

## Herbal supplements : efficacy, toxicity, interactions with western drugs and effects on clinical laboratory tests

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### Abstrak

This book focuses on efficacy, toxicity, drug interactions, and abnormal clinical laboratory tests resulting from the use of herbal remedies. Although a few herbal remedies are safe and have efficacy (for example saw palmetto), many herbal remedies are toxic. This book guides in the interpretation of abnormal test results in otherwise healthy subjects due to use of herbal remedies. Chapters focus on interactions between herbals and pharmaceuticals, sources of contamination in herbal supplements, and analytical techniques used in the investigation of herbal remedies.

This book is divided into five parts. The first part provides a general introduction to CAMs as well as an introduction to herbals considered safe versus those with a darker reputation. The second part provides more detailed information in an organ or disease based focus and delves into some of the traditional practices of which most allopathic professionals have limited knowledge. Part III is dedicated to the key interactions between herbal supplements and various pharmaceutical drugs. Part IV addresses these important points. Part V discusses various analytical techniques used in the investigation of herbal remedies.