CANRA Part 2 | Course 13

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.

Safety and Toxicity Matrix

Comfrey (Symphytum officinale) - Unsaturated pyrrolizidine alkaloids: concern for serious hepatic injury; avoid oral use.

Aconite (Aconitum species) - High-risk neuro- and cardiotoxic alkaloids; suspected exposure requires emergency consultation.

Belladonna / Datura - Tropane alkaloids: delirium, tachycardia, anticholinergic toxicity.

Digitalis / Convallaria - Cardiac glycosides: dangerous brady- or tachydysrhythmias and GI effects.

Licorice (Glycyrrhiza) - Glycyrrhizin can cause hypokalemia, hypertension and arrhythmias.

St. John's wort (Hypericum) - Pharmacokinetic interactions, contraceptive failure and serotonin toxicity risks.

Kava (Piper methysticum) - Rare serious liver injury; sedative effects and interactions.

Ashwagandha (Withania) - Rare liver injury; thyroid, immunosuppressant, diabetes and sedative precautions.

Pennyroyal - Highly toxic; do not use as a uterine stimulant.

Unknown plant ingestion - Call local poison centre or emergency services for serious symptoms; do not induce vomiting.

This is a high-yield screen, not an exhaustive toxicology or drug-interaction reference.

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