 15 minutes on each foot for 7-10 days and is discontinued when the fetus is said to have turned. Finger pressure or ginger paste (to simulate the heat) may work in the absence of moxa.</p>																

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Post Partum Herbs

<p>Hemorrhage Easing Lochia</p> <p><i>Consider: treating the cause of the bleeding. PPH is not a diagnosis, Rather, it is pointing to another issue that needs to be addressed. Is the uterus atonic? Are there retained parts? I.D. the source of bleeding tear that needs repair. Give attention to the underlying issue and the bleeding will stop.</i></p> <p><i>Excessive bleeding after the birth may be related to maternal deficiency of Vitamin K which can be addressed by supplemented with Alfalfa or Nettle Leaf throughout pregnancy. Sipping this tea or sucking on ice chips during labor will help the uterus to act efficiently throughout the birth process.</i></p> <p><i>Rest and adequate nourishment including lots of protein will help the uterus to heal quickly preventing excessive lochia.</i></p>	<p>Lady's Mantle (Alchemilla Vulgaris) - astringent and blood coagulant.</p>	<p>Tincture (of fresh root): 20-30 drops under the tongue, repeated as needed. Draws excess fluids out of the uterus and soothes inflammation. Can also be consumed as an infusion from the 38th week of pregnancy to diminish postpartum bleeding and help the uterus contract.</p>
	<p>Shepard's Purse - oxytoxic and styptic</p>	<p>Fresh tincture: 20-40 drops under the tongue. Known to stop bleeding and cause uterine contraction. If tincture is made from the dried herb, it is not as potent and the recommended dose is 150 drops or 1 tsp. under the tongue repeating every minute if need be. CAUTION: against using during labor as a preventative for hemorrhage as Shepard's Purse has been known to cause large clots to form that are painful to pass and may keep the uterus from clamping down.</p>
	<p>Red Raspberry - uterine tonic</p>	<p>Take as an infusion. Medicinal strength infusions use one oz. of dry leaves in a quart of water. Fill the jar to the top with boiling water, fasten the lid and let steep for four hours at room temperature. Eases lochia by assisting the uterus to return to its normal size.</p>
	<p>Tinctures of oxytoxic herbs such as Blue Cohosh or Cotton Root Bark in combination with astringent herbs such as Lady's Mantle or Witch Hazel stops hemorrhage quickly. 10-20 drops of oxytoxic herb to 20 drops astringent herb under the tongue as needed.</p>	

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<p>Perineum : Preventing Tears Repairing Damage/Sitz bath</p>	<p>Plantain (plantago lanceolata)- alterative, styptic.</p>	<p>Plantain very useful as a compress for the perineum; plantain infused oil or plantain tea into which gauzes have been dipped to use as perineal compress. Plantain has styptic properties, contains an epidermal growth factor and can, when warranted, replace comfrey for the repair of skin, bruise, and broken bone healing.</p>
<p><i>Consider: Positioning is extremely important and cannot be over emphasized when attempting to prevent tears. If possible, encourage mothers to breathe through any sensation of ejection reflex. Easing the baby out vs. ejecting the baby with one huge push can be the difference between an intact perineum and a repair. You can infuse natural oils with herbs such plantain before a birth, warm them in the peri bottle, and drench (or at least apply) to the perineum during 2nd stage.</i></p>	<p>Comfrey leaf (symphytum officinale)</p>	<p>Known for its reparative effects but banned from medicinal use in several countries because of the toxic alkaloid pyrrolizadine which is found in the root. This substance is absent in the areal parts of the plant and many who use it never report having any issue. Is excellent for repairing superficial wounds; must be used carefully with deeper wounds as may cause the skin to heal over a deeper wound because its healing properties are so effective.</p>
<p>Afterbirth Sitz Bath - can contain various combinations of herbs including: Sage - astringent, diuretic Uva Ursi - diuretic, antiseptic Yarrow - hemostatic, antiseptic, astringent anti-inflammatory Plantain - styptic, alterative Comfrey Leaf & Root - anodyne, astringent, hemostatic, emollient Witch Hazel - astringent Sea salt - aseptic, antifungal</p>	<p>This combination of herbs can be purchased from Wishgarden as an Afterbirth Sitz Bath. There are other companies that produce afterbirth baths with a (more or less) similar combination of herbs. Other herbs midwives find useful and may add: Fresh garlic for its aseptic qualities Rosemary as an antiseptic that increases circulation. CAUTION: CAN BE POISONOUS IF TAKEN INTERNALLY IN EXCESSIVE AMOUNTS. Using herbal sitz bath as a perineal compress during second stage purportedly assists with drawing circulation to the perineum to prevent tearing, diminish caput, hemorrhoids and swelling. Generally, this mixture is brewed during labor and birth for use postpartum. Can be diluted, 1 part bath to 2 parts H2O in the peri bottle. Or used undiluted in the sitz tub. More bath should be used if soaking in the tub due to the diluting effects of the water. Additional applications include: Peri pads, or menstrual pads that have been lightly dipped into the bath and frozen. Lay pads flat between sheets of wax paper for freezer storage. Good for use when there has been a more extensive repair. Herbal material from the bath can be wrapped, or rolled, in 4X4s to form 'cigars' that are then frozen. Then 4X4 is placed on the perineum. Excellent when acute attention is desired.</p>	
<p>Aloe Vera Gel -vulnerary (draws out infection)</p>	<p>Aloe should be obtained from the fresh plant. Remove the green skin from the leaf, place the clear gel on a gauze or menstrual pad and secure in place. Also decreases pain when used this way.</p>	

