

Otologic Side Effects of Herbals
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Reference: Handler, SS. PDR for Nutritional Supplements, 2nd Edition,
Thomson Reuters Healthcare, Montvale, NJ, 2008

<u>Name</u>	<u>Side Effect</u>
<u>A</u>	
Aga	Dizziness, drowsiness, impaired motor skills
Alpine	Nausea
American Hellebore	Toxicity (unspecified)
American Pawpaw	Nausea
Angostura	Nausea
Areca Nut	Abnormal reflexes, tremors, malignant tumors
Arnica	Tremor, vertigo
<u>B</u>	
Beth Root	Nausea
Bitter Candytuft	Toxicity (unspecified)
Black Cohosh	Dizziness
Black Hellebore	Dizziness, nausea, throat irritation
Black Mustard	Eye irritation
Butcher's Broom	Nausea
<u>C</u>	
California Poppy	Drowsiness
Camphor Tree	Delirium, intoxicated state
Cane-Reed	Nausea
Cayenne	Neurotoxicity
Celandine	Nausea, stupor
Chaste Tree	Agitation, confusion, drowsiness, nausea, vertigo
Chaulmoogra	Visual disturbances
Cocoa	Sleep disturbances
Coffee	Dizziness, dysphoria, irritability
Cola	Dysphoria, hyperexcitability, immuno- suppression
Colchicum	Nausea

Copaiba Balsam
Cotton
Cranesbill
Croton Seeds
Cyclamen
Cypress Spurge

Tremors
Toxicity (unspecified)
Nausea
Dizziness, stupor
Nausea
Dizziness, eyelid swelling, enlarged pupils, stupor

D

Daffodil

Central/peripheral nervous systems disorder

E

Echinacea
Elephant-Ears
English Lavender
Ergot
Eucalyptus

Nausea
Nausea
Drowsiness
Leg weakness, nausea, numbness in fingers
Nausea

F

Fool's Parsley

Toxicity (unspecified)

G

Ginseng
Guar Gum
Goldenseal
Green Tea

Nervousness
Nausea
Delirium, excitability, hallucinations
Dysphoria, irritability, vertigo

H

Henbane
Herb Paris
Horse Chestnut

Hydrangea

Mydriasis
Nausea
Disorders of consciousness, nausea, enlarged pupils, visual disturbances
Dizziness

I

Indian-Hemp
Ipecac

Nausea
Nausea

J

Jaborandi	Nausea
Jalap	Nausea
Jimson Weed	Delerium, drowsiness, dysphoria, exhaustion, hallucinations, manic behavior, compulsive speech

K

Kava Kava	Fatigue, enlarged pupils
Khat	CNS stimulation
Kousso	Nausea, asthenia

L

Labrador Tea	Intoxicated state
Lily-of-the-Valley	Nausea, stupor

M

Ma-Huang	Dysphoria, irritability, nausea
Malabar Nut	Excitability
Male Fern	Nausea
Mandrake	Mydriasis
Manna	Nausea
Marijuana	Drowsiness, euphoria, auditory/visual hallucinations, thinking abnormality, vertigo
Maté	Dizziness, dysphoria, irritability
Mezereon	Circulatory collapse, dizziness, stupor
Monkshood	Nausea, tingling (includes fingers, toes and limbs)
Mountain Ash Berry	Nausea
Mountain Laurel	Coordination impaired, dizziness, asthenia, intoxicated state, myasthenia, nausea, temporary loss of vision
Myrtle	Nausea

N

Niauli	Nausea
Night-Blooming Cereus	Nausea
Nux Vomica	Toxicity (unspecified)

P

Pagoda Tree
Parsnip
Peyote
Pimpinella
Poppyseed

Facial swelling
Photosensitivity
Hallucinations, auditory/visual hallucinations
Photosensitivity
Dizziness, tremors, asthenia

Q

Quassia
Quebracho

Dizziness
Drowsiness, stupor, vertigo

R

Rauwolfia

Rhodiola
Rue

Depression, fatigue, impaired motor skills,
nasal congestion
Sleep disturbances
Photosensitivity

S

St. John's Wort
Sandalwood
Sarsaparilla
Skink Cabbage
Stavesacre
Strophanthus
Sweet Clover
Sweet Woodruff

Dysphoria, photosensitivity
Nausea
Nausea
Nausea
Nausea , throat irritation
Nausea, stupor
Stupor
Stupor

T

Taumelloolch
Tobacco
Trailing Arbutus
Tree of Heaven
Tulip Tree

Toxicity (unspecified)
Tremors
Nausea
Dizziness, nausea, tingling limbs
Toxicity (unspecified)

U

Uva-Ursi

Nausea

V

Valerian
Venus Flytrap

Dysphoria, mydriasis
Circulatory collapse, circulatory damage

W

White Hellebore

White Mustard

Wormseed

Wormseed Oil

Wormwood

Toxicity (unspecified)

Nerve damage (unspecified)

stupor, visual disturbances

Central/peripheral nervous systems disorder,

impaired hearing, tinnitus

Central/peripheral nervous systems disorder,

dizziness

Y

Yage

Yellow Jessamine

Yew

Yohimbe Bark

Euphoria, hallucinations

Diplopia, abnormal eye movements, heavy eyelids

Toxicity (unspecified)