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	Slippery Elm Bark - demulcent, emollient	Used as a powder mixed with pure water and olive oil or vitamin E oil (can also add comfrey root powder). This paste binds torn tissues, soothes pain, strengthens skin surface, and speeds healing.
	Vitamin E Oil	Used to soften scar tissue after a tear is well closed. Frequent applications are most effective.
<p>Afterpains</p> <p><i>Consider: The more babies a woman has, the harder her uterus will need to work to return to where it would like to be. It is normal for women to feel cramping during the first few days postpartum, especially while nursing. Pressure or heat on the abdomen can be an effective means of managing the discomfort of afterpains.</i></p>	Ground Ivy - astringent, tonic, relives inflammation of mucous membranes	1 or 2 cups of infusion eases afterpains and supports uterine tone. CAUTION: CAN BE POSIONOUS IN LARGE QUANTITIES.
	Motherwort - astringent, calmative	Tincture or tea can be used although the tea is quite bitter. 5-20 drops in a glass of water.
	Catnip - anodyne	Relieves spasms of the uterus and keeps lochia moving out clot free. Catnip relaxes nervous tension, and is an effective pain killer. Taken as an infusion or tincture (10-30 drops) is effective. CAUTION: CATNIP HAS A CUMULATIVE EFFECT. SECOND OR SUBSEQUENT DOSES MAY CAUSE SLEEPINESS OR NON FUNCTION.
	<p>Afterpains Brew</p> <p>1 oz. dried Cramp Bark or Black Haw ½ oz dried Blue Cohosh Root ¼ oz dried hops flowers</p> <p>Cramp Bark/ Black Haw relieves the pain of uterine contraction after birth. Blue cohosh assists the uterus with returning to pre-pregnancy size quickly thus reducing pain. Hops increases milk production and kills pain.</p>	

Common Herbs that are contraindicated in Pregnancy with Exceptions

Name	Common use and/or Exception to contraindication
Alder Buckthorn	Cancer treatment/
Aloe (dried juice)	/Safe for topical use

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Angelica	Menstrual regulation/
Arnica	/Safe for topical use on unbroken skin only
Basil leaf	/Safe for normal culinary use
Black Cohosh	/Classically used to prevent miscarriage. User should be under supervision of trained professional.
Blue Cohosh	/Short term use and during labor only with proper monitoring of fetal heart tones
Buchu	Urinary tract infections, bladder strengthening/
Cascara Sagrada	Stimulant Laxative/
Comfrey	Bone knitter, wound healing/safe for topical application for short duration. To be avoided on large areas of broken skin
Feverfew	Bring down fevers/
Ginko	Increased brain function/
Ginseng	Increased energy and stamina/
Goldenseal	/safe for topical and suppository use
Hops	Relaxation/Milk supply
Licorice	/short term, medically indicated use
Nutmeg	/Safe for normal culinary use. Safe for topical use
Pau'd Arco	/safe for topical application
Red Clover	Blood cleanser/
Rosemary	/safe for normal culinary use
Thuja	Treatment of scar tissues/
Tumeric	Arthritic conditions/ safe for normal culinary use

Herbs to Manage Common and Not so Common Complaints of Pregnancy and Postpartum

Category	Definition	Botanical Examples
Category A	Drugs that have been taken by a large number of pregnant women and women of childbearing age without any proven increase in the frequency of malformation or other direct or indirect harmful effects on the fetus having been observed.	Bilberry fruit, German Chamomile, Cranberry, Echinacea, Garlic, Ginger, Ginseng, Licorice, Raspberry Leaf, Senna, Tumeric
Category B1	Drugs that have been taken by only a limited number of women during pregnancy and women of childbearing age, without an increase in the frequency of malformation or other direct or indirect harmful effects on the fetus having been observed. Studies in animals have not shown evidence of an increased occurrence of fetal damage.	Astragalus, Blue Flag, Bodwellia, Bupleurium, Burdock, Butcher's Broom, Chaste Tree, Condonopsis, Evening primrose oil, Ginko, Goat's Rue, Gotu Kola, Hawthorne, Kava, Myrrh, Passionflower, Rosemary, Schisandra, Siberian Ginseng, St. John's Wort, St. Mary's Thistle, Valerian, Willow bark, Withania
Category B2	Drugs that have been taken by only a limited number of women during pregnancy and women of childbearing age, without an increase in the frequency of malformation or other direct or indirect harmful effects on the fetus having been observed. Studies in animals are inadequate or may be lacking but available data show no increased occurrence of fetal damage.	Bacopa, Black Cohosh, Black Haw, Black Walnut, Bladderwrack, Buchu, Calendula, California Poppy, Damiana, Dandelion, Devil's Claw, Elder Flowers, Elecampane, Euphorbia, Eyebright, False Unicorn, Lavender, Lemon balm, Lime Flowers, Marshmallow, Mullein, Nettle, Peppermint, Prickly Ash, Pygeum, Saw Palmetto, Shatavari, Skullcap, Thyme, Wild lettuce, Willow Herb, Yellow Dock, Ziziphus Seed.

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Category B3	Drugs that have been taken by only a limited number of women during pregnancy and women of childbearing age, without an increase in the frequency of malformation or other direct or indirect harmful effects on the fetus having been observed. Studies in animals have shown evidence of an increased occurrence of fetal damage, the significance of which is considered uncertain in humans.	Aloe, Andrographis, Bittersweet, Crataeva, Ephedra, Fennel, Fenugreek, Feverfew, Horse Chestnut, Meadowsweet, Motherwort, Rehmannia, Shepard's Purse, Tribulus, White Horehound, Wild Cherry, Yarrow.
Category C	Drugs that, owing to their pharmacological effects, have caused or may be suspected of causing harmful effects in the human fetus or neonate without causing malformations. These effects may be reversible.	Barberry and Indian Barberry, Bearberry, Bugleweed, Chaparral, Dong Quai, Goldenseal, Greater celandine, Guggule, Oregon Grape, Pasque Flower, Sage, Tylophora.
Category D	Drugs that have caused, are suspected to have caused, or may be suspected to cause an increased incidence of human, fetal malformations or irreversible damage. These drugs also have adverse pharmacological effects.	Blue Cohosh, Cat's claw, Jamaica dogwood, Pau'd arco, Pole root, Tansy, Thuja, Wormwood.
Category X	Drugs that have such a high risk of causing permanent damage to the fetus that they should not be used in pregnancy or when there is a possibility of pregnancy	Arnica. Boldo

Risks associated with the use of herbs in pregnancy:

Toxicity to the mother which might indirectly affect the embryo/fetus

Direct teratogenicity, mutagenicity, or fetal toxicity

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Abortifacient activity

Poor neonatal outcomes

Delayed administration of necessary medical therapy in favor of herbs regardless of their safety

Consider the following when considering the use of herbs during pregnancy:

Unless medically indicated, avoid the use of herbs (and drugs) during the first trimester.

Clearly understand side-effects and contraindications for each herb prior to using/recommending its use.